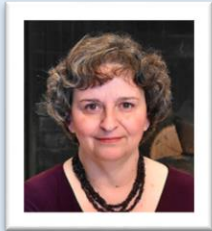


Enterprising Newsletter



'March roars in like a lion and goes out like a lamb'. Or, is it vice versa? In any case, March is a month of change. The changes may be subtle as trees may begin to bud or not so subtle as thunderstorms & lightning crashes down more frequently.

March Spotlight Speeches at our Friday meetings will focus on goal setting and creating dream boards. Please try to attend every week in March as the programs will bring us through a process that builds on the week before. It should be eye-opening and fun for all in attendance.

As Network for Enterprising Women celebrates its 40th year, our amazing organization seeks to rejuvenate & renovate to better serve our members--past, present & future.

On February 10th, we held a planning retreat. Our goal wasn't to make wholesale changes to our group but to refine and expand our activities to provide more opportunities to more members going forward. Some of the changes discussed include:

- * Happy Hours on the 1st Friday of Every Month (Mark your calendars now!) The time & location will vary from month to month due to happy hour 'hours' offered at that month's selected venue. Stay tuned to our newsletter for each month's location & details.

- * We are expanding the meeting time to 7:30 to 8:30 a.m., with the program ending by 8:15 and networking until 8:30 a.m.

- * We are shifting the meeting order--moving announcements & brags to after the spotlight speaker.

- * We are asking our members to sit close to the wall with the mirror so latecomers can find a chair more comfortably without having to squeeze behind the on-time members.

- * We're doing more to promote and support activities and events in which our members are participants or hosts.

- * We plan to hold joint social events with other women-centered organizations that may share common goals.

- * We are building a phone tree to get news out about events that may affect our members. Clarra Norris may be contacting you to ask for your participation.

One part of the planning retreat asked each participant to make a commitment to the organization--big or small--that would improve or strengthen our Network. If you were unable to attend the retreat, I hope you'll make a commitment, too!

If you are interested in serving on a committee, your participation is both welcome & encouraged!

This is a big and busy year for Network for Enterprising Women! Get your skates on & roll with us! You'll enjoy the ride but keep up! Have an exceptional March!

Marty Harrison



March Convener: Toni Allison

The theme this month is looking at our Dreams and Visions of the future and thinking of ways to make those dreams come true.

Vision Board — A Powerful Tool To Manifest Your Life Desires

The Law of Attraction (LoA) is a powerful, universal law that provides the opportunity to shape our lives and attract our deepest, greatest desires. It states that: *Our attitudes and beliefs create a magnet to attract events, circumstances and opportunities to live out those attitudes and beliefs.* And one of the most powerful tools for utilizing the LoA is making a **vision board**. Creating a vision board is more than merely cutting out magazine pictures and gluing them onto a board, hoping to attract your desires.

What Is A Vision Board?

A vision board is a powerful LoA tool, that helps you narrow down your desires through the **power of choice**. The tool helps you invest the time and energy to **visualize your goals**, and **consistently remind you** of your hearts desires and life goals. Another popular term for it is **dream board**. Let's look at those three purposes of your dream board in more detail below.

1. The Power of Choice

Visions boards force you to examine your desires and focus on those that truly matter to you. Whether creating one or several boards, the limited space in a way forces you and empowers you to focus in on your most treasured desires.

The process of choosing what to put on your vision board is simple, yet meaningful. First, identify your wishes or desires, then select images that represent those desires. This simple selection process narrows down your focus and personalizes your board with **specific messages that matter to you**. For example, you decide to put a picture of a house on your vision board because you want to purchase your dream home one day. But you're not satisfied with pasting an image of just any house on the board, so you **find the perfect representation of your dream home**, or you might pick aspects of homes and collage them together to fashion your perfect home.

There is power in this act of focusing on the details of how to represent your desire, and the process of making those choices sends a very specific and personalized message to the universe about your desires.

2. The Power of Visualization

Without a doubt, it is the visual aspect of a dream board that really drives home your desires and sends a very loud, clear message. It's easy to think that choosing and focusing on a desire helps achieve it that specific desire, but visualization isn't as straightforward as we think it is.

To understand why visualizing your desires is so powerful, we need to look at the brain. Our brain is an incredible machine that is geared toward making us successful with every action we take. Our brain trains our bodies to prepare for action — when we imagine ourselves preparing for an activity, our brains actually run through the process and send signals to the rest of our body to complete the action.

Visualization is nearly as powerful as performing the action. When you visualize yourself living in your dream home, your brain trains your body for that reality.

3. The Power of Consistency

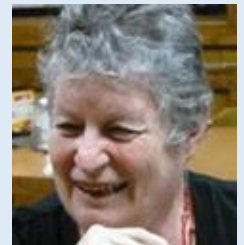
It's no secret that consistency is important. Whether attempting to learn a new skill or create a new habit, consistency is the key. We're wired for repetition, and every time we repeat an action, we become stronger with that action. By creating a vision board and placing it in a spot you see every day, you create the opportunity for consistent visualization to **train your mind, body and spirit to become acclimated to the reality of your desires**. The wonderful thing about a dream board is that it only requires the time and energy for the initial creation. After that, the consistency in the visualization happens every time you look at it.

<https://blog.mindvalley.com/vision-board/>



Network 20 Years Ago-Margaret Estes

I joined Network in the fall of 1982. I was new in Fort Worth, having moved from San Antonio, and I knew that to get myself established and find a job and make some friends and find out what's going on, I needed to get into some kind of women's group. So I just came. I was very cordially received. Network was quite a large organization then, and growing. I remember Susan Kneten was, I think, president or just had been or was about to be, and she was a very busy person, but she was always very friendly to me, and I appreciated that very much. I also remember talking to Katie Sherrod on several occasions and Sarah Walker, a lot of the old timers who are still there. I was just accepted and welcomed and got some good ideas on what to do and where to go and how to do it, and I just, from the very first time, felt quite at home.



March Birthdays

4th Lois Teeples

March 4th Zodiac. Being a Pisces born on March 4th you are well known for your intuitive, self-sacrificing and sensitive personality.

Date: March 4th

Color: Byzantium

In One Word: Outer

Shape: Triangle in a Circle

Strength: Supportive Circumstance

Weakness: Drama

13th Camille Drinan

The 13th of March is obviously the point of strong feminine energies, just like every 13th, but the spite and the revolution here tend to be quite beneficent.

Date: March 13th

Color: Oxford Blue

In One Word: Abundance

Shape: Triangle

Strength: Optimism

Weakness: Loss of Self

S.W.O.T. ing Network

February 10, 2018

Strengths

Weaknesses

Opportunities



11 am to 3 pm

St John's Anglican Church

2401 College Avenue

Bring a Sack Lunch

RSVP to Toni Allison

See attached flyer

HAPPY HOUR

March 2, 2018

Elks Lodge

3233 White Settlement Rd

6 pm until?

Dinner is available

Come and spend time with
your Network friends and
others.

Women's History Month

The 2018 National Women's History theme presents the opportunity to honor women who have shaped America's history and its future through their tireless commitment to ending discrimination against women and girls. Through this theme we celebrate women fighting not only against sexism, but also against the many intersecting forms of discrimination faced by American women including discrimination based on race and ethnicity, class, disability, sexual orientation, veteran status, and many other categories.

From spearheading legislation against segregation to leading the reproductive justice movement, our 2018 honorees are dismantling the structural, cultural, and legal forms of discrimination that for too long have plagued American women.

Nevertheless She Persisted: This phrase was born in February 2017 when Senator Elizabeth Warren, D-MA, was silenced during Jeff Sessions' confirmation hearing for Attorney General. At the time, Warren was reading an opposition letter penned by **Coretta Scott King** (a past NWHP honoree) in 1986. Referring to the incident, Senate Majority Leader Mitch McConnell, R-KY, later said "Senator Warren was giving a lengthy speech. She had appeared to violate the rule. She was warned. She was given an explanation. **Nevertheless she persisted.**" Feminists immediately adopted the phrase in hashtags and memes to refer to any strong women who refuse to be silenced.

Fighting all forms of discrimination against women takes persistence. The 2018 honorees have all gotten the message to stop, either directly or indirectly, yet they have all continued to fight and succeeded in bringing positive change to the lives of diverse American women.

(Read about the 12 Honorees at <http://www.nwhp.org/2018-theme-honorees/>)

Board of Directors

President: Marty Harrison

1st Vice President: Clarra Norris

2nd Vice President: Toni Allison

Secretary: Connie Taylor

Treasurer: Gina Goldermann

Historian: Judith Clements

Social Chair: Lois Teeples

Communications: Olga Ferris

Website: Toni Allison

Sunshine Chair: Heidemarie Weyman

Meetings:

Every Friday at 7:30 am

Ole South Pancake House

1509 S. University

Fort Worth

ON THE WEB

Networkforenterprisingwomen.org

Membership

Membership is open to women who share interests in women related issues and wish to share ideas, skills and experience in a non-judgmental, accepting environment. There is no exclusivity of any kind and all are welcome. The group functions as an informal information network and a source of support, at the same time, providing personal and professional growth opportunities.