

MONTHLY REPORT

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

IN THIS ISSUE

SELF CARE OF THE MONTH

Live in the moment and **DON'T OVERTHINK IT!** Overthinking is a bad habit that frequently leads to increased stress due to a tendency to linger on the negative, the past, or the future.

SAVING TIP OF THE MONTH

Changing your money habits starts with changing your mindset. While everyone has different goals and ideas of what they should do with their money, take some time this month and answer the following questions: what is my ideal monthly budget (income and expenses)? In what ways can I increase my income? What habits can I implement to manage my money better? Start changing your mindset and you'll start seeing your money grow.

KINDNESS ACTION OF THE MONTH

Give a woman an unexpected compliment!

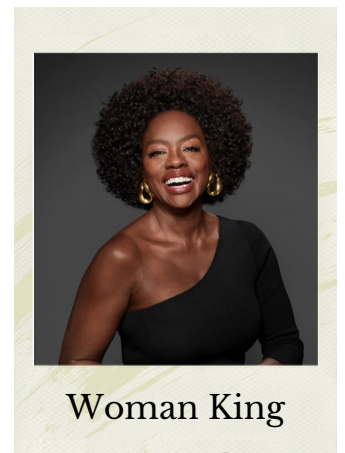
BOOK OF THE MONTH

Finding Me by: Viola Davis

INTERNATIONAL WOMEN'S DAY - MARCH 8, 2023

International Women's Day is dedicated to promoting gender equality and honoring the accomplishments of women. In honor of International Women's Day, we would like to highlight Academy-Award winning actress, philanthropist, and CEO/Co-Founder of JuVeeProductions "The Woman King" Mrs. Viola Davis.

“ History is not the past, it is the present! We carry history with us. In other words: You're a product of your environment. We all are a product of our environment. Your existence is an amalgamation of every triumph, every hard-won battle, every woman who had an idea and massaged it and had the courage to use it to change the world. Yet here you are privileged, blessed...to do...what? ”



Woman King

Viola Davis

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 info@future4change.org
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