

Savvy Woman

A SPACE WHERE WOMEN CAN BE INFORMED, INSPIRED, AND ENCOURAGED.

Are You Awake Yet?

ON Saturday, December 8, my mother, sisters and I ventured out to the [One of A Kind](#) Show at the Merchandise Mart in downtown Chicago. It is an exciting adventure to experience. There are over 600 independent makers who have created jewelry, clothing, paintings, sculptures, food, and the list goes on and on.

One of my sisters saw and purchased a pillow covering that immediately made her think of my daughter, Aundrea.



Everyone in my family knows that Aundrea loves to sleep. On days she doesn't have to work she sleeps in and she is always ready for a nice long nap. However, when she is awake, Aundrea is pretty awesome. She has had great success in her career since she graduated from Mizzou with a degree in strategic communication. She also does PR work for her own outside clients and

is poised to be a force to be reckoned with in the future. While my sister purchased the pillow covering for Aundrea, the quote has stuck in my mind since I saw it. It made me pause to think about myself and my life and whether I'm satisfied with "sleeping" or is it time that I "woke" up to move some mountains.



I'm not saying that I am physically "asleep", but maybe mentally "asleep" because I am not moving forward on accomplishing my goals, pursuing my dreams, or even "moving some mountains."

How about you? Are you "awake?" What goal do you want to accomplish, what dream do you want to pursue, what mountain do you need to move?

It's a new year and as the quote says... "12 new chapters, 365 new chances."

I'm going to wake up and move me some mountains...how about you?

Let's get busy!

Be the woman
who decided to
go for it.

January 2018

January Bucket List

- ☐ Create a reading list for 2018
- ☐ Go ice skating
- ☐ Take a bubble bath
- ☐ Get organized
- ☐ Out with the old-clothes, attitudes, habits; in with the new-goals, ideas, plans
- ☐ Volunteer
- ☐ Investigate a new hobby
- ☐ Celebrate National Thank You Month
- ☐ Avoid the winter blues, take a short trip
- ☐ Buy fresh flowers... that's always a good plan



GET

Pumped Up

To Make This an Awesome Year



Learn a new language.

Exercise

Take a social media class.

Attend a conference



Join an organization.

Be an engaged mentor.



Create an ongoing vision wall.



Create a space that inspires you.

*CLIMB CLIMB*

Go higher than you ever thought you could. Climb the ladder of success, whatever that is for you. Climb your way to the top. Take as long as you need: no one is watching the clock (except maybe you). Before you reach out to hold onto something or somebody, make certain it's strong enough to support you. Grit your teeth and scrape your knees and bleed and sweat. If your mountain is simply to get through the day, then scale it. When you get to the top, look back at what you've accomplished. Now smile or holler or cry. Before you head for the valley and the *next* mountain, remember the women who have gone before you and the ones who will follow your climb.

365 Words of Well-Being for Women - Rachel Snyder



The Pretty Dress Project is all about staying healthy so that you can wear your pretty dresses on your best body.

A good place to start is to know your numbers:

Do you know your numbers?

- Total cholesterol
- LDL ("Bad") Cholesterol
- HDL ("Good") Cholesterol
- Blood Pressure
- Waist Circumference

To learn more about your numbers, click below:

[Know Your Numbers](#)



Helena@savvywomanblog.com
www.savvywomanblog.com



*Snowflakes
are like
kisses from
heaven.*