

AUGUST 2025



MAKE TIME FOR A RESET.

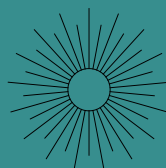


The highs and lows of life can cause unrest, uncertainty and euphoria all at the same time. Taking time and making time for a reset is necessary for a well-balanced life. It's important that you set healthy boundaries by setting blocked time where you are unavailable to decompress and rejuvenate YOU. You are worth it!

upcoming events

VENDOR OPPORTUNITY

Sarah's Daughters Presents
Phenomenal Women
Lansing, MI
Fall Gathering 2025
September 13, 2025
Sold Out



MIRROR MIRROR...
THE EMPOWERING IMAGE
I SEE IS ME
WORKSHOP

TBA

AUGUST 2025



MAKE PEACE PARAMOUNT IN YOUR LIFE.

5 WAYS TO MAINTAIN PEACE

1. Focus On What You Can Control.
2. Express Gratitude Daily.
3. Prioritize Restful Sleep.
4. Enjoy Time Spent In Nature.
5. Nurture Your Spiritual Well-Being.

AN ATMOSPHERE FOR PEACE

Having a peaceful atmosphere where you can collect your thoughts, calm your breathing, reflect on God's goodness, mercy and grace in your life, and express gratitude is essential to your daily living.

Your atmosphere for peace must start with peace residing in your heart. Make peace a priority in your heart and it will rule in your life.

