

Inspired Beyond!

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www.abwa-inspireher.org



At the end of each year, I begin to think about the goals I set for myself that year. Did I successfully

reach my goals? Do I need to revisit any of my goals? Is there something that I was not able to do, and why? Etc. Since I am not big on making new year resolutions, reflecting helps me set goals and plan for the upcoming year.

This year, my reflections revealed something different. I realized my goals are always tangible, actionable and result driven like paint the house, take a vacation, etc. Safe choices, NOT goals!!! Being able to accomplish these items are great, but they are no longer feeding my need for a full and happy life. My perspective on life is changing, and it makes me uncomfortable. So, next year, I am NOT setting any goals or making choices. I am STEPPING outside my comfort zone to reconnect with my inner self and become the BEST SELF I can be.

First, I am taking the [Love Yourself Challenge](#). I stumbled across this challenge while researching on the internet. The Love Yourself Challenge is made up of seven (7) challenges that you commit to implementing into your life over a 30-day time period to help you realize how important you are. It helps you reconnect with yourself in ways that remind you of who you once were before life happened and reminds you that IT'S OK to allow time to show yourself love. You are WORTH IT.

- Challenge #1: Do Something You've ALWAYS Wanted To Do
- Challenge #2: STOP Criticizing Yourself – And Start Saying Affirmations Instead
- Challenge #3: Schedule Rest and Relaxation
- Challenge #4: Invest in Building Quality Relationships
- Challenge #5: Move Your Body
- Challenge #6: Get Crystal Clear On Your Goals
- Challenge #7: Find a Creative Practice

Secondly, while reflecting, I noticed I have been more aware of “the victim mentality” and that I may not be as sensitive to those around me who display it. Rummaging through YouTube, I discovered an interesting video by John Bevere, [“Living Free from the Deadly Trap of Offense”](#). To my surprise, it was NOT AT ALL what I was looking for or thought. It was a different approach, an interesting perspective and empowering on offense and forgiveness. I watched the entire video and purchased his book to WORK on changing my life and BE FULLY HAPPY.



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ABWA Mission Statement

The mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.



Explore

Engage

Excel

The *InspireHer* Chapter vision is to lead through service to inspire, motivate, and empower every person to be their BEST SELF.

InspireHer Member Spotlight



Member Spotlight

Dawn Sappe

Charter Member

Community & Business Support

Serving as a Committee member
2020-2021, 2021-2022, 2022-2023



Mind, Body, and Soul

Mind, Body and Soul – Embracing Yourself As a Whole and Creating a Better YOU!

We hear all the time about how we need to take care of our bodies whether it means being told to eat right, exercise, or to get enough sleep. We've all heard it, you know, the whole works. What we don't hear much of is that we need to take care of ourselves as a whole being, one who has more to them than just the body. A human being who also has a mind and soul that need to be cared for, a mind and soul that need to be embraced, exercised and made to feel important.

That means that focusing on our physical health is an important part of a much larger picture. Without a strong mind and a connected soul, we may still find ourselves adrift. Our mind needs to be fed. It needs to be considered in the bigger picture.



CHALLENGING YOUR MIND

Think about it. If you spend all day at a job where you aren't challenged mentally, you find your thoughts wondering. Day in and day out of this will quickly drain you. Your mind needs to be exercised just like any physical muscle. It begs to be stretched and not forgotten about. It wants to be challenged. Sometimes we forget that we are holistic beings and even though we might be taking care of our physical bodies, if our emotional wellbeing is not taken care of our physical bodies will soon become drained and exhausted too.

NOURISHING YOUR SOUL

Your soul is just as important as the mind and body. A well-nourished soul, connected in whatever form you find fitting will make you more satisfied and complete than many other changes you could make.

To read entire article, click the link below:

[Mind, Body and Soul - Embracing Yourself As a Whole and Creating a Better YOU! - 50 Shades of Age](#)

Fight Off The Flu With Immune-Boosting Nutrients

It's flu season again, so most people get a flu shot and strive to stay healthy. But can certain foods or supplements boost the immune system and help with that "staying healthy" goal?



While having a healthy immune system is a plus during the season of colds and flu, consider these tips for keeping your immune system strong throughout the year:

Focus on a balanced eating plan.

Don't skip meals, so your body stays well-fueled. Aim for five to nine servings of vegetables and fruits daily to provide those immune-boosting vitamins, minerals and antioxidants. A serving of fruit is one medium piece of fresh fruit, 1 cup of berries or melon, or 1/2 cup of

canned fruit packed in its own juice. A serving of vegetables is 1/2 cup cooked or 1 cup raw.

Getting these nutrients from foods versus vitamin or mineral supplements is always best. Many herbal remedies are marketed to help fight colds or shorten their duration, but check with a health care professional before taking any supplements or medications. And don't forget fluids. Remember to drink adequate fluids throughout the day. Plain water is best.

To read entire article, click the link below:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/fight-off-the-flu-with-nutrients>

Money Matters - How's Your Financial Fitness?

Take this short quiz and assess your financial fitness.



- | | |
|---|---|
| <p>1 I have a steady income and can pay my bills on time.</p> <p>2 I have a budget, and I stick to it. I don't spend more than I earn.</p> <p>3 I pay off my credit card bills in full each month.</p> <p>4 I resist impulse buys.</p> <p>5 I'm saving for retirement on a regular basis.</p> <p>6 I can afford to occasionally splurge (maybe a dinner out or a vacation).</p> <p>7 Part of my income automatically goes to savings.</p> <p>8 I own personal life insurance (not just through work).</p> | <p>9 I know who my beneficiaries are, and they're up to date.</p> <p>10 I have a financial representative who acts as a sounding board and source of information.</p> <p>11 I have saved enough to cover an emergency home or auto repair.</p> <p>12 I could handle a temporary layoff from work.</p> <p>13 I know how much debt I have (mortgage, student loans, auto loans, etc.).</p> <p>14 I know my credit score.</p> <p>15 I do feel pressure to "keep up" with other people. I am content with what I have.</p> |
|---|---|

Results:

IF you answered most questions	THEN
Always	Nice job - You're super financially fit! Continue keeping up with your annual financial "wellness" with your Financial Advisor. If you do not have one, look in to what one can offer.
Sometimes	You're making good, solid financial choices that will pay off now and in the future. If there are any areas, you'd like to strengthen would be a great time start doing so. Talk with a Financial Advisor for additional tips.
Never	Getting financially fit can be an uphill battle. With knowledge, commitment and encouragement, this battle can be WON. Start by creating a spending and saving plan to help you see where you are and that is right for your unique situation.

Volunteer Day—JA of Georgia

VOLUNTEER & make an impact

discovery 
at Gwinnett
Junior Achievement® GWINNETT PUBLIC SCS



Join ABWA InspireHer Chapter for a Volunteer Day with Junior Achievement (JA) of Georgia!

Every child has a dream, a vision for what their future can be. Our mission is to provide students with opportunities to make those dreams a reality for middle school students; an immersive simulation that enables them to develop skills to successfully navigate today's complex economic environment and discover how decisions today can impact tomorrow. The two programs at our JA Discovery Centers are: JA BizTown & JA Finance Park.

Date: 3/07/2023 08:15 AM - 3/07/2023 02:45 PM

Location: 1333 Old Norcross Road Lawrenceville, Georgia 30046

Why we need coaches?

Adult stories bring the simulation to life for the students, by sharing real life experiences while coaching a small group of students. Our volunteers provide those "ah ha" moments daily as they help students discover the value of themselves, their education, and their future possibilities! Check out of [volunteer video](#) to see a preview of the day.

How do I sign-up?

[Tuesday, March 7th - ABWA: Register Here!](#)

Once you register, you will receive an email with information including directions to the location and general logistics of the day. Other than registration there is no pre-prep needed.

Forward all questions to:

Nancy Gates or Joan Coley at membership@abwa-inspireher.org.

This is a great way to get involved and give back!

Fundraiser Raffle—2022

InspireHer Chapter ended 2022 having fun and socializing. We missed all of you who could not attend the "Celebration of the Season" holiday event, but KNOW there will be more opportunities coming your way in 2023. ... And the RAFFLE WINNER is **Will Chambliss**.

Will won the 55" Samsung Smart TV. He was very excited and sends a big THANK YOU the InspireHer Chapter members. His exact words were, "I needed this TV. I can't believe I won, but I'll take it. Thank you, Thank you Thank you!"



ABWA Proud Code Of Conduct

The Proud Code of Conduct was developed as a means of guiding all members in making ethical decisions. The broad statements of the code of conduct that are listed below are not expected to cover all conduct for all situations. This is why the Proud Code of Conduct was created as a living and fluid code.

- ◆ As an ABWA member, I will serve as a goodwill ambassador for the American Business Women's Association.
- ◆ As an ABWA member, I will adhere to the Association's Bylaws and comply with the Association's Brand Guidelines.
- ◆ As an ABWA member, I will not use my personal power or influence to advance my own interests.
- ◆ As an ABWA member, I will not allow my personal beliefs or convictions to alienate other members, prospective members, and sponsors at any level of the ABWA organization (local, regional or national).
- ◆ As an ABWA member, I will always treat member colleagues, the ABWA National Team, guests, speakers, vendors, and sponsors with dignity and respect.

2023 ABWA Membership Renewal \$175

ABWA National: \$115

(12 consecutive months from enrollment month.)

InspireHer Chapter: \$60

(August 1st—July 31st)

Upcoming Events 2023

For all the latest updates and information, click [HERE](#) to visit our website.

January

21 - InspireHer Chapter Monthly Meeting
Fitness & Nutrition

February

18 - InspireHer Chapter Monthly Meeting
Know Your Worth

March

Celebrating Women

7– JA of GA [Volunteer Day](#)

10 - 11 *Virtual regional Conference*

18 - InspireHer Chapter Monthly Meeting
Celebrating Women
(*Women's History Month*)

Training

Free monthly Apex Courses

Login at www.myapexcampus.org under the [School of Lean](#) and register today!

Questions

ABWA National team

913-732-5100

webmail@abwa.org

About the Newsletter

The ABWA Inspired Beyond Newsletter highlights news, events, programs, resources, and opportunities for the advancement of women. The newsletter is published quarterly by the [InspireHer](#) Newsletter Committee.

Want Your Article Published?

Do you have an article you would like to have published in the next edition? Consider publishing dates when submitting date-sensitive information and events. Submit your article 30 days before the publishing date.

2022-2023 Publishing Dates

October, January, April, & July

The [InspireHer](#) Newsletter Committee will consider articles on a case-by-case basis.

**To submit articles for consideration,
click here to [email the newsletter team](#).**

HAPPY

January

Tione Brown
Sharon Norman

February

Teresa Williams
Denise Wilmont
Janice Wilmont

March

Julia Mickens
Shareen Clark

birthday