

MONTHLY REPORT

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



IN THIS ISSUE

SELF CARE OF THE MONTH

Find a vegan eco-friendly face mask and add it to your self care, go green to do list! This should be done in a relaxing place of your home with some relaxing music at least once a week for the month of April.

SAVING TIP OF THE MONTH

Open a separate savings account and deposit \$10-\$20 every paycheck. Use that money to have some fun with friends or by yourself! Go to a comedy show, get a massage, buy books, or keep adding and go on a short vacation!

KINDNESS ACTION OF THE MONTH

Post positive notes around your community!

BOOK OF THE MONTH

Year of Yes by: Shonda Rhimes

LIFE CHANGING RESOURCES

These five women shared a wealth of knowledge at our Women's Empowerment Event last month. Follow them on social media and check out their website for motivation, resources and some cool gear!!

Juel Stanley - Instagram @juel93

Ashley Glaspie - Instagram @thegreatglaspie

Domari Dickinson - Instagram @domaridickinson

Sierra Doucette - Instagram @jaded.xix

Charnae Caldwell - Instagram @_diaryofaboss_

(Host)Vignike Amedegnato - Instagram @girlythecoo



“I believe in destiny. But I also believe that you can't just sit back and let destiny happen. A lot of times, an opportunity might fall into your lap, but you have to be ready for that opportunity. You can't sit there waiting on it. A lot of times you are going to have to get out there and make it happen”



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info@future4change.org



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