

MONEY

January 2023

NEWS



COACH ANITA

PowerfulPeoplePlan.com



Powerful People,

I pray you are starting off this New Year like a boss! I'm sure there are so many things you want to accomplish. If you haven't gotten those on paper I encourage you to take a minute and get them out of your head. If you haven't formulated them yet, we have 2 last slots available for our Investing in Me in 2023: Dream Goal Setting Session so grab one for some help with getting those set up. January is going to be epic as we kick off our new speaker series: Ask Me Anything in 15. In this Instagram Live format you will have the opportunity to ask experts in their field any and everything. Join us for our first one on January 25th.



Upcoming

- Thursday, January 19th @ 7pmCT
 - Past and Current Clients: Virtual Happy Hour Game Night
 - Register below for some fun!
- Wednesday, January 25th @ 6pmCT
 - Ask Me Anything in 15: Expert Interviews featuring Therapist, Shanaci Cook
 - Join this live Instagram interview to get all your mental health questions answered
 - Send anonymous questions prior to anita@powerfulpeopleplan.com
 - Set up reminders to the event below

January Financial Tips & Resources

- Off the New Years Resolution bandwagon already? No problem! Small steps is what it's about. If your goal was to create a daily habit instead create it as a monthly or weekly habit first. Even though it's not the frequency you envisioned when you set the goal, doing something once this year is better than doing nothing at all. Progress is the target---not perfection. Get back on the wagon as many times as it takes!
- Review the goal setting webinar from last month to make sure the goals that you set are quality goals. Link below.
- PowerfulPeoplePlan.com got a facelift! Check us out for resources in one place and don't forget to share us with a friend!

Power Partner



Shanaci Cook has a successful counseling practice in the Dallas, TX area. Shanaci graduated with her Bachelor of Arts in Psychology from the University of Northern Colorado in Greeley, CO. She later graduated from Amberton University in Garland, TX with a Master of Arts in Professional Counseling. She has always had a passion for helping people work through the struggles they face in life, set goals for change, and accomplish those goals. It takes courage to go through counseling and face what you are going through, and she is here to walk alongside clients and to help provide the tools to do so. Ask Shanaci anything on January 25th at 6pmCT. **Link below!**

