

# MONTHLY REPORT

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



## IN THIS ISSUE

### SELF CARE OF THE MONTH

Write down 3 things you love about yourself every morning. So many times we are so hard on ourselves. We can be our own enemy or biggest cheerleader. Be your own cheerleader!

### SAVING TIP OF THE MONTH

Wait 30 days. The 30 day rule is a simple strategy that has the power to help you control your spending and otherwise make the right financial choices for you. Essentially, if you feel the urge to buy something that's non-essential, whether it's in a store or online, the rule says: Stop. Leave the store. Usually after 30 days you'll forget about it.

### KINDNESS ACTION OF THE MONTH

Text someone you haven't spoken to in over a month to check in on them.

### BOOK OF THE MONTH

Becoming by Michelle Obama

## EVENT OF THE MONTH

*March 27, 2021 - 1pm est*

During Women's History Month, we would like to celebrate YOU! In the midst of our celebration F.U.T.U.R.E. will be hosting a virtual women's empowerment brunch.

This event will feature five exceptional panelist who have contributed to breaking the norm in our community. Our goal is to highlight women from various different backgrounds coming together to share their experiences and journey.

We hope that you can join us and help to celebrate these amazing women. Please register for this event on our website at: [future4change.org](http://future4change.org)

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Empowered Women, Empower Women

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