

M.O.V.E. Forward! Magazine

DECEMBER 2025

rwhwy.org



INFO@RWHWY.NET



“Every time a woman pours into herself, she multiplies her ability to pour into her family, her community, and her dreams.”



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Remember: Give yourself the gift of love.

Putting wellness and health first will help us to make our visions everything. We are M.O.V.E.ing and grooving in 2025!



GIVING TUESDAY

I love how this program covers so many aspects of life.



“My daughter and her friends have grown so much because of this program. You’ve truly been a blessing to them, and I’m grateful for the impact you’ve made.”

“I joined RWHW&Y at one of the hardest times in my life. I was tired, stressed, and didn’t feel like myself. But the women welcomed me, encouraged me, and helped me take control of my health one step at a time. Because of this community, I’m stronger, becoming more confident, and I’m finally putting myself first. Your support made that possible.”

**This Giving Tuesday, stand with us in uplifting women and youth.
Because when one woman rises, a community rises with her.**

Support Real Women Helping Women & Youth (RWHW&Y) on December 2, 2025. Your gift directly empowers women and youth with the tools, skills, and opportunities they need to thrive. Every dollar goes straight to programs that change lives—choose to give where it matters most.

Unlike larger organizations where your gift may be spread thin, every dollar you give to RWHW&Y directly impacts real people in our programs, from wellness initiatives, to workshops and challenges that inspire movement, growth, and self-confidence.

Your donations support:

- **Health & Wellness Programs** empowering women in managing health.
- **Youth Development Workshops** fostering confidence and creativity.
- **Community Initiatives** like M.O.V.E., Invaluable Me!, and the OWLs Program.

RWHW&Y serves women and youth, helping them overcome barriers to wellness and support. Your contributions, whether one-time or recurring, make a significant impact by providing wellness tools, funding workshops, and expanding our programs.

Thank you so much for this platform, I am so thankful and grateful I came across it.

**Give Hope. Give Strength. Give Together.
Join RWHW&Y in uplifting women and youth this Giving Tuesday.**

**Real Women Helping Women & Youth
Improving Lives!**

Email: info@rwhwy.org

Donate: <https://www.zeffy.com/donation-form/18c3e824-659f-4246-8c69-7c3769e44007>



December Challenge!

Be Kind

To yourself - give yourself a **hug** today!

To your body - keep **M.O.V.E.**ing!

To others - **pay it forward!**

GIVING TO YOURSELF

THE POWER OF POURING IN



In this issue of M.O.V.E. Forward! we celebrate the beauty of self-giving — the quiet yet powerful act of pouring back into the woman who gives so much to others. From self-care to financial wellness, our stories and reflections honor what it means to restore, refocus, and rise.

Refilling Your Cup

Simple yet powerful ways to give back to yourself each day — through rest, reflection, and joyful movement that revives your mind and body.

The Art of Saying “Yes” to You

Discover how boundaries are acts of love that protect your peace and strengthen your purpose.

From Guilt to Growth

Shift from self-doubt to self-empowerment as we explore why giving to yourself is not selfish — it’s essential.

Financial Self-Love

Learn practical steps for building financial confidence — from saving and budgeting to investing in your future.

Mindful Giving

Explore how self-compassion deepens relationships and helps women lead with greater empathy and balance.

Rest as Resistance

A reminder that slowing down can be a bold and necessary act of strength — especially for women who do it all.

Join us for a month of small, intentional acts of self-giving designed to help you reconnect with yourself.

“WHEN A WOMAN GIVES TO HERSELF, SHE EMBODIES THE POWER OF M.O.V.E.—MAKING OUR VISION EVERYTHING. BY NURTURING HER OWN GROWTH, SHE BECOMES THE DRIVING FORCE BEHIND HER DREAMS AND THE LIGHT THAT GUIDES OTHERS TO DO THE SAME.”





WOMEN ARE INVITED TO JOIN OUR SLACK COMMUNITY

Benefits:

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

SCAN ME

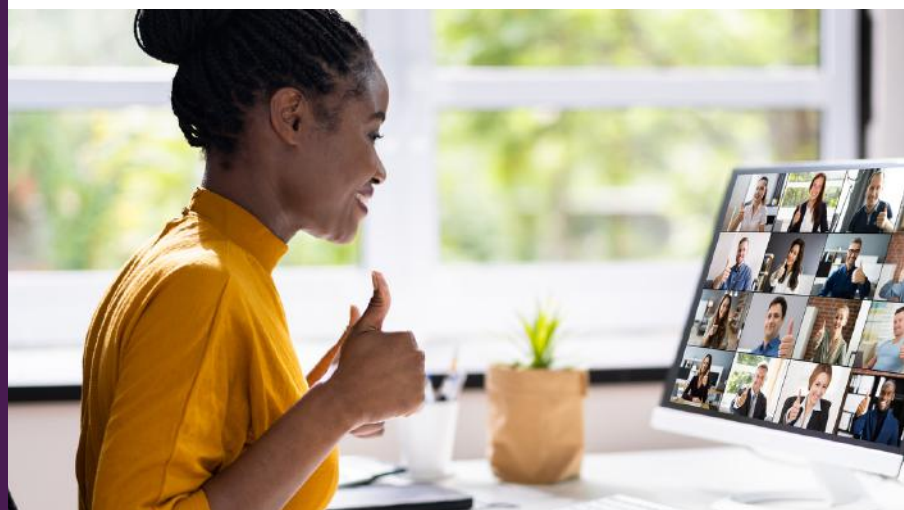


Real Women Helping Women & Youth has a Slack community for women to connect, support, and inspire each other.

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 using the QR Code or by emailing info@rwhwy.net and requesting to join our Slack community.





M.O.V.E. Health & Wellness: A Year of Strength, Kindness & Community

As we celebrate the close of another powerful year within the M.O.V.E. Health & Wellness community, we honor every woman who chose to prioritize her well-being with intention, grace, and kindness. Whether you joined us for monthly challenges, movement sessions, health check-ins, or simply stayed connected for encouragement, your presence has been an act of kindness to yourself.

This year, we embraced wellness not as pressure, but as compassion. We reminded ourselves that progress looks different for every woman. We learned to celebrate small steps, quiet victories, and gentle rest. We practiced being kind to our bodies as they healed, grew stronger, and carried us through each day. And we extended that same kindness to our sisters, cheering them on, checking in, supporting them through health challenges, and celebrating every milestone together.

Through every challenge, message, and shared moment, you reminded us that health and kindness walk hand in hand. You showed that when we lead with kindness, to our bodies, our minds, and one another, we create a community where every woman can thrive.

Continuing Our Journey Into 2026

As we enter 2026, we will continue nurturing our growth by diving deeper into key health topics—heart health, mindful movement, stress management, joyful exercise, nutrition basics, and self-compassion. Each month will give you new tools and gentle but powerful ways to be kind to yourself through movement, rest, and intentional wellness practices.

We are also committed to expanding our circle and welcoming even more women into this uplifting community. There are so many women who need encouragement, accountability, and a safe, kind space to start their wellness journey. If there is someone in your life—a friend, coworker, neighbor, or family member who could benefit from being part of M.O.V.E., we invite you to reach out and bring her along. Your invitation may be the spark she needs to reclaim her health with support and kindness.

Thank you for being part of M.O.V.E.

Thank you for choosing wellness with patience.

Thank you for showing kindness to yourself and others.

And thank you for reminding us that when women move together—with love, grace, and compassion—we strengthen the entire community.

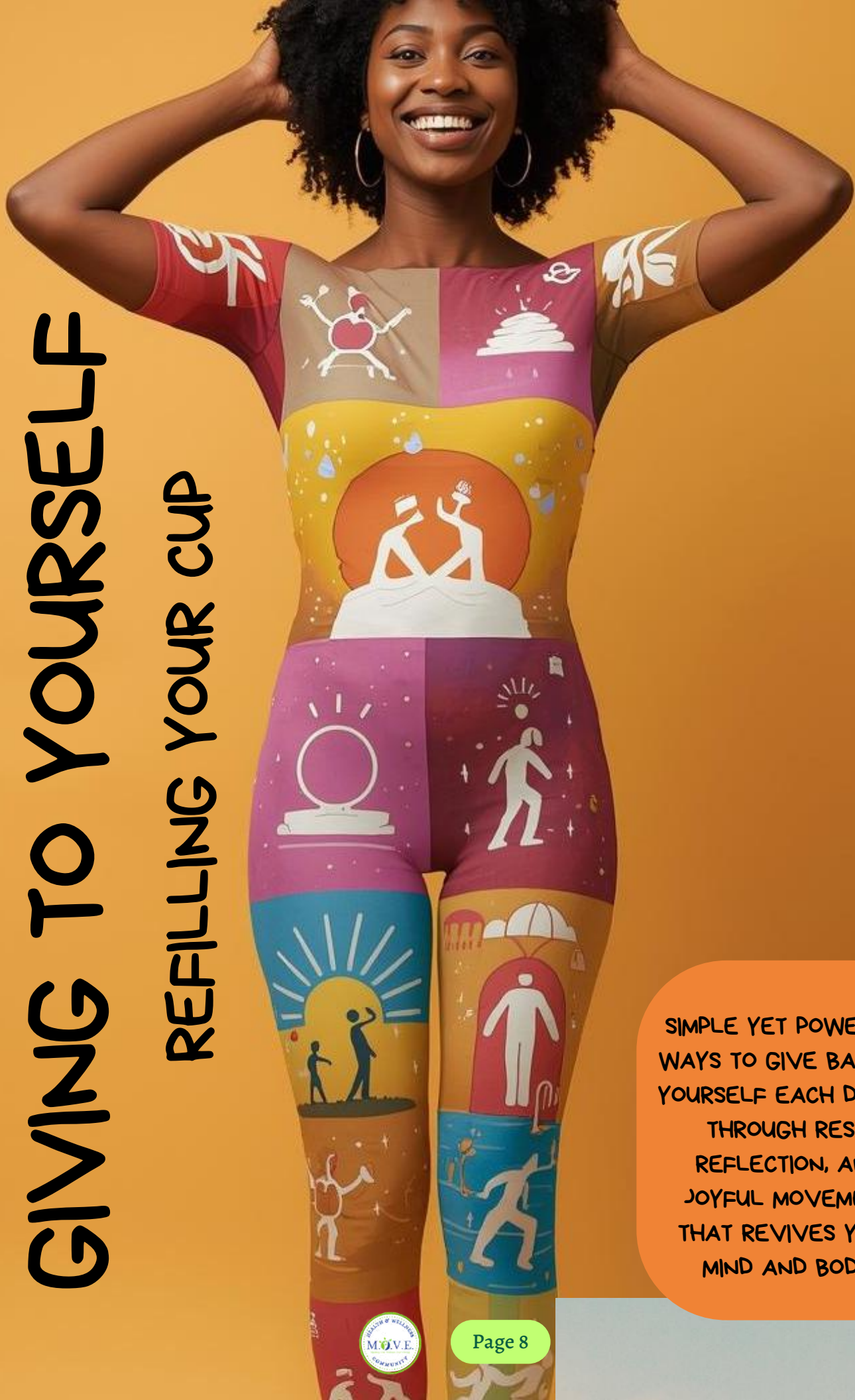
Here's to a healthier, kinder, and more empowered 2026.

Let's continue M.O.V.E.ing: Making Our Vision Everything—one step, one challenge, and one act of kindness at a time.



GIVING TO YOURSELF

REFILLING YOUR CUP



SIMPLE YET POWERFUL
WAYS TO GIVE BACK TO
YOURSELF EACH DAY —
THROUGH REST,
REFLECTION, AND
JOYFUL MOVEMENT
THAT REVIVES YOUR
MIND AND BODY.



GIVE YOURSELF THE GIFT OF YOU

Sonya Z. Phillips

When was the last time you truly put yourself first?

Prioritized your health, your needs, your well-being?

For a long time, I gave most of my time to others. I stayed constantly busy — going here, going there — supporting a friend, volunteering, or helping someone else's business grow. My calendar remained full, yet when I looked closely, most of my commitments were not improving my own life. I was busy — but not productive. Moving around — but not advancing.

Then my car died, and what initially felt like an inconvenience became a moment of clarity. It forced me to pause and truly evaluate how I was spending my time and my money. I began asking myself difficult but necessary questions:

- Did I really need — or even want — to attend this?
- Was this event benefiting me, my finances, or my health?
- Was it even worth taking an Uber or Lyft?

More often than not, I chose to stay home and focus on what I truly needed to be doing.



Reclaiming My Time for Health, Wealth & Mental Well-Being

I started by identifying what I had been neglecting — the basics of caring for myself. I wrote down the medical appointments I had been postponing. I committed to using my CPAP machine consistently for my sleep apnea. I set a bedtime alarm to ensure I was getting proper rest, and I began using the “Do Not Disturb” feature on my phone more often so I would not be distracted by every call, text, or alert.

These were not dramatic gestures.

They were quiet, intentional acts of self-respect.

Pouring Positivity Into Myself

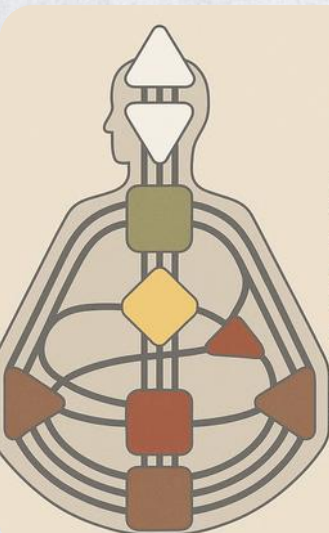
For so long, I poured positive energy and encouragement into everyone around me, yet often felt no one was pouring into me. Every day we are surrounded by negativity — job insecurity, rising food costs, loss of essential benefits, and the emotional weight of friends and family. To counteract that imbalance, I began creating an internal environment of positivity.

Throughout the day and at night, I fall asleep listening to uplifting content — voices and frequencies that feed my spirit instead of draining it. I rotate between authors like Napoleon Hill and Myron Golden, as well as guided meditations, frequency music, and affirmations that speak life into my subconscious.

In the morning, before checking my phone or engaging with the outside world, I turn inward. I begin with gratitude and prayer. I speak affirmations. I take deep, intentional breaths — grounding myself in the present moment.

I want to ask you something important: Have you truly breathed today?

Not the rushed, shallow breathing of a busy mind — but a slow inhale and a full release. Every breath you take matters. Be intentional with your breath and present with your thoughts.



HUMAN DESIGN

is a self-awareness system that combines ancient wisdom and modern science to help you understand how your unique energy works, so you can make decisions, manage your time, and live in alignment with how you are naturally designed to function, rest, and respond to the world.

To M.O.V.E. Forward!, I Had To Be Still

My M.O.V.E. was not about speed.

It was about stillness.

It was the courage to re-center my life around my own well-being instead of constant movement and conforming to everyone else's comfort. It was choosing to love myself intentionally, consistently, and without apology. It was listening to myself in the silence and honoring my thoughts in the stillness.

I did an honest inventory of how I treated myself compared to how I treated others. The conclusion was undeniable:

I was not giving myself the same time, grace, patience, forgiveness, and love that I so freely offered the world. I deserve all of those things and more.

So now, I give myself grace when I need it.

I forgive myself.

I make time for rest — because rest is a form of self-love.

Every day, I am learning to love myself a little more than the day before.

I also learned how to manage my energy more intentionally through the practice of Human Design. It helped me understand how my specific energy type is designed to operate, rest, and recharge. I began asking myself a new question before committing to anything:

Do I actually have the energy for this?

Not just the time — but the emotional, mental, and physical capacity. This awareness allowed me to stop forcing myself into patterns that drained me and start honoring the rhythm that truly supports my well-being.

If you are curious about how your energy is uniquely wired and how Human Design can help you make more aligned decisions, I invite you to reach out and learn more.

5 Tips to Be Present While Putting Yourself First

1. Create a Daily Stillness Ritual

Set aside at least 5–10 minutes (or more) each day to sit in silence with no distractions. No phone. No multitasking. Just breathing and listening. No doing — just being. Use this sacred time to pray, meditate, or journal.

2. Practice Conscious Breathing

Slow your breath intentionally. Inhale deeply, pause, and exhale fully. This anchors you in the present moment and calms your nervous system, helping you respond instead of react. Return to this practice throughout your day.

3. Pour Positivity Into Yourself

Use affirmations and positive self-talk daily. Your words shape your internal world. Speak to yourself with compassion and encouragement. Seek out personal development and inspirational voices. Listen to music that relaxes your body and brings you joy.

4. Take an Inventory of Your Time & Energy

Regularly review your schedule and commitments. Ask yourself:

- Does this support my health, wealth, peace, or progress?
- Is this aligned with my values — or just filling space?
- Am I busy, or am I being productive?
- Do I truly have the energy for this, or am I operating from obligation?

Presence begins with awareness. Awareness is you prioritizing yourself. Human Design can help you deepen your understanding of how your energy functions best.

5. Prioritize Rest Without Guilt

Rest is not a reward — it is a requirement. Schedule it. Protect it. Honor it. Quality rest restores clarity, emotional balance, and self-connection. Adequate sleep also supports weight balance and allows your body to heal and repair itself.

The Gift Is Already Within You

Giving yourself the gift of you is not selfish — it is sacred. It is the quiet decision to slow down, to listen, to breathe, and to honor what your body, mind, and spirit have been whispering all along. Constant movement without intention leads to exhaustion, but stillness with awareness leads to healing.

Presence is found in awareness. When you take inventory of your time, protect your rest, nourish your mind with positivity, and choose moments of silence, you return home to yourself. You shift from survival to alignment, from busyness to purpose, from depletion to renewal.

Your M.O.V.E. may not look like rushing forward — it may look like pausing, redirecting, and choosing yourself with compassion and clarity. And in that choice, something powerful happens: you begin to rebuild your relationship with yourself, breath by breath, moment by moment.

So ask yourself daily: Am I giving myself what I so freely offer others?

Because loving yourself is a practice — and every time you choose rest, presence, and intention, you are saying yes to the most important relationship you will ever have: the one with yourself.

Sonya Z. Phillips
Fashion Designer
Wellness Coach

Digital Storyteller

☎ **757-343-7018**

✉ **Sonyaloves2save@gmail.com**

🌐 **www.sonyazphillips.com**

🔗 **<https://popl.co/card/7PFEzYtk/1/s>**



GIVING TO YOURSELF

THE ART OF SAYING "YES" TO YOU

DISCOVER HOW
BOUNDARIES ARE ACTS
OF LOVE THAT
PROTECT YOUR PEACE
AND STRENGTHEN
YOUR PURPOSE.



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GIVING TO YOURSELF

FROM GUILT TO GROWTH



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SHIFT FROM SELF-DOUBT TO SELF-EMPOWERMENT AS YOU EXPLORE WHY GIVING TO YOURSELF IS NOT SELFISH — IT'S ESSENTIAL.





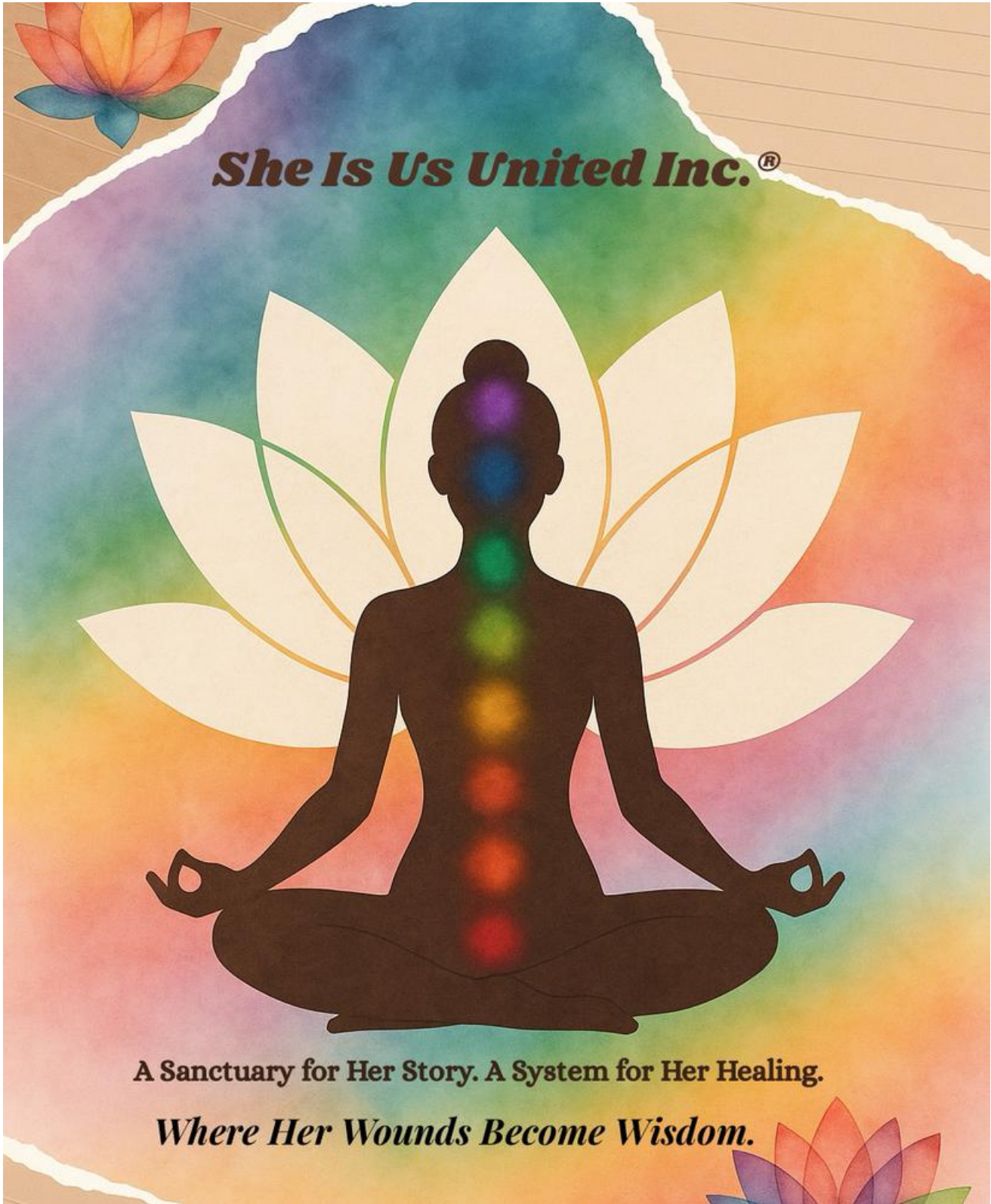
✉ Email: sheisususa@gmail.com

🌐 Website: www.sheisusunited.org

📍 Location: Naples, Florida

📷 Instagram: [@SheIsUsUnited](https://www.instagram.com/SheIsUsUnited)

👤 Founder: Natasha L. Taylor, MHA, PMP, MPH Candidate





The Gift of Peace



**DEBBIE
ONTIVEROS**
CONTRIBUTOR

Peace. Everyone says that they want it, but everyone can't handle it. Have you ever been around someone who can't be in silence? Do you know someone who can't go to sleep without the television on or doesn't want to be alone? Is that you? Do you have inner peace? I used to be one of these people who didn't like silence and feared being alone until I found my inner peace. To receive this gift, you must realize that you aren't at peace, and you need to open yourself to peace.

Be Open to Peace

I've already shared that about 2 ½ years ago, I was in a terrible relationship that took me to a very dark place. I knew that my relationship wasn't going anywhere, and I tried so hard to make peace in that relationship. What I had to come to terms with is that my peace wasn't going to come from this relationship or from getting out of it. I had to be open to letting God back in my life in the way that He was supposed to be. I needed to get back to knowing Him on a deeper level. Most importantly, I needed Him to know me. Yes, I talked to God from time to time, but I lost my relationship with Him. I wasn't praying like I used to or going to church like I used to- Covid didn't help. Not only was my Bible dusty, but I also couldn't tell you the last time that I opened my Bible app or read a Daily Bread.

That relationship really alienated me in so many ways. When that guy tried to use going to choir practice as a reason for me to "get out and cheat", it was a wrap! See, music and lyrics speak to my soul. They are the main vessel that God speaks through to me, and I was not letting my main channel to God be cut off. Period! This was when I knew that I had to get peace. It's just like when someone has an

addiction. There comes a time when you are tired or there is a line you just will not cross. That's when you get help. Coming between me and God was my crossroad. I was ready to seek ways to get peace.



Receiving Divine Peace

Let me be clear. There were many times in my life when it was peaceful, but I had not achieved inner peace. Those are two totally different experiences. I used to think going out with my friends was peace, having a glass of wine was peace, or watching Netflix or Hallmark was peace. True peace, divine peace is deeper than that. I'm so grateful that through all my darkness that I still had a mustard seed of faith that kept me attending church and singing in the choir. I had just enough motivation to be active in church and to be around people who I knew would support me when my family wasn't around.

So, let me tell you how I received my divine inner peace. The women's ministry at my church had a night of worship on a Friday before Mother's Day in 2023, with our phenomenal church band, band leader, and one of our choir leaders. Let me tell you, their voices are anointed! Anyway, the atmosphere was electric throughout the evening. It had to be at least 600 plus women kneeling, pacing, praying out loud, and crying uncontrollably. Yet, you could feel the peacefulness of it all. I listened, in my tear-soaked T-shirt, as the





The Gift of Peace



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band leader told the last story of the night. He spoke of an interview at a hotel where he went for a musical related position, and he was concerned about the salary, as he was married with four children. He goes on to tell us that the hiring manager informed him that he got the job and asked him if a certain salary was feasible. Well, that salary was significantly more than what he was even wanting. He said that he was trying to hold the tears back during all of this and he had a crack in his voice like he is about to cry when he said to us, "If you put your trust in God, all you're going to do is win, win, win no matter what!" He took off running around the church. Women took off running around the church. There were women screaming and praising so loud. There were women falling to their knees with their heads in the carpet. There were women crying uncontrollably and pacing the floor. There was so much to take in, but simultaneously my experience was a complete contrast and remarkably serene. I remember it like it was yesterday, and I still get chills thinking about it. I remember crying out, "Father God", as my arms instantly stretched up and wide while my head fell back, and I blacked out for what seemed like a while but merely a blink of an eye. Like the snap of a finger, I was back still standing in that electric atmosphere full of the presence of God, and nothing had changed except me. I stood there peacefully rebirthed regenerating my soul as the tears soaked my T-shirt down past my breasts. I received unconditional true divine peace for the first time in my entire life at that moment of 56 years of age. I was just standing there with my arms raised receiving my regeneration of peace in silence as the constant waterfall of tears rolled down my face. I never moved. I barely blinked. I just breathed.

It must have taken another 10 minutes for the atmosphere to calm down. When prayer was over the women exited in dead silence. People would have thought there was a Zombie apocalypse the way we all walked to our cars. It's as if heaven opened to restore us all with peace at the same time in different ways. I have never experienced anything like that in my life and haven't experienced anything like that since. All that I can tell you is that the old Debbie is dead, and she isn't coming back. I was forever changed, and I haven't looked back.

Peace Shines

Even though I was still in a bad position in my life, I felt deep inside that God had something big planned for me. I just didn't know what that was yet. Did life get worse after that? Absolutely! The devil threw everything at me, and I lost just about everything. The devil knew that God was about to rebuild something beautiful inside of me and that God was sending me on a journey to get educated and flourish in my purpose to help women have better lives under God.

One of the most humbling and beautiful things that can happen to you is to lose everything. Even when you hit rock bottom, you will eventually realize that even that is a firm foundation. There is nowhere else to go but up, and there is no one better to build up with but God.

When you rebuild with the peace and love of God nothing else can compare. I mean nothing. I used to put money in to play the lottery with several women that I used to work with. One day, I just never sent anymore money. My mindset changed. I knew that God would supply me with whatever I needed and



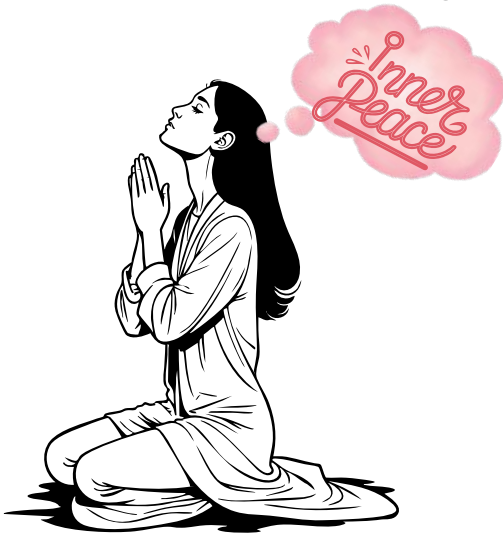


The Gift of Peace



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more when He saw fit. I had already stopped drinking everything but wine. Eventually, I just stopped that too. I just kept getting headaches, and I would look up and say to God, “Okay, I hear you. It’s time.” So, just like that I stopped drinking. Peace shows up in so many forms. That stress that you had just leaves. So, your cortisol levels regulate, and it’s easier for you to lose weight. Your body craves healthier food. You start to shine like the diamond you are, and you feel happier and healthier. When it was hard for you to go to sleep it isn’t anymore. When it was hard for you to wake up you wake up earlier, because God is looking to spend more time with you. Inner peace is a beautiful thing to have, and it is contagious. When people see you at peace, they want it and want to know how to get it.



Instead of maxing out your credit cards and blowing all your cash this holiday season, pray for your inner peace. You are holding everyone around you back by your lack of inner peace. The best thing that I did for my family and friends was to attain my divine inner peace, because they are more peaceful about me being at peace.



[Read](#)
[“From Darkness Back to Me”](#)
[in our October 2024 issue of](#)
[M.O.V.E. Forward! magazine.](#)



[Read Part Two](#)
[“Get Out of Your Darkness:](#)
[Love Yourself”](#)
[in our February issue of](#)
[M.O.V.E. Forward! magazine.](#)



[Read](#)
[“Get Out of Your Darkness:](#)
[It’s Okay to Open the Wound”](#)
[in our January issue of](#)
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[Read Part Three](#)
[“Push Through Grief”](#)
[in our March 2025 issue of](#)
[M.O.V.E. Forward! magazine.](#)



[Read Part Four](#)
[“Get Out of Your Darkness: Free](#)
[Yourself!” in our July 2025 issue of](#)
[M.O.V.E. Forward! magazine.](#)



The best thing that I did for my family and friends was to attain my divine inner peace, because they are more peaceful about me being at peace.



GIVING TO YOURSELF

MINDFUL GIVING



EXPLORE HOW SELF-COMPASSION DEEPENS RELATIONSHIPS AND HELPS WOMEN LEAD WITH GREATER EMPATHY AND BALANCE.



5 WAYS TO PROTECT YOUR DREAMS WHEN LIFE THROWS YOU A CURVEBALL



Author Bio

Bron Watson is the founder of *The Social Coach* and creator of *The Serenity Project*. After navigating cancer twice while running her business, she now supports women in building sustainable resilience – protecting their dreams without sacrificing their wellbeing. Learn more at serenityproject.com.au or follow Bron on Instagram @bron_watson.

Practical Wisdom from a Two-Time Cancer Survivor

When adversity strikes—whether it's a health diagnosis, family crisis, or unexpected life upheaval—many women feel they must choose between their wellbeing and their dreams. But what if there was another way?

Bron Watson, founder of The Social Coach and creator of The Serenity Project, navigated cancer twice while keeping her business alive, and raising five sons. Here are five lessons she learned about sustainable resilience that every woman can apply—regardless of what challenge she's facing.

1. Know When to Pause, Pivot, or Push Forward

Not every situation requires the same response. Ask yourself: Does this need immediate action, or can it wait? Is this something I must do myself, or can I delegate? Will pushing through help or harm me right now? Create a simple decision framework. Some things need pausing (non-essential projects), some need pivoting (adjusting your approach), and only a few truly need you to push forward immediately.





Serenity Rising: Healing With Cancer Podcast

Hosted by Bron Watson, this podcast shares honest conversations about life after diagnosis. Episodes include solo reflections, guest stories, and practical insights for finding calm in uncertainty.

[Listen To The Podcast](#)

2. Stay Connected in Small, Sustainable Ways

When life becomes challenging, disappearing can feel safer than showing up. But staying connected doesn't have to mean being "on" all the time. Small, intentional touchpoints can keep you feeling valued, a gentle message sent when you have energy, a short update you share once and use many times or allow someone you trust to communicate on your behalf. Sometimes the simplest forms of connection are the ones that keep your community, and your confidence intact.

3. Reset Expectations—Starting with Your Own

One of the kindest things you can do for yourself is recognize that your energy and capacity changes during difficult seasons. Pretending life is "normal" when it isn't fuels exhaustion and guilt.

Instead, redefine success for this moment, or even just this week in your life. What is the sustainable version of your goal? What is "good enough" for this this moment, today and this week? What can be simplified without compromising what matters most?

Hint: Your health and wellbeing.

4. Let Systems and Structure Support You

When your body and mind are stretched thin, it helps to have simple structures that hold you.

Whether it be in business or life, your technology and templates, the name of the game is to reduce decision-making pressure, using whatever system works for you and your household.

AI tools such as ChatGPT, CoPilot and Gemini are there to assist you. They are designed, not only to help with efficiency, but as a thinking partner, if you are stuck on how to structure a system, ask your favorite AI tool.

These small supports make a world of difference. Systems don't make you less resilient. They make your resilience sustainable.



The Serenity Project

Finding the calm in the chaos of cancer

5. Lead With Compassion – Starting with Yourself

It's easy to offer kindness to others and much harder to extend it inward. But difficult seasons require a softer form of self-leadership.

Speak to yourself the way you would speak to someone you love: with patience, honesty, and gentleness. Celebrate the small wins. Honor the limits you didn't choose. Recognize that showing up, no matter however much, is still courage.

It's not about having positivity and energy every day. It's more in acknowledging where that energy is, at any given moment, rather than ticking boxes at the end of the day.

When you lead yourself compassionately, you naturally navigate the storm with more steadiness and far less self-pressure.

The Bottom Line

You don't have to be unbreakable to be unstoppable. Resilience isn't about relentless hustle or pretending you're fine when you're not. It's about showing up for yourself and your dreams in ways that honor both your humanity and your ambition.

Sometimes success isn't about growth. It's about staying steady until the storm passes. And sometimes, the storms we weather become the wisdom we share.

Ready to Build Your Resilience Toolkit?

The Serenity Project offers resources, support, and a roadmap for navigating life's upheavals with grace. Visit serenityproject.com.au to learn more about Bron Watson's approach to sustainable resilience.





INVALUABLE ME! SISTER CIRCLES: A YEAR OF GROWTH, COURAGE & SELF-DISCOVERY

As we close out another meaningful year with the Invaluable Me! Sister Circles, we pause to honor the women who showed up—month after month—to learn, grow, heal, and pour into themselves. Your dedication to personal development has transformed this year into something extraordinary.

In January, we focused on building self-confidence and self-esteem, setting the tone for a year of intentional growth. February invited us to cultivate positive self-talk and speak to ourselves with grace and compassion. March deepened our self-awareness, allowing us to reflect on our patterns, strengths, and aspirations.

April strengthened our ability to trust ourselves, while May reminded us to embrace positive body image and celebrate the beauty we carry within. In June, we explored what it means to find our authentic selves—beyond roles, responsibilities, and expectations. July empowered us to create affirmations that support the women we are becoming.

August challenged us to communicate assertively and confidently. September guided us into discovering our life purpose and reconnecting with what ignites our spirit. In October, we turned inward to set and achieve meaningful personal goals. November brought everything together as we created our personal toolboxes, filled with lessons learned throughout the year.

For those who participated in the bonus session, *Breaking Free from Misery: A Woman's Guide to Reclaiming Joy & Purpose*, you took a bold step in reclaiming your joy, your peace, and your personal power.

This year, many of you also embraced intentional Me Time—choosing yourselves with purpose and courage. Every step you took, whether quiet or bold, contributed to a stronger, more confident version of you.

You are invaluable. Your growth is real. And your journey is far from over.

In 2026, we will continue our journey together by diving even deeper into some of the topics that shaped us this year—strengthening our self-awareness, sharpening our communication, expanding our sense of purpose, and nurturing the authentic, confident women we are becoming. Each new session will build on the foundation you've created, helping you evolve in powerful and meaningful ways.

We also hope to welcome even more women into our Sister Circle community. If there is someone in your life—a friend, coworker, neighbor, or family member—who could benefit from a safe, uplifting space for growth, healing, and connection, we invite you to reach out and bring her along. Your personal invitation may be the encouragement she needs to begin her own transformative journey.

Thank you for being part of the Invaluable Me! Sister Circles. Thank you for doing the inner work. And thank you for choosing you.

Here's to an empowering 2026—and to the unstoppable woman you are becoming.



GIVING TO YOURSELF

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Look Ahead: Plan Your Financial Year 2026

Don't miss a thing — join the email list for new articles, member highlights, and empowering resources.

We've made it to the final stretch of the year! 🎉 As 2025 winds down, this is the perfect moment to take all the lessons, wins, and even mistakes from this year — and turn them into momentum for a stronger 2026.

The best financial plans aren't about strict resolutions or complicated spreadsheets — they're about clarity. Knowing what truly matters to you, and designing your money around that.

🌟 Here's your 2026 Game Plan

Reflect on Your 2025 Story

What did this year teach you about your habits and priorities? Reflection gives direction — it helps you see which financial behaviors are worth keeping and which need adjusting.

Define 3 Financial Goals for 2026

Be specific and meaningful. For example:

- “Save \$60,000 by December.”
- “Invest \$2,000 monthly in my mutual fund.”
- “Pay off one debt completely.”

Automate Your Progress

Set automatic transfers to your savings or investment accounts. Automation removes decision fatigue — you'll be growing your money without even thinking about it.

Track Quarterly, Not Daily

Money management shouldn't feel like pressure. Reviewing every 3 months gives you time to adapt without burning out.

💡 According to USA.gov, clear budgeting and realistic planning are the cornerstones of achieving financial goals. When you align your spending with your priorities, even small, consistent actions — like tracking expenses or automating savings — can build powerful momentum toward long-term success.

💬 Final Thought:

Financial peace doesn't come from earning more — it comes from managing what you already have with purpose. Every goal you write down now plants a seed for your future stability.



Fuel Yourself with Balance

Refuel. Reclaim. Reignite.

Fuel Yourself with Balance" means learning the rhythm between giving and receiving. Women are natural givers — we nurture, build, and uplift others — but true strength comes from knowing when to refill our own tank. Giving to yourself isn't about taking away from others; it's about ensuring you have the energy, joy, and peace to keep giving from a full heart.



Feeding your body with balance is the ultimate act of giving to yourself — because energy, focus, and joy all begin with nourishment.

Giving to yourself begins with how you feed yourself — not just emotionally, but physically. The food you eat is one of the most powerful forms of self-giving. Each healthy choice is an act of love that energizes your body, clears your mind, and supports your goals.

Eating well isn't about restriction — it's about balance. It's fueling your body with foods that give you steady energy, help regulate mood, and strengthen your ability to keep moving forward.

When you nourish yourself intentionally, you're not just eating — you're honoring your body as your most valuable resource.



GIVING TO YOURSELF

REST

RELAX

A REMINDER THAT SLOWING DOWN
CAN BE A BOLD AND NECESSARY
ACT OF STRENGTH — ESPECIALLY
FOR WOMEN WHO DO IT ALL.



Art Therapy: Create a Self-Love Card

Write a genuine message to yourself that doesn't judge you. List your good qualities and remind yourself that you deserve love and care.

I give to myself freely because I am
worthy of the life I'm building.



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January 17, 2026
Global Peace Movement Day

Add Your Voice to a Global Call for Peace

We're gathering 170 powerful, heartfelt video messages—each no more than 17 seconds—from people across the globe to premiere during the week of January 17, 2026. And we would love for your voice to be one of them.

Sharing your message is beautifully simple: just TAPN2U and record.

In your short video, please include:

-  Your name
-  Your country
-  And a clear, proud declaration: "I believe in peace."

Your words have the power to inspire unity and uplift spirits worldwide. Join us as we amplify hope, connection, and peace—one voice at a time.

Send your video to:  tapn2you@gmail.com

We can't wait to receive your message.



Additional information, email Anita at: tapn2you@gmail.com

*Stay SoulBeautiful
in Light Light Love ~ Anita*



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Have you been displaced from your role due to budget cuts or reductions in DEI positions?

You're not alone. Many talented professionals are navigating unexpected career transitions—and the Inclusion Allies Coalition (IAC) is here to support you.

We're launching a free monthly, **Career Resilience Community**, a gathering of practitioners—people just like you—who come together to:

- Support and encourage one another
- Share best practices for navigating a job search
- Exchange insights to accelerate your next opportunity

This is a safe, collaborative space designed to foster resilience, connection, and forward momentum.

If this resonates with you, we'd love to have you join us. Please connect with **Andrea Cisco** at IAC for details: acisco@imciglobal.org.

Together, we'll turn challenge into opportunity.

#CareerTransition #JobSearch #Mentoring #DEI #CommunitySupport





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-REDUCE CELLULITE ON YOUR LEGS?

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Schedule an Appointment

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/>

TOASTMASTERS INTERNATIONAL

Cartersville Toastmasters Club

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District 44

For more information on
Toastmasters International, visit
www.toastmasters.org

Welcome to Cartersville Toastmasters Club!

We're excited to have you here!

At Cartersville Toastmasters Club, we pride ourselves on being a club that stands out. Our meetings are not just gatherings—they're experiences designed for personal growth, meaningful connections, and mutual success.

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>





Give to Yourself,

Give to the World

Inspired by the work of RHHW&Y

At RHHW&Y, we believe the most powerful gift you can offer your community begins with the one you offer yourself. When a woman chooses wellness, rest, courage, and compassion, she becomes stronger, and so does everyone connected to her.

Our programs remind women and youth that self-care isn't selfish; it's the foundation of growth. Each act of giving to yourself—whether it's healing, learning, moving your body, or speaking your truth, creates a ripple of strength that reaches families, friendships, and future generations.

- **Give yourself grace.**
- **Give yourself time.**
- **Give yourself the space to rise.**

Because when you give to yourself, you become a light that gives to the world.

🌿 A Heartfelt Thank You to **Our Wise Ladies** (OWLs) 🌿

As we close out another wonderful year together, I want to take a moment to express my deepest gratitude to each of you. OWLs—Our Wise Ladies—is more than a program. It is a community, a sisterhood, and a space of growth, laughter, learning, and connection. And none of it would be possible without the wisdom, warmth, and presence you bring each time we gather.

Thank you for showing up.

Thank you for sharing your stories.

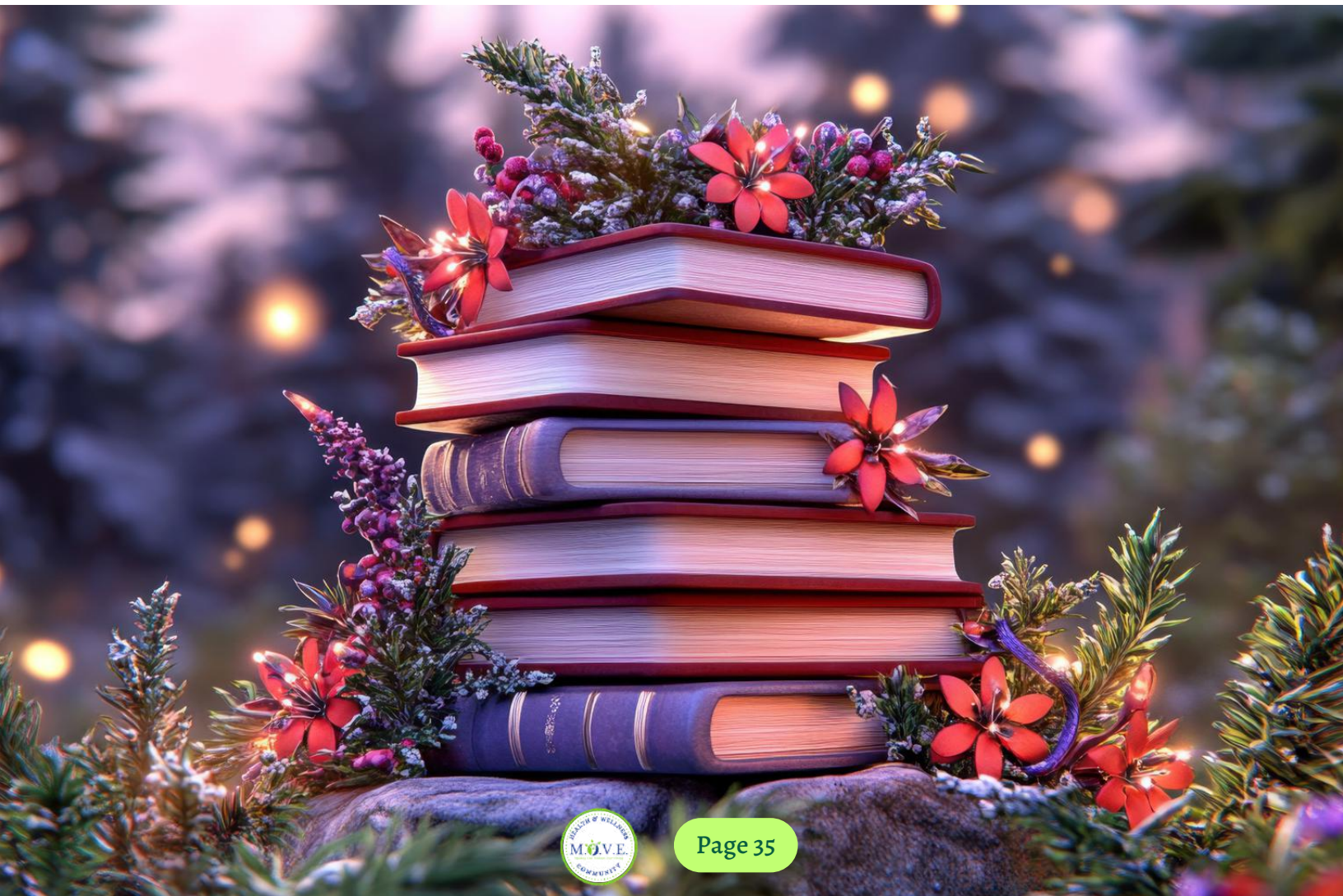
Thank you for being open, supportive, curious, and engaged.

Every discussion we've had, every book we've explored, every moment of vulnerability or joy we've exchanged has added something powerful to this group. Together, we created a space where women encourage women, where voices are heard, and where community thrives.

I am excited and hopeful for the year ahead—new books, new conversations, new growth, and the same beautiful spirit that makes OWLs what it is.

Thank you for being a part of this journey.

Here's to more wisdom, more connection, and more love in the year to come.



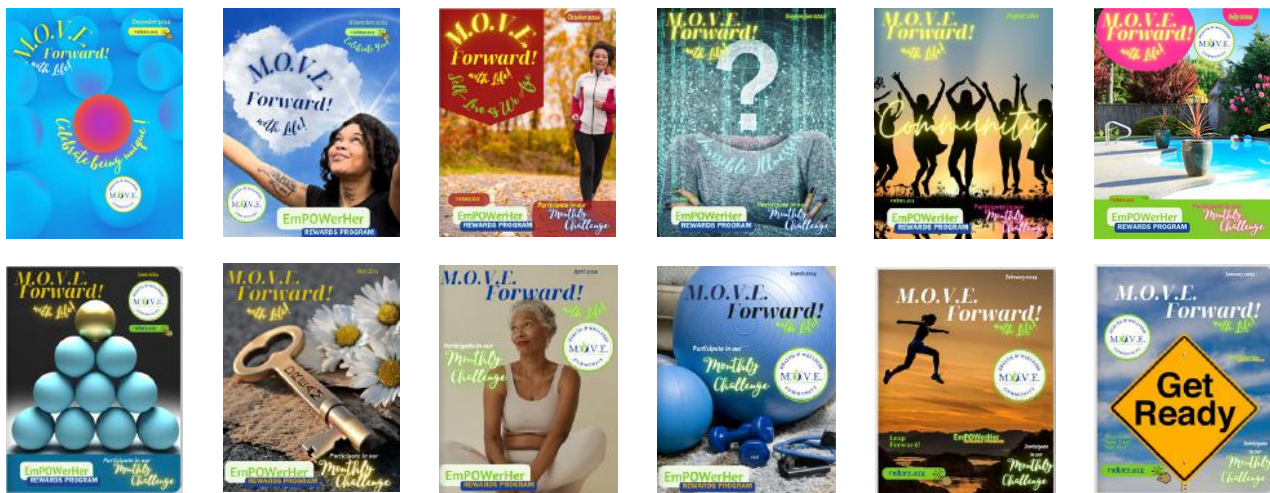


M.O.V.E. Forward! Magazine

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.



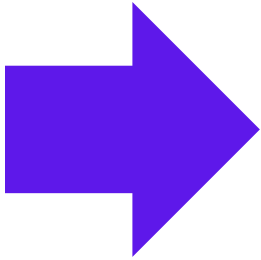
Visit our website to browse more issues of M.O.V.E. Forward! magazine. Submissions are due by the 24th of the month.





RWHW&Y Programs

Improving Lives!



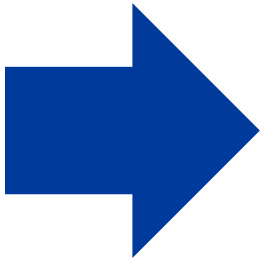
Invaluable Me!

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.

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



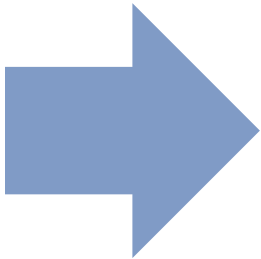
M.O.V.E. (Making Our Visions Everything)

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





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LaKeissa Armour

Director of N.I.C.E.
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Improving Lives!

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- Bonnie - Look Ahead: Plan Your Financial Year 2026
- Bron, Jenifer, Susie - 5 Ways to Protect Your Dreams When Life Throws You a Curveball
- Debbie - The Gift of Peace
- Dr. Anita - TAPN2U Global Peace Movement Day
- Dr. Latanya - Heart & Soul Wellness Solutions
- IAC - Career Resilience Community
- Natasha - She is Us United
- Paulene - OWLs
- Sonya - Give Yourself the Gift of You; Ghana; Cool Sculpting, Sustainability-T
- 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.



rwhwy.org

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Real Women Helping Women & Youth (RWHW&Y) 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.



I don't like to gamble, but if there's one thing I'm willing to bet on, it's myself. ~ Beyonce' Knowles Carter



M.O.V.E. Forward!

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Sponsored by M.O.V.E., A Real Women Helping Women & Youth Program

