

M.O.V.E. Forward!

Magazine

JANUARY 2025

rwhwy.org



INFO@RWHWY.NET





M.O.V.E. FORWARD!

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CHARTING
SUCCESS
TOGETHER



REAL WOMEN HELPING WOMEN & YOUTH

IMPROVING LIVES!



About Us

Founded in 2017, Real Women Helping Women & Youth, Inc. is a 501(c)(3) nonprofit that provides free educational resources, networking opportunities, health and wellness encouragement, and a supportive community to help women and youth improve their lives.



Our Mission

We aim to empower women and youth by providing them with the tools, skills, and opportunities to succeed.



Thank You!

A heartfelt thank you to everyone who shared and spread the word about our request for donations, we received more than \$660 on Giving Tuesday.

Donations options:

One-Time

Monthly

or Annually

with



zeffy



[https://www.zeffy.com/
donation-form/](https://www.zeffy.com/donation-form/)

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There are several ways to support
Real Women Helping Women & Youth

Tax ID: 82-0656580

A \$10 monthly donation
helps defray mailing costs.

Monthly donation of \$25 helps to fund
our N.I.C.E. youth program incentives

Weekly donation of \$50 helps to fund
our M.O.V.E. program challenges
and incentives

Monthly donation of \$50 funds
our O.W.L.s book club selection

Monthly donation of \$100 helps to
fund the Invaluable Me! program

Annual donation of \$150 supports

- YouTube Channel workouts
- RWHW&Y website, domain, email expenses
- Heyzine - creates this magazine
- Quillbot subscription - improves our writing
- Thank You Gifts for our volunteers and facilitators



RWHW&Y PayPal donation link



paypal.com/us/fundraiser/charity/2829256



M.O.V.E. January 2025 Step Challenge!



Ladies,

Get ready to kick off the year with a fun and energizing step challenge!

How It Works:

- Track and post a picture of your daily steps in our M.O.V.E. Slack Channel #move-health-and-wellness-activities.
- You will earn the equivalent number as shown on the step chart.
- Join our workouts to earn extra entries.

Step Chart

- Under 2,500 = 1 daily entry
- 2,500 to 4,999 = 2 daily entries
- 5,000 to 7,499 = 3 daily entries
- 7,500 to 9,999 = 4 daily entries
- Over 10,000 = 5 daily entries

Pop-up are back!

Participants will have a chance to earn health and wellness prizes throughout the month via random drawings.



STEP 1
Not Today

STEP 2
2,500 Steps

STEP 3
5,000 Steps

STEP 4
7,500 Steps

STEP 5
10,000 Steps

Let's lace up those sneakers and track those steps! 🎉



Women should click [here](#) to send a request to join our Slack Community.



Nutrition & Eating Healthy Tips

Salad

Eating a salad before a walk can boost your performance by providing energy and carbs, but timing isn't important as long as you eat a balanced meal.

Cooking Tip

When you have leftover carrots and celery from a party tray, dice them and make soup starter bags for your freezer.



Cobb Salad

Chopped salad greens - romaine lettuce, tomatoes, bacon, chicken breast, hard-boiled eggs, avocado, chives, blue cheese (and red wine vinaigrette)



Seafood Salad

Mixed greens, grilled or smoked salmon, cherry tomatoes, cucumbers, red onions, capers



Greek Salad

Mixed greens, cherry tomatoes, cucumbers, red onions, kalamata olives, feta cheese





Explorer
3 months



Adventurer
6 months



Trailblazer
9 months



Pioneer
12 months

M.O.V.E. 2024

EmPOWERHER!

Rewards Program!



A commitment to self-improvement reward program was introduced by M.O.V.E. in 2024. This program was designed to recognize and encourage women who participated in our monthly group challenges. Its purpose was to foster a sense of community and ensure that long-term engagement was recognized and rewarded. We would like to express our gratitude to the eleven PIONEERS who were able to achieve the goal of participating every month.



**REAL
WOMEN
HELPING
WOMEN
& YOUTH**

WOMEN ARE INVITED TO **JOIN OUR SLACK COMMUNITY**



**YOU'RE
INVITED!**

Real Women Helping Women & Youth has a Slack community for women to connect, support, and inspire each other.

Benefits:

- share experiences
- seek advice
- collaborate
- network
- motivation
- free workouts
- free challenges
- accountability
- book club

The community offers a platform for women to share experiences, seek advice, and collaborate with like-minded individuals.

The mission is to empower women by providing them with tools, skills, and opportunities to succeed.

The community is free to join, and women can request to join by clicking the link below.



Together We Stride

Women are encouraged to join our monthly challenges in our Slack Community.
The poem below was created with chatgpt by RWHWY volunteer staff

**In January's chill, we rise with might,
A challenge ahead, a beacon of light.
Divided in teams, yet united in aim,
2025 miles is our claim to fame.**

**Each step we take, a story to tell,
Of courage, of triumph, where spirits swell.
Side by side, through paths we roam,
Each mile a brick in our shared home.**

**With every stride, our hearts beat strong,
Health and friendship where we belong.
Boundless energy, as goals align,
The journey we share is truly divine.**

**Tracking the miles, day by day,
Pushing limits, finding our way.
Together we move, our dreams take flight,
Chasing horizons, hearts burning bright.**

**The benefits bloom in countless ways,
Health and laughter fill our days.
Camaraderie builds, spirits soar,
Each step opens another door.**

**So lace your shoes and join the race,
Feel the power, embrace the pace.
Together we'll reach 2025,
Strong and vibrant, fully alive.**



Tracking Miles



Tracking Steps

Tracking steps while walking can lead to a more active lifestyle and reduce the development of health issues. Personal trainers often set clients a daily step goal of 10,000 steps, which can build accountability and encourage daily exercise. However, daily steps are not a one-size-fits-all approach. It's important to start with an achievable step goal and reassess it regularly, especially if you feel discouraged. For example, a client who set a 10,000-step goal but consistently fell short, was advised to reduce it to 7,500 steps to feel successful.

Tracking miles walked is a great way to maintain an active lifestyle without a step tracker. A five-mile walk equates to about 10,000 steps, making it a great goal for those looking to establish a healthy lifestyle. It also allows you to unplug from your phone and trackers while walking. It's important to reassess your distance goal regularly and adjust it as needed. Starting with one mile or half a mile and gradually increasing the distance over time will help you see progress.



Resources:

Today - [Walking for Weight Loss](#)

AP News - [What makes walking so great...](#)



Did You Know?

The best way to get ready for tomorrow is to perform at your highest level today.



Invaluable Me!

Embracing, exploring, and releasing
the incredible power that lies
within ME!

Confidence and self-esteem are the
focus of this RWHW&Y program.

"I am invaluable, a unique and irreplaceable individual, and I bring immeasurable
worth to every aspect of my life and the lives of those around me."

FOCUSING
ON
ME!

Women can access our #invalauableme
Slack Channel and take part in our
2025 activities by requesting to join our
Slack community.

- Building Self-Confidence and Self-Esteem
- Cultivating Positive Self-Talk
- Developing Self-Awareness
- Building Self-Trust
- Embracing Positive Body Image
- Finding Your Authentic Self
- Creating Empowering Affirmations
- Assertive Communication for Women
- Discovering Your Life Purpose
- Setting and Achieving Personal Goals
- Creating Your Personal Toolbox: Integrating Lessons Learned



2025
Calendar
with
Themes!

Peaceful Tiny House in the Alabama woods

By Carmen



My husband and I recently stayed in a tiny cabin in the woods, something I had dreamed of doing for a while. After much convincing, he finally agreed, and off we went!

The adventure started with a bit of a scare. To reach the cabins, we had to turn down a narrow dirt road—deep in the boonies! I couldn't help but feel a little uneasy as we bumped along, surrounded by nothing but trees.

When we arrived, I was immediately charmed. The cabins were adorable, each one named alphabetically, making it easy to navigate the winding path to ours. We were given the option of a forest view or water view, and I chose the forest. However, once I saw the cabins nestled by the water, I found myself wishing I had picked the latter.

Our cabin, named “Puna,” was cozy and well-equipped, with two queen beds and all the essentials—minus a microwave. I had grand plans to take in the beauty of the forest from the top bunk, imagining myself perched up high, watching wildlife pass by. Reality had other plans. I climbed up to the top bunk exactly once before retreating to the bottom bunk, where I kept the shades open, still hopeful for a glimpse of woodland critters.

Unfortunately, the wildlife didn't cooperate. Not a single squirrel or bird appeared outside my window. It wasn't until we were leaving that my husband spotted a majestic deer in the distance.

We didn't venture out on any hikes—nature trails felt a little too adventurous for us, and I wasn't about to brave them without some sort of protection! Still, the cabin offered its own moments of peace. While we skipped starting a fire in the firepit, I enjoyed sitting outside with a good book, surrounded by the stillness of the woods. I couldn't help but notice other guests fully embracing the experience, relaxing in hammocks, fires blazing, and smiles on their faces.

Staying in a tiny home was a unique and memorable experience. The small space forced us to slow down, unplug, and take in the simplicity of it all. That said, I don't think we'll be returning. The constant hum of the dehumidifier was a surprising distraction, robbing the cabin of the solitude I had been craving.

Still, I'm grateful for the adventure. It's not every day you get to trade the noise of everyday life for a quiet escape in the woods—dehumidifier and all.

Hidden Salt in Plain Sight

By RWHW&Y M.O.V.E. Forward! Volunteer Magazine Staff

Lemon Pepper Edition



If you're on a low-sodium diet, shopping for seasonings can feel like a minefield. At first glance, Kinder's "No Salt" Lemon Pepper Seasoning seems like a beacon of hope. But, as with most things, the devil is in the details. Flip the bottle around, and the first listed ingredient Potassium chloride.

So what's the catch? Potassium chloride is a common salt substitute often used to mimic the taste of sodium. While it technically avoids the "sodium" label, it's not always a safe alternative.



The CDC has highlighted that while potassium can be beneficial for many, it might pose risks for individuals with kidney disease or those on specific medications. Too much potassium can lead to dangerous heart-related issues for at-risk populations.

Before loading up on "no salt" alternatives, take a moment to scrutinize the label. Words like "potassium chloride" can mean the product still packs a punch your body might not expect. When in doubt, stick to herbs, spices, or consult your healthcare provider about what works for your diet.

Remember, "no salt" doesn't always mean no worries.



We extend our sincere gratitude to the parents and grandparents who registered the young ladies for our vision board workshop.

The girls had a wonderful time and are already looking forward to more activities in 2025. One idea that excited many of them was the opportunity to read together as a group.

A special thank you goes to our local Lithia Springs Walmart (1100 Thornton Rd, Lithia Springs, GA) for their generous \$500 grant. This contribution helped defray the costs of our N.I.C.E. Youth Vision Board Workshop and made the event a success.

We appreciate your continued support in empowering and inspiring our youth!



Check out some of the inspiring vision boards made by the young ladies in our vision board workshop.





RWHW&Y Programs

Improving Lives!

Invaluable Me!

Invaluable Me! is a private support group for women that encourages positive self-image and self-appreciation, helping people recognize their unique value and contributions to their lives and others. The 2025 calendar of activities will begin in January.

Objective: To create a community where members can connect, share, and gain confidence and self-esteem to develop a positive self-image and self-appreciation.



Director, Carmen Crawley

M.O.V.E. (Making Our Visions Everything)

M.O.V.E. is a health and wellness program.

Objective: To promote and improve the health and wellness of our members by encouraging them to adopt healthier habits through monthly challenges and information sharing.



Director, Carmen Crawley

OWLs (Our Wise Ladies)

OWLs is a book club that encourages reading as a lifetime activity and gives members the tools they need to use literature to better their lives.

Objective: To foster a love for reading and lifelong learning among our members by providing engaging and thought-provoking books, ultimately contributing to personal growth, enhanced knowledge, and a deeper appreciation for literature.



Director, Paulene Fletcher

N.I.C.E.

(Network, Inspire, Connect, Encourage)

N.I.C.E. is a youth program.

Objective: To help young people grow as individuals, gain confidence, and make a positive impact on society, we encourage, honor, and support their successes in many areas.



Director, LaKeissa Armour

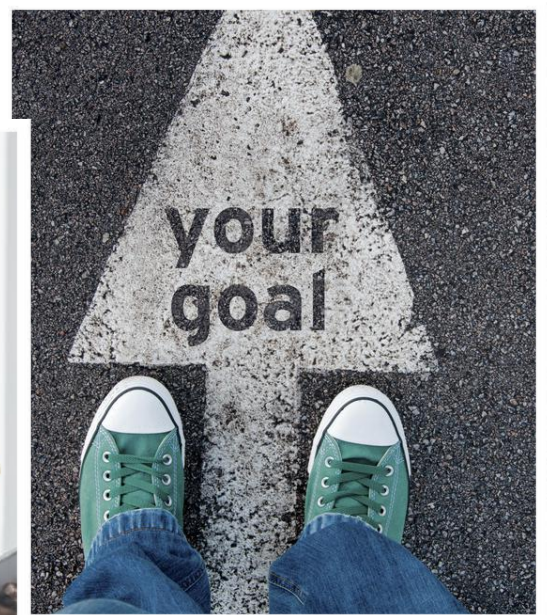
Visit our website regularly, to stay updated on our events and activities: rwhwy.org



YOU'RE THE
MOST
IMPORTANT
PERSON

2025 GOALS

By RWHWSY M.O.V.E. Forward! Volunteer Magazine Staff



Make 2025: A Year of You

This year, commit to being the hero of your own story. You're not just chasing goals—you're creating a life that feels good, supports your dreams, and celebrates your worth.

Remember: You're the most important person in your life, and 2025 is your time to shine.

Let's make it happen! What's your top goal for 2025? Share it, claim it, and let's cheer each other on.





Prioritize your goals, health, and happiness in 2025 by creating SMART goals that are in line with your soul.

Choose activities that will rejuvenate your body, mind, and spirit, such as daily exercise and nutritious meals.

Track your progress and celebrate achievements, surround yourself with inspiring people, and choose grace over perfection.

When setbacks occur, be kind and refocus, remembering that every step forward is progress.

By focusing on these objectives, you will be better equipped to support others and make 2025 a year of progress.

Ultimately, the right clothing brand should make you feel confident and comfortable in your own skin, while also aligning with your values and beliefs. Take your time to research different brands and explore their offerings, and don't be afraid to try something new and step out of your fashion comfort zone.



Women are invited to
join our Facebook group



a RHW&Y program



**HEART AND SOUL
WELLNESS SOLUTIONS**
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Douglasville, GA 30135
Call us at (404) 383 4498

[Schedule an Appointment](#)



Black Women Read Political Book Club Invitation

Envisioned and created by *Malynda Rascoe*, the Black Women Read Political Book Club is a virtual reading group designed specifically for the intellectual minds of Black, Indigenous, and Women of Color (BIWOC). Using books as a catalyst; we dissect and discuss topics relating to policy, economics, race, culture, relationships, and every social issue in between. Our book club is 100% online. We convene monthly via Zoom and GroupMe to discuss individual books, and for networking engagement activities.

JOIN NOW





The 1619 Project Social Justice Book Club Invitation

Created and designed by Ph.D. Student, **Malynda Rascoe**, this online seminary style book club is open to EVERYONE who is interested in the following **LEARNING OUTCOMES**:

- Unpacking the juxtaposition and evolution of "Caste" vs. "Race"
- Having honest conversations about the impacts of privilege and "isms"
- Dissecting the true history of the United States and global nations through the lens of Settler Colonialism, Dispossession, Ethnic Cleansing, and Militarization using a human rights framework
- Reflecting on our innate conscious and unconscious biases, while developing meaningful ways to confront and address them without the fear of ostracization, ridicule, or judgement
- Exploring race and gender as social constructs, as well as their impact on public policy and mobility
- Doing the WORK of introspection and transformation as it relates to anti-"ism" and equitable justice

PAST BOOKS: <https://tinyurl.com/1619BookList>

NEURODIVERGENT FRIENDLY: We believe that reading and learning should be accessible to everyone; regardless of their educational background or ability. Here, we make a conscious effort to embrace and engage those who are living with Dyslexia, ADHD, Autism, and a variety of other Intellectual Disabilities.

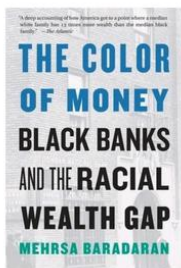
JOIN NOW



Below are the books in chronological order that we will be reading for the Fall/Winter '24 semester.

["The Color of Money" by Mehrsa Baradaran](#)

First Discussion: Sunday, September 22nd at 7pm EST
(Book 1 of 4)



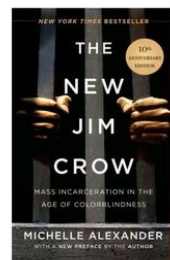
["Poverty, By America" by Matthew Desmond](#)

First Discussion: TBD
(Book 2 of 4)



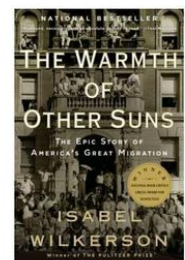
["The New Jim Crow" by Michelle Alexander](#)

First Discussion: TBD
(Book 3 of 4)



["The Warmth of Other Suns" by Isabel Wilkerson](#)

First Discussion: TBD
(Book 4 of 4)



Please support your local book store or library.



Sexual Harassment

HAPPINESS4BEGINNERS

Happiness Lifestyle Vlog with Self-Care Tips and Products to help you Live.
Love. Like Never Before!

The videos, shared by Happiness4Beginners, highlight crucial information to help young professionals protect themselves against sexual harassment. Cassandra reflects, "I wish someone had shared this with me when I was younger," reflects the practical tips and strategies they provide for personal growth, building confidence, and making positive life changes. These videos aim to raise awareness and empower viewers to remain strong and assertive in their work environment.



Don't let your children step into the workforce vulnerable to exploitation! Imagine your child entering their first job, full of hope and ambition—only to be blindsided by predators who exploit their naivete. It's a scary thought, but it's happening all the time. Sean Combs and Mike Jeffries, former CEO of Abercrombie & Fitch, have made headlines for how NDAs were allegedly misused to cover up crimes.

In today's episode of Happiness4Beginners, we're uncovering:

- The hidden dangers of NDAs in Hollywood and corporate America
- Red flags to watch for when asked to sign an NDA
- How predators use fear and silence to manipulate victims
- Tips every parent should teach their child before their first job
- How to report misconduct anonymously to stay safe in challenging environments.

This episode will help you protect your loved ones and navigate these challenges with confidence.



Sexual Harassment

HAPPINESS4BEGINNERS

Happiness Lifestyle Vlog with Self-Care Tips and Products to help you Live.
Love. Like Never Before!

The video titled, "Workplace Predators EXPOSED in Hollywood Scandals!", addresses the issue of workplace harassment, drawing parallels to high-profile cases like the Kevin Spacey allegations. It offers support to individuals feeling trapped in their work environments due to such predators. Both videos serve as resources for individuals seeking to navigate and overcome challenges in professional settings, offering guidance on empowerment and personal development.

Trigger Warning:
Today's topic discusses manipulation and harassment in the workplace. If you've experienced something similar, you may find some parts of this video triggering.

Feeling trapped at work because of a predator? Have you experienced someone crossing the line like in the Kevin Spacey allegations? You're not alone. This video explores the alarming reality of workplace predators and how the Kevin Spacey allegations shed light on tactics predators use to manipulate and target victims. Learn to spot the warning signs, understand the psychology behind predators, and discover concrete steps to protect yourself from sexual harassment and manipulation at work. Link: <https://youtu.be/hJhlka09yqE?si=9QbRNT->

Below is a list of outside agencies that can help an employee experiencing sexual harassment at work that is listed on the YouTube video:

Government Agencies:

Equal Employment Opportunity Commission (EEOC): The EEOC enforces federal laws that prohibit discrimination in the workplace, including sexual harassment. You can file a charge of discrimination with the EEOC or contact them for guidance: <https://www.eeoc.gov/>

State or Local Fair Employment Practices Agency (FEPA): Many states and localities have their own fair employment practices agencies that can investigate and address sexual harassment complaints. You can find your state or local FEPA by searching online.

Non-Profit Organizations:

National Sexual Violence Resource Center (NSVRC): Provides support and resources for victims of sexual violence, including sexual harassment. You can call their hotline 24/7 at 800-656-HOPE or visit their website:

<https://www.nsvrc.org/contact>

Rape, Abuse & Incest National Network (RAINN): Offers support and resources for victims of sexual violence, including sexual harassment. You can call their hotline 24/7 at 800-656-HOPE (4673) or visit their website:

<https://rainn.org/about-rainn>

Equal Rights Advocates (ERA): A legal organization that works to combat workplace harassment. They offer resources and information on your legal rights: <https://www.equalrights.org/>

Attorneys: An attorney specializing in employment law can advise you on your legal rights and options.

Additional Resources:

The National Domestic Violence Hotline: 1-800-799-7233 While not specific to sexual harassment, they can offer support and resources for those experiencing emotional abuse. You can also visit their website:

<https://www.thehotline.org/>

Important Note: When considering an outside agency, research their services and reputation to find the best fit for your situation.

Need MORE Support? Check out our e-book "How to Go from Boohoo to Woohoo in 90 Days" <https://amzn.to/3xuHJUz> and online course "Embracing Radiance, A Journey to Womanhood" - <https://bit.ly/4cVq4WH>

These videos address workplace challenges and personal growth, featuring insights into navigating harassment and building confidence. Please note, this content is submitted by Happiness4Beginners and is not affiliated with Real Women Helping Women & Youth.



At Cartersville Toastmasters Club, we believe in the power of communication and leadership. Our club is dedicated to helping members grow, achieve their goals, and "Rise Up" to their fullest potential.

Meeting Details:

When: 2nd and 4th Thursdays at 6:30 p.m. ET

Where: Virtually via Zoom

Join Us: <http://bit.ly/4084qsa>

Stephanie Smith

President, Cartersville Toastmasters Club

Club # 7503

<https://cartersville.toastmastersclubs.org/>



**Rise Up with
Cartersville
TOASTMASTERS CLUB**



WHAT'S IN IT FOR YOU

- ✓ Improve Public Speaking Skills
- ✓ Receive Constructive Feedback
- ✓ Practice Impromptu Speaking
- ✓ Build Confidence

**2ND & 4TH THURSDAY
6:30 PM ET**

 **[HTTP://BIT.LY/4084QSA](http://bit.ly/4084qsa)**



Financial Legacy SOLUTIONS

If one your goals is getting your finances together in 2025, [schedule](#) a Financial Strategy Session Now! We are offering this Zoom video call session at no cost to you. We will have a conversation about your priorities, needs, and financial goals.

As we come to the end of the year we can appreciate the linear progression of life. We can attest the journey from our sun rise days heading towards our sunset days. In this journey through life, planning for retirement is a crucial step to ensure a comfortable and secure future. Whether you already have life insurance or are considering it, let's explore how it can play a significant role in your retirement planning.

For Those with Life Insurance

If you already have life insurance, you're off to a great start. Here's how it can support your retirement goals:

- **Supplement Retirement Income:** Certain life insurance policies, like whole life or universal life, build cash value over time. This can be accessed during retirement to supplement your income.
- **Estate Planning:** Life insurance can help cover estate taxes, ensuring that your loved ones receive their inheritance without financial burden.
- **Peace of Mind:** Knowing that your family is financially protected allows you to enjoy your retirement without worries.

For Those Without Life Insurance

If you haven't yet considered life insurance, now is the perfect time. Here's why it's important:

- **Financial Security:** Life insurance provides a safety net for your family in case of unexpected events, ensuring their financial stability.
- **Retirement Savings:** Some policies offer investment components that grow over time, contributing to your retirement savings.
- **Legacy Planning:** It's a way to leave a legacy for your loved ones, ensuring they are taken care of even after you're gone.

Tips for Retirement Planning with Life Insurance

1. **Assess Your Needs:** Evaluate your financial situation and future goals to determine the right amount of coverage.
2. **Choose the Right Policy:** Consider different types of policies—term life, whole life, or universal life—and select the one that aligns with your retirement plans.
3. **Consult a Financial Advisor:** Seek professional advice to integrate life insurance into your overall retirement strategy.
4. **Review Regularly:** Life changes, and so should your policy. Regularly review your coverage to ensure it meets your current needs.

We're here to help. Our team is always here to assist you with any questions or to help you review your current policy. Don't hesitate to reach out!

Useful Resources:

1. **How Life Insurance Fits into a Retirement Plan:** This article provides insights on how life insurance can be integrated into a retirement plan, including the benefits of tax-deferred accumulation and the ability to access cash value.
1. **Life Insurance Retirement Planning Guide:** Benefits & Strategies : This comprehensive guide discusses the benefits of incorporating life insurance into retirement planning, such as tax-deferred growth and tax-free income distributions.
1. **Life Insurance Retirement Plan (LIRP) –:** This article explains what a Life Insurance Retirement Plan (LIRP) is, its benefits, and how it works. It highlights the tax advantages and the ability to use the cash value for retirement income.




Financial Legacy
SOLUTIONS



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Get Out of Your Darkness: It's Okay to Open the Wound



DEBBIE
ONTIVEROS
CONTRIBUTOR

“ This one was tough, but I made it through. I hope it helps someone.



Ladies, the end of the year is drawing closer, and I know your New Year's resolutions are being drafted. You're probably outlining how you're going to execute your plan, right? So, are you really going to start another resolution that you're going to stop six weeks later when the self-doubt and low self-esteem kicks in? Why keep putting yourself through this punishment? Oh, trust me ladies, I did the same for years. Let's try something different this year. Let's try getting to the root of why you just can't keep things going when you start them. The most important thing for anyone is keeping your mental health healthy. Once that is intact, I promise you everything else is so much easier, but let me tell you that I am going to bring this from a Christian perspective. I am not a professional counselor, but I am going to tell you how I got mentally healthy and got out of the darkest time of my life.

Preparation

Before we go on, it is very important for you to make an appointment with a therapist, counselor, or minister at your church. If you don't have a church, you are going to need one for the ugliness you are about to release. If you were mentally, verbally, physically, or sexually abused; or you were in a relationship with a narcissist please, please, please seek a therapist who specializes in trauma. I can't express this enough. This is not a couple's therapy. This is a personal journey. You need to take care of you first. You must love yourself before you can love others. Period. So, get that appointment scheduled as soon as possible. Make sure that your children have a babysitter that won't disturb you during this process, send your boo over to watch the game with his boys, make sure the family or friends are not going to just drop by out of the blue, and turn off your phone and leave it in another room. This seems like a lot ladies, but this is serious and is very important for your mental health, for the trajectory of your life.



My Fall into Darkness

When my daughter was a teenager, she and I would watch Lifetime movies and cry all day on Sundays. It felt so good to release all the past week's stress. I remember Mondays used to be the best days back then. Somehow, I got out of that pattern and single mother life just took over. I was so caught up in the day to day that I lost sight of myself, the church, and myself as a nurse. This time last year, I was that person that no one took the time to notice and comprehend that I was just barely hanging on, going through the motions, and trying to just get through the day, praying that my debit card would go through at the grocery store so that I could eat, grieving and heartbroken, and holding back tears to smile to make your day easier. My boyfriend broke up with me a few months previous, and I had to live with him an additional 3-months of the lease with his grown son as he started a new relationship. I had nowhere else to go. Five weeks later I lost my mother.

“ The next thing that I knew, I was apologizing to myself, to God, my parents, and just everybody.



Get Out of Your Darkness: It's Okay to Open the Wound (continued)

She was the one person at the time that was holding me together. I was so low in a dark place that I felt like dying wouldn't help my situation. I was tired, forgetful, negative, anxious, depressed, grieving, heartbroken, and financially stressed. I was deeply hurting even in the mist of the "most wonderful time of the year". However, the one thing that I refused to let go of was my faith. I held onto that with what tiny energy that I had left- a fingertip.



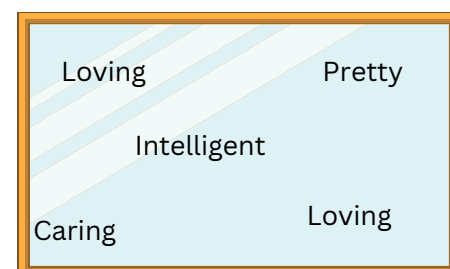
Facing Myself

I remembered that my daughter told me that she took a time out in a dark closet one day. I thought that I would try it out. So, I went to my closet, closed the door, and sat on the floor in total silence and complete darkness. After a while, I could only hear my breathing and my heartbeat. I continued to sit there until the tears just started to roll down my cheeks one at a time. Then, there was just this continuous waterfall of tears pouring from my eyes. I just felt like a wound opened in my chest bleeding out emotions. I was so scared, and there is nothing worse than facing YOUR truth, but let me tell you it had to be done. I knew that I had to sit there and face it all, because I couldn't continue on the path that I was on. It wasn't healthy.

With every breath and heartbeat came excruciating pain, unbearable ugliness, and complete heartbreak. I knew that it was going to get worse, but there was this voice that said it was going to be okay. I was an uncontrollably crying, snot running mess. I was all over the place. That wound just broke open like the Hoover Dam after a major earthquake. I was bleeding anger, grief, brokenheartedness, belittlement, discouragement, devaluation, embarrassment, and multiple kinds of abuse. So many emotions came out all at once. The next thing that I knew, I was apologizing to myself, to God, my parents, and just everybody. I was angry, yet apologizing to anything or anyone that has kept me repressed, protective, or cold-hearted. It lasted for hours. In the mist of my breakdown, I felt a tranquility unlike anything that I'd known. Though I was a wreck, I continued to sit in the darkness. I was thankful to clear my chest. It takes a lot of courage to do this, ladies. It is hard to open a gaping wound, but I was so proud of myself for doing it. I was brave. Now, that I had all this garbage out of my system, I could hear God again. There was nothing more pleasing to me than that. There was nowhere for me to go but up from here. My wound bled heavy for a while in that dark closet. I can't tell you how long yours will bleed, and I suspect everyone will be different. Just remember at this point you are fragile, but you still need to move forward. Now, it is your time to look and reflect on yourself in the mirror.

Next Steps

Finally, I got up from the darkness in my closet and went to my bathroom to look at myself in the mirror. As you can imagine, I was a complete mess. However, I stood there brave in all my snotty glory and cleaned myself up. I just kept staring at myself, and I noticed that my eyes didn't look sad anymore. I saw a little twinkle in my eyes which caused me to smile. The next thing I knew, I went and got some small sticky notes and a permanent marker. I began writing things that I knew about myself- not what others thought of me. I wrote "kind, intelligent, loving, caring, pretty, etc." Then, I started to stick them around the mirror in a circle and began to say them out loud. Every morning, I spoke one of those words out loud to myself and continued to speak that particular word to myself the entire day. Eventually, I started believing in who I knew I was again. Slowly, I just started to take me back. My faith was my lifeline. I kept going to church or watching online, going to choir practice, and finding little ways to get me back on track. Now that you have found your peace to move forward, be mindful of any distractions that may come your way.



Get Out of Your Darkness: It's Okay to Open the Wound (continued)

“ Just because you are sitting in that dark place doesn't mean that you will never have light again. Get up, know your worth, trust God, and turn your own light on!

Protect Yourself

Find your own ways to start taking your time back. Pray in the shower, listen to empowerment podcasts, join a women's empowerment group, get into church and that Bible. Later, when you are more stable rebuilding yourself help to build others. We need to smile and be kind always. Remember, we get what we give. During this time only surround yourself with supportive people. Only be around those who are going to lift you up, send you encouraging messages, and check on you even when you don't want to talk. This includes family, friends, and even some Christians. You are in a fragile state and these people will suck the life out of you. You are at baseline-a period of rebuilding. You do not need these types of people to take whatever lifeline you have left. Just let your co-workers, family, and friends that are not so supportive know that you just need a little space right now while you are working through some things. Ask them to please be patient, because you don't know how long that is going to take. If they can't understand that then dear, these may be some folks that are not going onto the next journey with you. This is not easy, but it is necessary for you to be the best you. You have started the work. Now, keep your therapy appointment and finish what you started. Stop making excuses.

Stop Making Excuses

Now is not a good time for you to take care of yourself? Is there ever going to be a good time? Stop making excuses. TAKE CARE OF YOU! Ladies, we got to stop putting frosting on a half-baked cake. You're going around broken throwing rhinestones on like it is going to make a pretty package. Noooooo! All this is going to do is flare up on that one you truly love that will get away. Stop falling gracefully and live life on purpose. Because what's going to happen is the more that you try to keep things together without dealing with the inner you, it is going to come to a head and destroy what you are trying to keep together anyway. Guess what? You are in the exact situation that you want to be in. If you are complaining about it and not doing anything about it, you chose it. So, let's do the work now. If you are in transition and just healing that wound, just be there to support someone else. If you have done the work and you are living your best life, that is wonderful! Take someone under your wing and guide them. We may all be at different levels, but everyone is important in this journey. Stop worrying about the next person's wound and where they are in their journey. Learn to appreciate where you are. Then, we can talk about how you will be ready for the next level. Stop jumping from level to level when you haven't finished the level you are on.

Do your children jump levels in their video games? No. They are locked on a level until they accomplish a goal, right? So, why do you feel like you can just skip on up to management when you can't even manage to organize your desk? It's time to get out of your comfort zone and into your greatness. Stop settling for mediocre when God has promised you riches beyond your imagination. Change your attitude to gratitude. Stop being preoccupied with what you don't have. Thank God for what you do have. If you're going to complain about it stop praying for it, and if you praying for it stop complaining about it. We as women are made to float gracefully, sprinkle sparkle, and brightly light up any room with our smiles, personality, femininity, and our mere presence should command the room for God made us to be a good thing. Just because you are sitting in that dark place doesn't mean that you will never have light again. Get up, know your worth, trust God, and turn your own light on!

give
THANKS
WITH A
GRATEFUL
heart



1. Add Whole Foods Back Into Your Diet

First, let's clear the holiday table and bring some balance back to your plate. Adding whole foods—like fruits, veggies, whole grains, and nuts—is a simple way to fuel your body with the nutrients it needs. And

no, I'm not talking about your nearest Whole Foods Market (though it is lovely). I mean real, unprocessed foods you can find just about anywhere.



Examples of easy ways to reintroduce whole foods:

- Swap out sugary cereal for oatmeal topped with fresh berries.
- Add a handful of leafy greens to your scrambled eggs or smoothie.
- Snack on apple slices and almond butter instead of reaching for leftover cookies.

Whole foods are like a personal trainer for your body—they keep everything running smoothly, help control cravings, and make you feel full longer.



2. Prioritize Hydration

(Because Coffee Alone Isn't Enough)

Let's talk about water. If you're like most of us, your hydration game probably took backseat during the holidays (hello wine and endless hot cocoa). But staying hydrated is essential for just about every

function in your body.



Here's why water is your best friend:

- It helps flush out the extra sodium and sugar from all those holiday treats.
- It improves digestion, so your body can absorb all the goodness from your healthy meals.
- Staying hydrated can boost your energy levels, making it easier to stick to your goals.
- Drinking enough water even helps with focus—goodbye, brain fog!

Set a realistic goal to drink at least half your body weight in ounces of water daily. Pro tip: Keep a reusable water bottle handy, and jazz it up with lemon, cucumber, or a splash of cranberry juice for flavor.



3. Get Moving

(Even if It's Just for 30 Minutes)

You don't need to sign up for a hardcore boot camp to start exercising again. Focus on movement that feels good and fits into your life. Exercise is not just about burning calories—it helps improve your mood, boost energy, and shake off the post-holiday slump.



Here are a few easy ways to get started:

- Take a 30-minute walk around your neighborhood or on a treadmill.
- Roll out your yoga mat and start with a gentle flow. (Bonus: It helps reduce stress!)
- If mobility is an issue, chair fitness is a fantastic option. Try seated stretches, leg lifts, or light resistance exercises.

Consistency is key. Even if you can only squeeze in 10 minutes a day, you're building a habit that will last long past January.



Resetting your routine: Realistic Healthy Goals for a Fresh Start

By Sonya Z. Phillips

The holidays are over, and while the decorations are packed away, the extra servings of pie might still be hanging around. (No judgment—it happens to the best of us.) But January is the perfect time to hit the reset button and get back into a healthy routine. The key? Setting realistic goals that don't make you want to quit by February. Let's focus on three simple additions to help you ease into a healthier lifestyle without sacrificing your sanity.

Start Small, Build Momentum

The secret to getting back into a healthy routine is starting small and building on your successes. Don't try to overhaul your entire life overnight. Focus on adding these three habits—whole foods, water, and movement—and watch how they transform your health and energy over time. Need help getting started? I'm here for you! Whether you're looking for nutritional advice, an accountability partner, or just a little motivation, I'd love to help you crush your 2025 goals and hear about your little wins.

Email me at sonyaloves2save@gmail.com and let's make this your healthiest year yet!



Women benefit from Diversity, Equity, and Inclusion initiatives that promote equality, reduce gender biases, and create an inclusive environment. These efforts recognize women's contributions, increasing their leadership and decision-making power. DEI promotes fair treatment and inclusive policies that allow women to feel respected, heard, and empowered to reach their full potential. This not only enhances organizational success but also drives social progress.

DIVERSITY MATTERS
EQUITY MATTERS
INCLUSION MATTERS



EQUITY MATTERS

When Rep. Jennifer Wexton rose to speak on the House floor, she used a voice she thought was gone forever, due to a rare brain disease, thanks to AI.

Progressive Supranuclear Palsy (PSP) robbed her of her voice, but AI helped her to be the first member to use Augmented and Alternative Communication Device on the house floor.

Source: Associated Press on Threads



Join the Inclusion Allies Coalition (IAC) in countering the attacks on our profession and work by posting/reposting our weekly social media cards showing how and why
#DiversityMatters, #EquityMatters, and #InclusionMatters.

See more information about the four-day workweek here: <https://bit.ly/four-dayworkweek> To join IAC, click here: <https://inclusioncoalition.info/membership/>



THAT THING THURSDAY!

Conversations with Celena



1x

More Info

Share



THAT THING THURSDAY!



Warning "WINS"DAY!



Monday - Motion is Lotion!



Why complain "WINS"DAY!!



The Truth is....Tuesday!

Let's make your Transformation Together from Victim to Victorious!

As your Coach, Celena is coming alongside you to listen, brainstorm, provide information, and examine potential decisions for you to reach your goals and live your Best Life. As your life coach, she is here to listen, encourage, and guide, not to tell you what to do and command direction. We will take a synergetic approach toward healing an abused life and moving forward by shifting your mindset to manifest the life you want.

You will be able to become a better, stronger you! Full of life and living your full potential. Life is full of opportunities, and it is Celena's mission to help you retrain your thinking. This will allow you to take full advantage of the opportunities available and achieve your wildest aspirations, regain your confidence, rebuild healthy relationships, and start Loving Life Above the Abuse.

You will remain in complete control of your choices. We will approach the following strategies to help you take back control of your life:



Mindset to Manifestation

No longer living in the past

Discover your specific goals

Rebuilding healthy relationships

Learn to make positive and productive choices



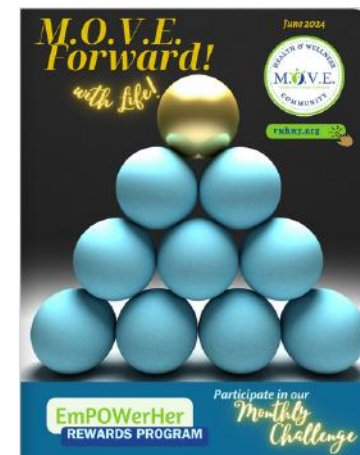
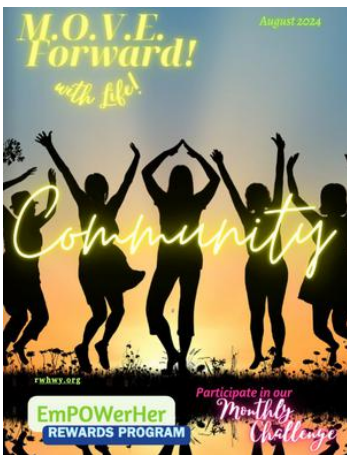
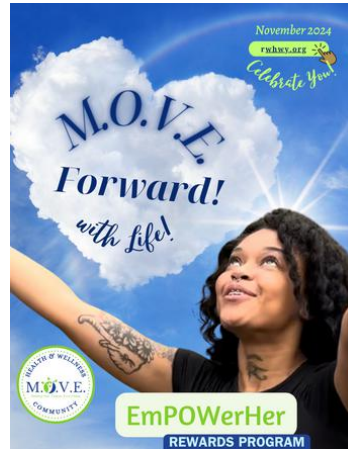
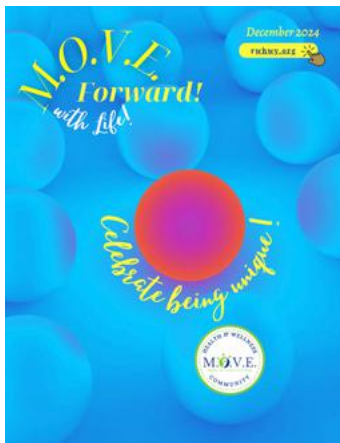
Conversations with Celena

Conversations with Celena is a platform that works to uplift the voices of marginalized communities as well as to reduce societal stigmas surrounding mental health, self-care, and rebuilding healthy relationships after traumatic experiences. As a survivor of abuse, Celena Thomas is dedicated to bringing her audience along on her journey of Loving Life Above the Abuse.

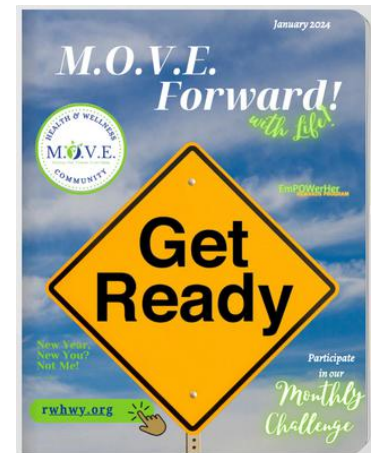
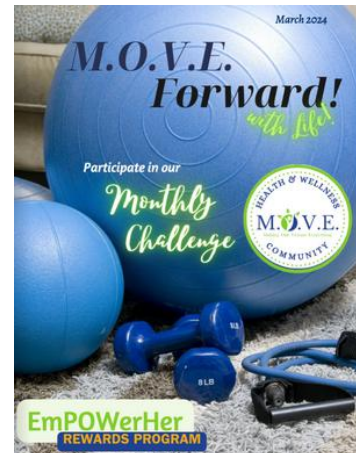


M.O.V.E. Forward! Magazine

M.O.V.E. Forward! magazine features health-conscious themes, with a particular focus on articles aimed at improving women's health and wellness.



Topics of interest include fitness, exercise routines, relationships, fashion trends, mental well-being, menopause, infertility, body positivity, beauty products, financial advice, nutritional supplements, skincare and haircare routines, household cleaning tips, poetry, recipes, arts and crafts, travel, and other innovative ideas aimed at enriching the lives of women.



Visit our website to browse previous issues of M.O.V.E. Forward! magazine. Submissions are due by the 24th of the month.



**M.O.V.E.
FORWARD!**

We Appreciate and Value Our Contributors

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Cassandra, Sexual Harassment

Celena, Conversations with Celena

Debbie, Get Out of Your Darkness

Dr. Latanya, Heart & Soul Wellness Solutions

Inclusion Allies Coalition (IAC), DEI

Malynda, 1619 Project Social Justice & Black Women Read Political Book Clubs

Sonya, Resetting Your Routine

Stephanie, Cartersville Toastmasters

Advertising in M.O.V.E. Forward! magazine is currently free. Donations are always welcome. Submissions must be educational, informative, uplifting, and positively focused on enhancing the lives of women.

Contact Us:

realwomenhelpingwomen@gmail.com

rwhwy.org

Real Women Helping Women & Youth (RWHWY) proudly supports M.O.V.E. Forward! magazine. We encourage women and young people to take part in our events and activities as well as invite ladies to join our Facebook and Slack communities.

Mission:

We aim to empower women and youth by providing them with the tools, skills, and opportunities to succeed.

Vision:

We envision a future where the limitless potential within every woman and young person is not just realized but celebrated, contributing to a more empowered, equitable, and thriving community.

The opinions expressed and offers in the articles published in this magazine are solely those of the individual contributors. RWHW&Y does not endorse any specific product, viewpoint or individual mentioned within these articles.



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