



NEWSLETTER

NEW YEAR YOUR BEST YOU

Happy Blessed New Year To You!
As you take inventory of ALL you've experienced in 2024, all your achievements and setbacks, all the "yesses" and "not at this time" you can plan for an empowering and successful 2025.

It is so important that YOU believe in you and the abilities that you possess to carry out your God-given purpose. Put forth the great effort to be the BEST version of you because there is ONLY one YOU!

UPCOMING EVENTS

***W.I.N. & SARAH'S DAUGHTERS
PRESENTS: WINNING DAUGHTERS
MARCH 29, 2025**

***TRANSFORMATION GEMS BOOTCAMP
APRIL 5, 2025**

***GIRLFRIENDS TEA PARTY
APRIL 12, 2025**



JAN-FEB. 2025

OH, HOW DO I LOVE THEE

Expressions of love for yourself is essential to your well-being. Why? Because are so deserving of love.

Here are ways to express love to you:

- *Have a strong belief in yourself.
- *Extend grace to yourself by not being so hard on yourself.
- *Create a peaceful space without distractions and interruptions.
- *Create a soul-speaking musical playlist and listen to it often.
- *Speak highly of yourself especially when things don't go according to plan.
- *Celebrate ALL your WINS grand & small.
- *Make rest of your mind, body and spirit a priority.



For The Mature Beauty
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Lipstick



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