FAMILY & FRIENDS JULY 15, 2023

# MONTHLY REPORT

The latest news and updates from the F.U.T.U.R.E. family



IN THIS ISSUE

### SELF CARE OF THE MONTH

**LEARN!** Allow yourself at least 20 mins at the beginning or end of your busy day to read and expand your knowledge about something you find interesting.

### SAVING TIP OF THE MONTH

Do you have debt and want to pay it off? Look up the different methods to pay off debt and decide which one will work better for you. Commit to start paying off your debt in the next 2 weeks with your new debt payoff plan.

## KINDNESS ACTION OF THE MONTH

Donate to a charity you support.

### **BOOK OF THE MONTH**

The 7 Habits of Highly Effective People by: Stephen R. Covey



### LET'S GET TO BUSINESS

July is our time to support and celebrate small black-owned businesses. Entrepreneurship drives economic development and success in America. A considerably wider variety of product options is ensured by a large number of small enterprises, each of which chooses items based on their own preferences and the demands of their clientele. In current day being able to use the internet small businesses can also have a much broader reach to their consumers allowing them the opportunity to scale and grow.

#### Check out some of the small businesses we support

- @Cookingwithmissbee Atlanta Chef
- @Blushedout\_bytoni Atlanta MUA
- @Auntieals Atlanta Food Truck
- @Pb\_dahustla Chicago MUA
- @Suite726 E- commerce Womens Boutique
- @Mjs\_carspa New York Auto Detailing Service
- @Jarrelllamar NewYork Based Life Insurance Agent
- @Peachycleaningservices17 Traveling Cleaning Services
- @Posewithpoise\_ Poise Coach
- @Gdhu\_boxing\_ Boxing and Fitness Studio and Trainer



