



White Sheep Media

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# Newsletter

## ISSUE: #8 JANUARY 2024

**HAPPY NEW YEAR** – Monday 01/01

HAPPY NEW YEAR to you all! We are so excited here at WSM about 2024! Our focus this year will be to bring you more/better content than ever. If you haven't already, follow us on social media so you can get content as it releases.

**MLK Day** – Monday 01/15

Happy MLK Day! Here at WSM, we greatly admire Dr. King and what he did for our society through his mission for peace and unity. People like him show us that we must be willing to sacrifice everything, even our lives, for what we believe to be true, just, and right.

### Podcasts:

In 2023, we launched nearly 40 movie review episodes. That's almost one episode per week! Our episodes were downloaded in 67 different countries and some episodes had 75-100 downloads!

*"What a great episode. I LOVE this movie and your discussion is awesome. ... Going to share this episode with others" – Elizabeth (Podcast Listener)*

Be sure to Download **White Sheep Media's Movie Reviews** on Spotify & Apple Podcasts!

**Health Tip of the Month:** With the new year here, many are focusing on getting in shape. We have found that sometimes we set expectations very high for ourselves and then are disappointed when we can't sustain our new standards. That said, we've found that small changes made slowly are more likely to be sustained over time. For example, let's say you have fallen completely off your exercise routine and haven't worked out since last summer. If you have now decided you are going to commit to going to the gym four days per week for an hour, maybe start with just two days for 30 minutes. As you build momentum, you will find yourself closer to original goal.

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Check out **White Sheep Media's Let's Do Better Podcast** where we discuss health and related topics with the goal of living better lives!

**Finance Tip of the Month:** At the first of the year, many people like to reassess their current investments to ensure they're getting the best returns on their money. We also think this is a great practice. We've found that markets are in a constant state of change and more importantly, can change quickly. With that in mind, it is always a good idea to make sure what was a good investment last year is still a good investment this year.

Check out **White Sheep Media's World of Hustle Podcast** where we discuss money, business, investing, entrepreneurship, and more!



In a world of black sheep, be a **White Sheep**

# THE SHEEP SHOP









**ShopTheSheep.com**

We recently launched a permanent Sale page on our site! You now have access to discounted products 24/7! Don't forget to check it out!

**Sale - Discounted Trucker Hats**

Looking for Discounted Trucker Hats? Check out our discounted TN and USA Flag Trucker Hats.

Filter: Availability ▾ Price ▾ Sort by: Featured ▾ 12 products

 Sale	 Sale	 Sale	 Sale
Tennessee Hat with Hex Patch ★★★★★ 1 review \$25.00 USD - \$20.00 USD	Black White American Flag Blue Stripe Trucker Hat \$25.00 USD - \$20.00 USD	Tennessee Hat with State Image \$25.00 USD - \$20.00 USD	Black Green American Flag Trucker Hat Green \$25.00 USD - \$20.00 USD
Add to cart	Add to cart	Add to cart	Add to cart
 Sale	 Sale	 Sale	 Sale
Black White American Flag Trucker Hat Black Red Stripe \$25.00 USD - \$20.00 USD	Gamer Trucker Hat Black \$25.00 USD - \$15.00 USD	Mallard Landing 2 Trucker Hat Heather Grey on Green \$25.00 USD - \$20.00 USD	Black Green American Flag Trucker Hat \$25.00 USD - \$20.00 USD