

MONTHLY REPORT

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

JUNETEENTH

Celebrate Freedom

JUNE 19

IN THIS ISSUE

SELF CARE OF THE MONTH

Just say NO! One of the most overwhelming things for ourselves is to say yes to everything. Start saying no to things, events, invites, and people who are not aligned with your goals. It will hurt, but it will be relieving in the long run.

BOOK OF THE MONTH

Hair Love by Matthew A. Cherry. Yes, it's a children's book but Hair Love is a beautiful and refreshing story that touches on topics around family, self esteem, pride, style, identity and culture.

KINDNESS ACTION OF THE MONTH

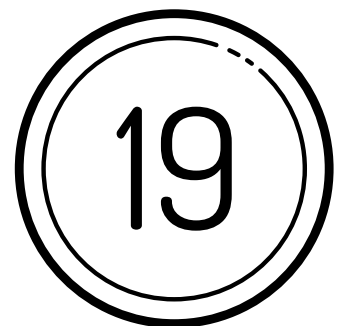
Create 10-15 care packages to give out to homeless people. Things to include: water, sandwiches, crackers, socks, wipes, soap.

CELEBRATING JUNETEETH:


Juneteenth is a holiday celebrating the emancipation of those who had been enslaved in the United States. Originating in Galveston, Texas, it is now celebrated annually on June 19 throughout the United States

SAVING TIP OF THE MONTH

Back to basics. Write down all your expenses from the past month and see where you can cut down on spending. You don't have to eliminate an expense completely if you are not ready but set a goal to spend half. If you spend \$500 on eating out, cut it down to \$250. Then invest the \$250!



“If the cruelties of slavery could not stop us, the opposition we now face will surely fail. Because the goal of America is freedom, abused and scorned tho' we may be, our destiny is tied up with America's destiny.” – Martin Luther King Jr.

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