



# Monthly NEWSLETTER



## A Note of Gratitude

The July and August newsletters sparked such thoughtful reflection and meaningful questions that I felt it was important to take a moment to circle back.

That's why the October newsletter is dedicated to each of you – your engagement, curiosity, and shared experiences continue to inspire the heart of this work.

Thank you for being part of the journey.

Please feel free to continue sharing with friends, family, and anyone who might benefit. Our goal is to reach and uplift as many women as possible.

Happy reading!

*Dr. Sade Reid*



## Be Where Your Feet Are Planted: Continuing the Journey

Being where your feet are planted is such a beautiful practice – but also one we often forget when life speeds up. In a world that constantly demands our attention, it's easy to feel pulled in every direction. We juggle work, family, responsibilities, and expectations, all while rarely pausing to notice the ground beneath us.

Yet presence is powerful. **When we embrace stillness, silence, and presence, clarity emerges** – clarity about who we are, what we need, and how we want to live.

Many of you shared with me that while on vacation, you found these moments of presence and clarity. But you also asked: “What do I do when I get back? How do I stay present when life starts running again?” I love these conversations. It means you're doing the work. But really...

Here's the truth: being where your feet are planted doesn't end when vacation does. It's a daily choice. And it begins with the small things:

- 1. End your workday on time so you can create space for yourself and your family.*
- 2. Release what's behind you and what's ahead of you. Instead, carve out at least 30 minutes each day just for you – to breathe, reflect, or simply be. Want to go the extra mile? Give yourself 5 hours or more to just be with you. No phone, internet, or television. Enjoy a walk, hike, or simply time to love on yourself – because no one else can do it better.*
- 3. Trust yourself and your higher power that everything is unfolding as it should.*

This is what it really means to be planted: prioritizing yourself, enjoying the present moment, and giving yourself permission to reflect on what's hard and what needs to change. It's about showing up fully – at work, at home, or in your community – with the confidence that whatever life brings, you already have what you need to navigate it.

Most importantly, it's about creating space to say: **“I've given time to work and others. Now, I'm making time to care for me.”**

Remember: wellness isn't about grand gestures. It's built on the daily choices you make to stay present, rooted, and whole.