

M.O.V.E. FORWARD!



We are glad you took the time to check out our magazine. It has articles, announcements, and topics that are meant to help M.O.V.E. members improve their health and well-being.

December is an excellent time to invite female friends to make the M.O.V.E. to Slack.



YOUR HELP IS NEEDED AND APPRECIATED

Please **email** suggestions, comments, ideas, and information that you would like to see in our magazine to realwomenhelpingwomen@gmail.com.

Participate in our M.O.V.E.

Monthly Challenge



[Visit RWHW&Y Website/](#)

M.O.V.E. Forward!

December 2023

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M.O.V.E. Forward! Magazine

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a Real Women Helping Women & Youth Program

HELLO
DECEMBER

"This is the best time to
M.O.V.E. Forward!
to 2024!"

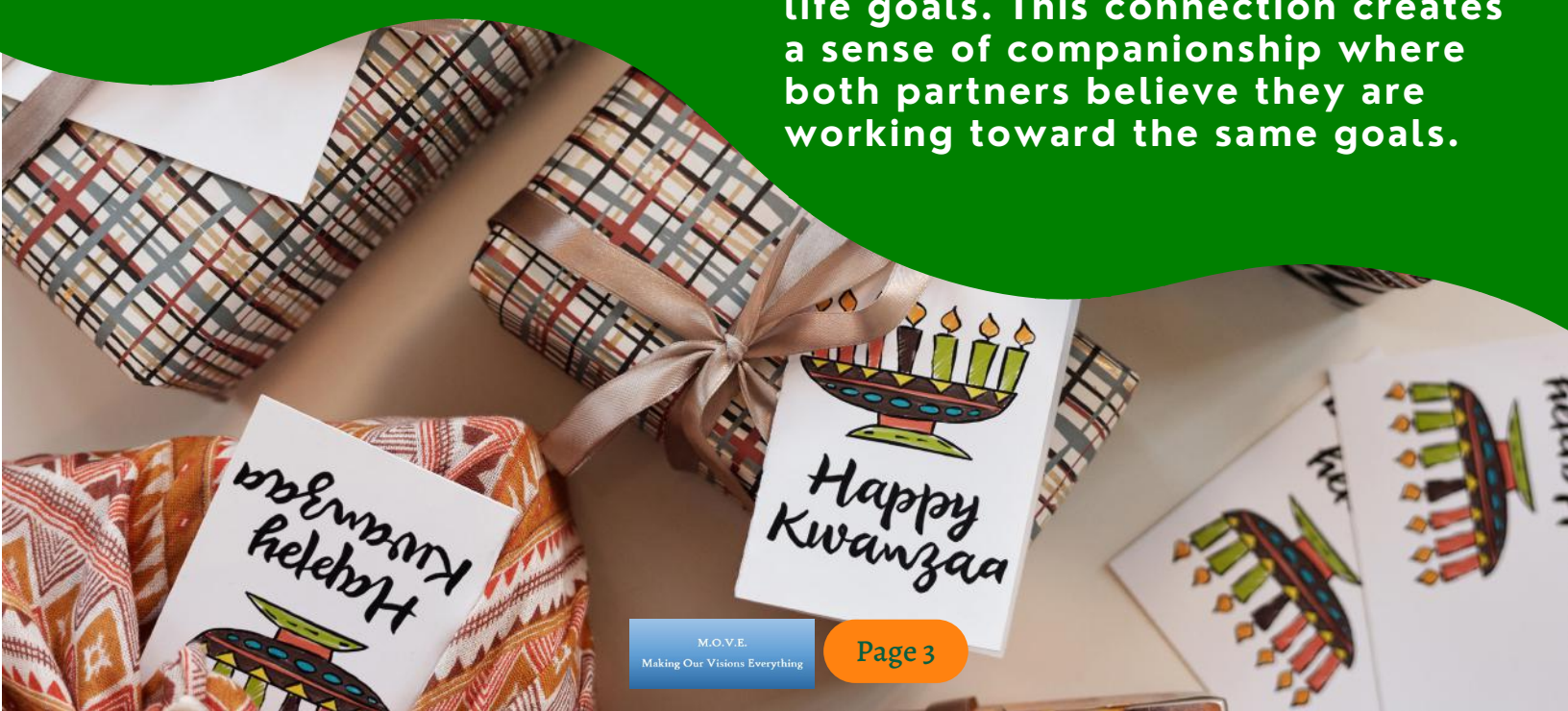
NOVEMBER 2023
M.O.V.E. MEMBERS

Director, Dr. Crawley

53 Slack Members!

THE WORD OF THE
MONTH IS LOVE

Real love creates a deeper bond. The bond often involves learning each other's values, beliefs, and life goals. This connection creates a sense of companionship where both partners believe they are working toward the same goals.



December M.O.V.E. Challenge



During the month of December, share any activity in our Slack community channel, that got your heart rate up for at least 23 minutes daily.



Over 23 minutes of
M.O.V.E.ment
in a day!



HEART AND SOUL
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Schedule an Appointment

Happy  Hanukkah

Merry Christmas



Happy Kwanzaa



Happy New Year 

The Seven Principles (Nguzo Saba):

1. Umoja (unity)
2. Kujichagulia (self-determination)
3. Ujima (collective work and responsibility)
4. Ujamaa (cooperative economics)
5. Nia (purpose)
6. Kuumba (creativity)
7. Imani (faith)

Each day is dedicated to reflecting on and discussing one of these principles.



Kwanzaa is observed annually from December 26 to January 1. Kwanzaa is a cultural celebration promoting reflection, community building, and reconnection with African roots. It emphasizes unity, self-determination, and responsibility within the African community. Although mainly celebrated in the United States, Kwanzaa's principles resonate globally among people of African descent. The name "Kwanzaa" is derived from Swahili, meaning "first fruits." It's a non-religious cultural observance, fostering a sense of community through rituals and traditions., including:

- The Lighting of the Kinara, a candleholder with seven candle (three red, one black, three green). Each night, a new candle is lit, representing one of the seven principles of Kwanzaa.
- The Celebration Table is often decorated with a colorful cloth called the mkeka, on which other symbols and items are placed. These may include crops, a unity cup, the kinara, and various fruits and vegetables representing the harvest and the cultural traditions of African people.
- The Unity Cup (Kikombe cha Umoja) is used to pour and share a libation as a symbolic act of unity and remembrance of ancestors.
- Celebrations often include the playing of African drums, singing, and dancing to honor the African heritage. Participants may engage in artistic expressions, storytelling, and poetry readings that reflect the values and themes of Kwanzaa.



Kwanzaa Unity Cup

Creating a Kwanzaa Unity Cup as part of artistic expression can be a meaningful and enjoyable way to celebrate the holiday together. Use the instructions below to make a family Unity Cup.

Materials Needed:

- Clean glass or plastic cup
- Acrylic paint in red, green, gold, and black
- Paintbrushes, Glass Markers or Stickers (optional)
- Masking or paint tape to create straight clean lines
- Clear varnish, glue or modgepodge to seal the cup



Instructions:

- **Design:** Gather your family and discuss the design of your Unity Cup. You can choose to incorporate Kwanzaa symbols or the Nguzo Saba (seven principles) into your design. Simple, bold patterns and colors work well.
- **Prep the Cup:** Thoroughly clean and dry the cup, use rubbing alcohol to ensure there is no residue on the surface that might affect paint adhesion.
- **Tape:** To create straight lines and sections in your design, use the tape to create the boundaries of your design elements. You can create straight lines, geometric shapes, or any pattern you like. Press the tape firmly to the cup to prevent paint from spreading underneath the tape.
- **Paint:** Using the colors that you chose fill in the sections of your Unity Cup design. Be sure to let each color dry before painting close sections to avoid smudging or mixing. You can use paint markers for finer details or for writing the Nguzo Saba principles.
- **Decorate:** Once the paint is dry, you can add additional decorations, stickers, or symbols, like the Kinara (candleholder), the Mkeka (mat), or the Mazao (crops), to your Unity Cup.
- **Remove Tape:** Carefully remove the masking tape to reveal your clean, sharp lines.
- **Seal (Optional):** To protect your design and make it more durable, you can apply a clear varnish or sealer. This step is especially useful if your Unity Cup will be used regularly.
- **Use and Display:** Your Kwanzaa Unity Cup is now ready for use. You can place it on your Kwanzaa celebration table and use it for the libation ceremony, symbolizing unity and remembrance of ancestors.

This Kwanzaa craft allows your family to create a beautiful and symbolic item that can be used during Kwanzaa celebrations for years to come. It is a great way to engage with the principles and traditions of Kwanzaa while fostering a sense of togetherness and creativity with your family and friends.

My New Year Meal!



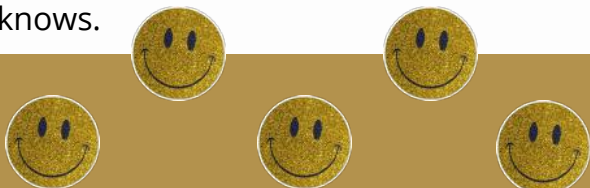
I believe that my family needs black eye peas for health and collard greens for wealth on New Year's day. The meat varies and corn bread is an option because I forget it sometimes.

History. No one really knows!!!

In searching the internet, I came to the conclusion that no one knows exactly where the New Year meal traditions come from. The list below are a couple of theories that I came across.

- Enslaved people ate black-eyed peas when the Emancipation Proclamation became effective on January 1, 1863.
- A Southern phrase, "eat poor on New Year's and eat fat the rest of the year"—grounded in the historically held belief that black-eyed peas were for poor people.
- The peas represent coins and the greens represent paper money.

Do you have a traditional meal for the New Year? Do you know the story behind the meal? If not, just make up one, because no one really knows.



Create A Gratitude Jar

Creating a gratitude jar for 2024 is a great way to encourage a positive outlook on life and reflect on the things you're thankful for throughout the year.

Material Needed:

- A clean jar with a lid
- Decorating Material

Instructions:

- Decorate your jar with anything that represents you and adds a personal touch.
- Prepare paper, sticky notes, or any other paper that will easily fit into the jar.
- Put your jar in line of sight to something that you do everyday. This will help you remember to write down your gratitude notes on a regular basis.
- Make a plan to add notes to your gratitude jar on a daily, weekly, or as needed basis. Set an alarm or place a reminder on your calendar. It is critical to make it a habit in order to avoid forgetting.
- Whenever you feel grateful, write it down on one of the pieces of paper. If you are not near your jar, take notes on your phone and transfer them to your jar later.
- Fold and arrange the notes neatly so they are easy to read when you open the jar later.
- Examine the notes in your gratitude jar at the end of the year, or whenever you want. Spend some time thinking about your blessings and positive experiences. It is a great way to re-appreciate and be thankful for the journey.
- Continue this practice throughout the year, and you will have a jar full of cherished memories and reasons to be thankful by the end of 2024.



Click the photo
for a special gift
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30-Days of
Happiness
Journal

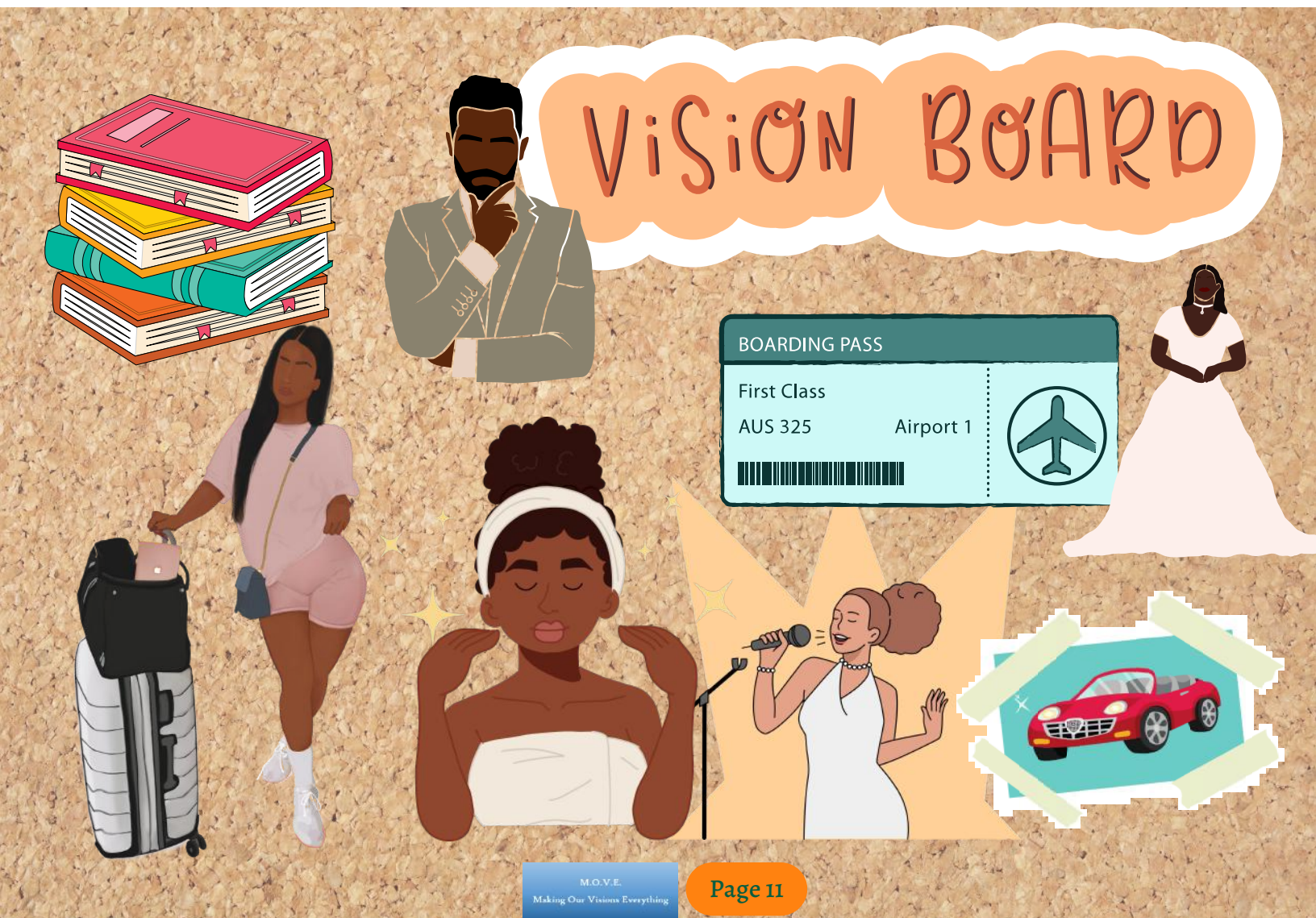
Start every
day with a
grateful heart.

Vision Board Activity

Making a vision board is an easy and fun process. These are some short and simple instructions:

1. **Select the Platform:** Choose between a digital and a physical board.
2. **Assemble Supplies:** Gather magazines, printed pictures, quotes, and a board (digital platform, corkboard, or poster board).
3. **Decide on your 2024 goals and aspirations in different areas of your life.**
4. **Create Your Board:** Cut out and arrange words, quotes, and images for a physical board. Use applications or software for a digital board.
5. **Organize:** Put the components on your board in a way that seems harmonious and inspiring.
6. **Visualize:** Feel the feelings connected to your dreams and picture yourself achieving your goals as you work.
7. **Display:** Place your board where you will see it every day as a reminder.
8. **Update and Reflect:** Review your board frequently to monitor your progress, make necessary goal adjustments, and add new goals and dreams.

That's it! Creating a vision board is a powerful and creative way to manifest your dreams and keep them at the forefront of your mind throughout the year.

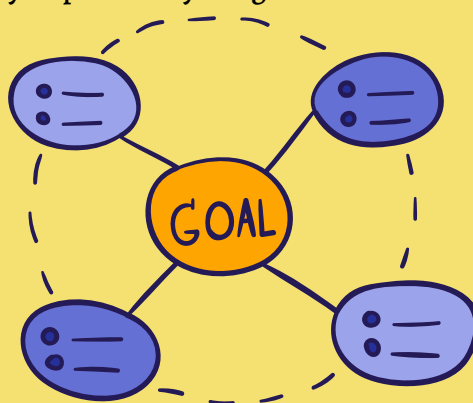


Mind Mapping

Your thoughts and objectives for 2024 can be more effectively organized with the aid of mind mapping, a creative and visual tool. It is similar to drawing a vibrant and dynamic road map for your goals.

- **Begin with a large canvas** (paper, board, whatever you have around the house) and a major goal, which should serve as the focal point of your map. This could be your primary objective for 2024 in our scenario, regardless of whether it has to do with your family, career, personal growth, or any other aspect of your life.
- **Branch Out:** You create branches representing various facets of the main objective from this point. If your primary objective is "career advancement," for instance, your branches may include "skill development," "networking," "work-life balance," and so forth.
- **Add Sub-branches:** To further granularize your goals, you can add sub-branches to each of these branches. Under 'Skill Development,' you could make a list of particular skills you would like to learn or improve.
- **Connect Ideas:** Mind mapping's nonlinearity is one of its many wonderful features. To illustrate how everything is connected, you can use lines and arrows to join related concepts and objectives. This enables you to see the wider picture and spot opportunities to use one objective to further another.
- **Utilize Colors and Images:** You can use your mind map to express your creativity. To make it more interesting and memorable, add icons, colors, and images. This not only improves the visual appeal of your mind map but also encourages original thought.
- **Review and Update:** You can go back to your mind map at any time during the year to monitor your development and make any necessary changes. It is a dynamic document that can change as the year goes on with you.

Your 2024 goals become more tangible and doable when you turn them into a mind map. It is an effective tool for maintaining motivation and focus, and it can be an enjoyable and interesting way to work toward your objectives. It is also a great way to put all of your goals for the coming year into visual form.



Tips for a Prosperous New Year

If saving money is a financial goal for 2024, consider the following suggestions:

Create a Budget: Begin by keeping track of your income and expenses. A budget can help you understand where your money is going and where you can make cuts.

Set Specific Goals: Decide what you want to save for... an emergency fund, a vacation, retirement, or other financial objectives. Setting specific savings goals can help motivate you to save.

Reduce Unnecessary Expenses: Examine your monthly expenses for items you can eliminate or reduce. This could include eating out less frequently, canceling unused subscriptions, or shopping more carefully. Examine your cable and phone bills to see if there are charges or services that you do not use.

Automate: Set up automatic transfers to your savings account as soon as you receive your paycheck or through payroll deductions. This "pay yourself first" strategy ensures that you save before you spend.

Shop Wisely: Before making a purchase, look for sales, use coupons, and compare prices. To save money on necessities, consider purchasing generic brands in bulk. Shop at big box stores with friends and then split the purchases. Use Digital Coupons.

Reduce Debt: Know your credit card interest rates. High-interest debt can deplete your resources. To avoid paying unnecessary interest, prioritize paying off credit card balances and loans.

Barter, bargain, and seek discounts: Trade goods for services. Negotiate better deals with service providers and retailers.

Consider Energy-Efficient Alternatives: Reduce your utility costs by making your home more energy-efficient; check with your energy provider to see if they have an energy program. This can include improving insulation, using energy-efficient appliances, and being conscious of your energy consumption.

Avoid Impulse Buying: Before making a purchase, consider whether it is a necessity or a desire. Avoid making impulse purchases, especially on non-essential items, by waiting 24-hours before finalizing purchases.

Meal Planning and Food Waste Reduction: Meal planning can help you save money on groceries, and reducing food waste ensures that you use what you buy. Pack your leftovers and freeze them for a quick meal later.

Knowing about money is important for making smart decisions and managing your money better. To do this, you need to know about personal finance, save money slowly, and change the suggestions to fit your own needs and goals. To stay on track, you need to review and make changes to your plans often throughout the year.

Click the photo
for a special gift
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2024

Planner

&

Journal



This planner and journal for 2024 includes sections on self-care, monthly calendars to assist you in keeping track of your activities, and inspirational quotes to keep you motivated as you progress along the dimensions of wellness.



Invaluable Me!

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

Confidence and self-esteem are the
focus of this RHW&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."

Real Women Helping Women & Youth is excited to introduce "Invaluable Me!", our new program to help women develop positive self-images and learn to value themselves. Our Slack community will have private channels called "Sister Circles."

Within these Sister Circles, members will access tools and strategies for constructive self-talk and engage in self-compassion exercises. The program offers valuable opportunities for introspection and self-discovery, complemented by seminars and workshops dedicated to promoting self-love, self-esteem, and self-appreciation.

In 2024, our Sister Circles will delve into key themes via Zoom and our Slack Community:

- **Self-Confidence and Self-Esteem:** A comprehensive series of 11 topics, workbooks, and presentations aimed at building a foundation of self-esteem and confidence.
- **Art as Self-Therapy:** Activities designed to explore and appreciate the values, talents, and unique characteristics that make women beautiful and distinctive.
- **Vulnerability:** Stressing how important it is to take emotional risks, be open, and encourage a desire to love and be loved.

If you're a woman eager to be part of our empowering Sister Circles, connect with

Carmen Crawley at crawley@rwhwy.net.

Join our vibrant Slack Community to engage in enriching discussions within our Sister Circles or explore the diverse range of programs we offer. Your journey towards connection and personal growth begins here!



**Volunteers
needed**

RWHW&Y is excited to announce an upcoming volunteer opportunity in 2024 for our groundbreaking initiative, "Invaluable Me!" We are seeking passionate individuals to work with Carmen Crawley and join our mission in empowering women through the creation of exclusive private group channels known as "Sister Circles" on Slack.

These free activities will be tailored to various areas of focus, each dedicated to fostering positive self-image and self-appreciation. Our "Sister Circles" aim to assist women in recognizing their unique value and contributions to both their personal lives and the broader community. Participants will engage in a supportive environment that encourages learning, interaction, and the sharing of experiences.

Through these circles, volunteers will play a pivotal role in helping women build confidence and self-esteem. By providing a platform for meaningful discussions and activities, we aim to create a community where women can learn, grow, and uplift one another. Join us in the journey to cultivate a culture of self-appreciation and empowerment through the "Invaluable Me!" program.

In 2024, we are thrilled to launch pilot programs in three transformative areas:

- 1. Self-Confidence & Self-Esteem**
- 2. Vulnerability**
- 3. Art as Self-Therapy**

These initiatives are being meticulously crafted to inspire personal growth and empowerment. The opportunity to participate will be offered to our Slack community members first.

If you are passionate about making a positive impact and are interested in volunteering for these groundbreaking programs, we invite you to connect with Carmen. Your involvement can contribute to the success of these initiatives and make a meaningful difference in the lives of those participating.



The success of this pilot initiative hinges on several key elements:

1. **Social Media Engagement:** We need individuals who can actively promote the program on social media platforms, generating interest and encouraging participation.
2. **Facilitators for Sister Circle Sessions:** Enthusiastic individuals who can lead and guide our Sister Circle sessions, fostering a supportive and empowering environment.
3. **Slack Channel Managers:** Responsible for keeping Sister Circle members engaged within the Slack platform, ensuring a vibrant and interactive community.
4. **Creative Mindset:** Individuals who bring a creative flair to the initiative, infusing fresh ideas and innovative approaches to enhance the overall experience.
5. **Willingness to Learn and Grow:** A commitment to personal and collective growth, as we embark on this journey together. No specific skill level is required; we value the eagerness to learn.
6. **Ability to Accept Feedback:** Openness to constructive feedback is crucial for refining and improving the program continuously.
7. **Focus on Fun:** Creating a positive and enjoyable experience for attendees is paramount. We want individuals who can inject a sense of joy and enthusiasm into the program.
8. **Please maintain a focus on 'Invaluable Me!' and refrain from using this opportunity to promote your company, products, or organization. The emphasis should be on contributing to the success and impact of the 'Invaluable Me!' initiative.**
9. **Commitment to this program requires dedicated time set aside for focused engagement.**

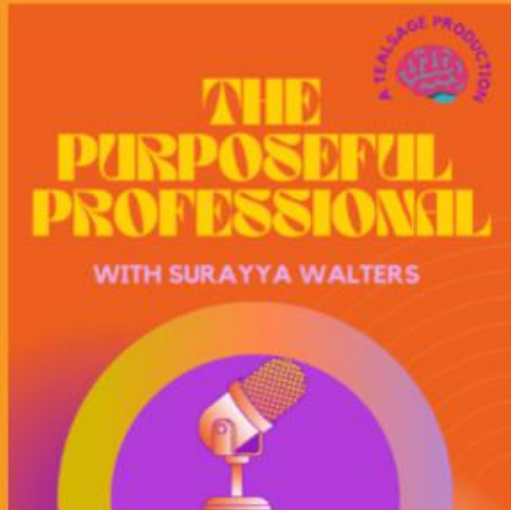
Your skill level is not a barrier; we are all here to learn and grow collectively. Join us in creating an impactful and enjoyable experience for all involved.

Please note that this is a volunteer opportunity, and there is no financial compensation. Your dedication and commitment to fostering positive change are the invaluable contributions that will help shape the success of these pilot programs. Join us in making a lasting impact on individuals seeking growth and self-discovery. A notice will also be placed in our December issue of M.O.V.E. Forward! magazine, seeking volunteers. If you know someone who is interested, please forward this information to them. They must be willing to join our Slack community.

Dr. Carmen Crawley
crawley@rwhwy.net

The Podcast For Your Career, The People, And The Culture

Join the growing movement of purposeful individuals who are re-defining professionalism on their own terms.



SHOW

The Purposeful Professional

LISTEN ON  Spotify

Listen and join The Purposeful Professional's Host, Surayya, as she discusses her own journey to starting this podcast, reflects on this season and helps you to set intentions for your future.

Introduction: Finding Ourselves



ABOUT THE PODCAST

Re-Defining Professionalism, One Episode At A Time

At The Purposeful Professional, we believe that true professional fulfillment is not just about climbing the ladder, but about discovering your purpose and making meaningful contributions. We are a dedicated podcast committed to helping diverse individuals redefine their perspectives on professionalism, paving the way for a more purpose-driven and fulfilling career journey.

[Learn More](#)



Our Real Women Helping Women program is undergoing changes!

Real Women Helping Women (RWHW) is excited to announce changes in the way we engage women in the community. In 2024, the RWHW Slack members will concentrate on three pillars:

- 1. socializing**
- 2. networking**
- 3. volunteering**

RWHW welcomes all women. We request that women who wish to participate in RWHW activities join our Slack community.

What to look forward to:

Socializing: Have lively conversations, share your experiences, and make real connections with women who share your interests.

Networking: Connect with a diverse group of talented women who share your desire to encourage and empower one another as we seek new ways to grow personally and professionally.

Volunteering: Help us make a difference! Give your time and skills to different community projects to make the spirit of support and unity stronger.

If you are interested in joining our Slack community, send a request by email to realwomenhelpingwomen@gmail.com. Once you become a Slack member, you can participate in a variety of fun activities that will help you grow as a person. Events will take place in virtual, physical or blended format.

Women participating in RWHW can expect to grow personally and professionally, form meaningful communities, and contribute significantly to the well-being of others. Together, we are building a network of resilient, empowered women who make a difference not only in their own lives but also in the lives of those around them.

Happy New Year! May it bring you growth, connection, and strength!

Our Wise Ladies (O.W.L.s) - our book club



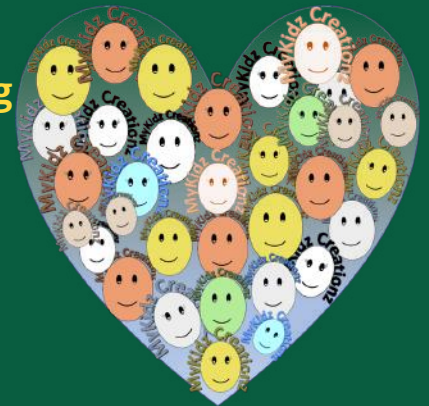
O.W.L.s recently selected two books:

- **Never Tell** by Stacey Abrams writing as Selena Montgomery
- **The Girls Weekend** by Jody Gehrman

If you have either of these books please join the conversation in our Slack Community!

MyKidz Creations - our youth program

MyKidz Creationz has been archived. Thank you for joining us in this incredible journey! As one program concludes, another exciting chapter begins. Stay tuned for our upcoming program, promising more inspiration, learning, and fun!



 [#NewBeginnings](#) [#StayTuned](#)

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



M.O.V.E. is designed to support women in their journey towards better mental and physical health. Members can participate in daily challenges and share helpful tips on women's health, mindfulness, and mental health. However, it's important to note that all content is posted by members, and you should always consult with your physician before making any changes to your healthcare regimen. It's recommended that you verify any information obtained from this group with other sources, and discuss all health and wellness information with your doctor.

RWHW&Y is a 501c3 nonprofit focused on improving the lives of women and youth.

M.O.V.E. Forward! Magazine Shelf

Browse previous issues of M.O.V.E. Forward! by clicking on the cover.
Submissions are due by the 24th of the month.



NOVEMBER 2023



OCTOBER 2023



SEPTEMBER 2023



AUGUST 2023



JULY 2023



JUNE 2023



MAY 2023



APRIL 2023



MARCH 2023



FEBRUARY 2023



JANUARY 2023

Contributors

Thank you

- *Latanya, Heart & Soul Wellness Solutions*
- *Surayya, The Purposeful Podcast*

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

In 2024, we plan to debut our updated *M.O.V.E. Forward!* look.

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<https://rwhwy.my.canva.site>

Our Mission:

Provide educational support that improves the quality of life for women and children.

Our Vision:

Create an educational network that encourages women and youth to appreciate their worth.

