

INSPIRATION --->

“Behind every successful woman is a tribe of other successful women who have her back.”

REFLECTION --->

In life, we can sometimes find ourselves slowly letting life pass us by, cowering back from our fears, or it may seem like there's always some problem that we make ourselves the victim of. We live a life of just getting by, instead of one that's empowered and motivated to make life the best it can be. When we choose to view ourselves as strong, brave, and beautiful, we open doors of possibilities and endless opportunities of success. Take this one step further and be an encouragement to others to create a culture and sisterhood of women who are confident and empowered!

MAKE A DIFFERENCE --->

Write down goals you want to see yourself accomplish. Strategize what it takes to complete those goals, to stay motivated, and then start encouraging other women to do so as well! Finally, talk it over with other women! Let's create a culture of women who empower one another!

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INSPIRATION --->

“May your choices reflect your hope, not your fears.”
-Nelson Mandela

REFLECTION --->

Hope is a word with such a broad meaning. As women, it's easy to leave our hope abandoned after it's been stripped away by so many different situations in our life. However, the more we lean into other women, and find it in ourselves to muster up hope when times seem gloomy, that's when we truly conquer from within. We let go of the past, and strive to push forward.

MAKE A DIFFERENCE --->

Let's make a difference by filling our minds with positive and nurturing thoughts. This week, be creative! Draw and write out positive thoughts full of hope. Dig deep and find quotes, phrases, or words that fill you with hope. Use color, keep it black and white, do whatever you want! This is your “page of hope”! Let's move forward in life, not driven by fears cultivated by the past, but instead with a hope and excitement for the future.

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INSPIRATION --->

“Once she stopped rushing through life, she was amazed how much more life she had time for.”

REFLECTION --->

Life gets so busy. There are people pulling us in every direction, commitments piling up, and responsibilities that often overwhelm us. However, when we take time to be grateful and rest in life's beauty, our perspective flips. Through pausing and soaking up each beautiful moment in life, we allow ourselves to see just how great our lives are as well as the people that fill it.

MAKE A DIFFERENCE --->

This week, make it a priority to soak in moments you would have otherwise rushed through. Think of these moments and reflect on them. Write down what you felt, your sense of awe, or what you want to remember. When we begin to enjoy life and rest in its beauty, that's when our hearts truly come alive and our eyes are fully open. What are you grateful for? Write about it; maybe it's a person, maybe it's growth you've seen in yourself, or a special moment. Let's experience the beauty and enjoyment in life!

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INSPIRATION --->

“Kindness is the noblest weapon to conquer with”
-Thomas Fuller

REFLECTION --->

As NuShu Sisters, we desire to make the world a kinder place for women. Whether that's being kind to people in need, just because, or when we may not feel like it. Kindness goes a long way, and the more we learn to be kind to ourselves, the more that kindness flows out of us and into other people. We can change the way women view one another by simple acts of kindness.

MAKE A DIFFERENCE --->

Come up with a way that you can show kindness every day this week. It can be hard to do it on the spot, but if we write out ways we can be more kind in our individual lives, we can set in our minds to carry it out when the time comes. It can be various acts of kindness, or even thinking more kind thoughts about ourselves. The more we show kindness, forgiveness, and grace, the more we can create a culture of women who collaborate rather than compete with one another.

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We desire
to make
the world
a kinder
place for
women

Conquer
from
within

We
create a
culture
of
sisterhood

Be grateful
for your
life

INSPIRATION --->

“Beauty begins the moment you decide to be yourself.”
– Coco Chanel

REFLECTION --->

Living an honest life is the key to becoming more confident in who you really are. When women live lives that are true to themselves: honest, confident, and open to taking risks—the sky is the limit! What a beautiful picture of strength in womanhood when women decide to live honestly and in touch with their dreams, goals, emotions, and vision!

MAKE A DIFFERENCE --->

Maybe there are some areas in your life where you feel the need to impress others. Maybe you want people to think you are smart, or be impressed that you never have a bad day, or that you're always confident. Your goal this week is to write down areas you may feel that you put up a façade or mask of who you really are. Write down the reality of these areas, and how they bring a unique touch to the world around you! True beauty is found when a woman lives a life unapologetic of who she really is.

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INSPIRATION --->

“Everything is working out for my highest good. Out of this situation only good will come. I am safe.” –Louise Hay

REFLECTION --->

It's sometimes hard to move on from something in the past, especially when it was hurtful. Maybe you've experienced loss or a relationship was broken that you trusted. Whatever the case, it IS possible to heal, and one of the first steps to living free from that is to let go of the past and trust that you are safe now. After being hurt, it's normal to want to try and control every situation. However, it's important that we release the need for control and choose to flow easily with life and it's changes.

MAKE A DIFFERENCE --->

Process an event or situation that has made a change in your life. It could be anything. Write about how you felt, and then write about how strong you are now because of it. If you need to process with another woman, don't be hesitant! The outcome is to feel safe and strong whenever life challenges you!

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INSPIRATION --->

“When life is sweet, say thank you and celebrate;
when life is bitter, say thank you and grow.”

REFLECTION --->

Do you tend to look at all the things going right in your life, or do you tend to look at everything that seems to be negative? It's easy to get caught up in negativity, but if we are grateful for BOTH the positives that light up our life and the negatives that help us grow, our lives will become much brighter not only for ourselves, but for the world around us!

MAKE A DIFFERENCE --->

Let's strive to make a difference around us by being grateful for the beautiful lives we live! This week, make a list of all the positive things in your life. After you've made a list, take action in expressing your gratefulness. You may be grateful for a friend who listened to you, a teacher who spent extra time helping you, or a parent who works hard to provide for your needs and wants. Let's make a difference; let's show gratitude!

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INSPIRATION --->

“...and one day she realized she was enough...”

REFLECTION --->

Do you sometimes feel that you aren't good enough for people to like you, appreciate you, or treat you with kindness? Do you sometimes feel unworthy or feel like you have to try harder to be liked by others? This shouldn't be the case! You are good enough just the way you are. Being yourself is the best way to show the world around you that you are enough, and you are worthy to receive all the best of what love and life have to offer! You are enough!

MAKE A DIFFERENCE --->

This week, write out a list of all the things you like about yourself! The more we understand just how unique we are, the more we can help others find their unique sparkle in life too! After you're done with your list, make one about any woman you know and share it with her! Be artistic; be creative with these lists! Let's make a difference; let's create a culture of women who believe they are worthy just the way they are!

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be beautiful

be true
to
yourself

you are
good
enough

choose
to see the
beauty in
life

INSPIRATION --->

“Maturity comes when you stop making excuses and start making changes.”

REFLECTION --->

When something bad happens or doesn't go your way, it's easy to point the finger. Part of growing and becoming a woman of greatness is taking responsibility for your own actions. When we start taking responsibility, we mature in ways necessary to build relationships, to flourish in our life's work, and to get things accomplished!

MAKE A DIFFERENCE --->

This about the dreams and plans you have for your life. Think about the things you could be doing to grow in certain areas of your life; it can be spiritually, mentally, physically, in relationships, in school, in work, etc. Think of excuses you often make that cause you to not take responsibility for your own actions. Now let's negate those excuses! Write down steps to getting things accomplished in the areas you make the most excuses. Taking responsibility takes some practice, but it's worth it to be the best you!

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INSPIRATION --->

“Think like a queen. A queen is not afraid to fail. Failure is another stepping stone to greatness.” -Oprah

REFLECTION --->

We have all made mistakes; it's a fact! But how we process and learn from mistakes is the key to bettering ourselves. We learn and grow through even the most difficult times. However, before we can learn from them, we must forgive ourselves first. Forgiving ourselves for our mistakes, and viewing every mistake as a learning experience allows us not only to move forward, but for our hearts and minds to be at peace.

MAKE A DIFFERENCE --->

When was the last time you made a mistake? Write it down. Then, write down a thought or statement of forgiveness to yourself. Lastly, write about what you can learn or grow from. Let's make the world a better place by learning and growing. Our goal is to create a sisterhood from ALL walks of life. Let's forgive ourselves, and allow others to do the same when they make mistakes as well.

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INSPIRATION --->

“I don't like to gamble, but if there's one thing I'm willing to bet on, it's myself.” —Beyonce

REFLECTION --->

As women, we have got to trust ourselves more. Women are blessed with an intuition that is absolutely necessary. It's crucial that we start to trust our gut, and live a life that's confident and brave. Not only do we need to trust the process of life, but trust, as women, how we process life. Trust that you have an intuition that guides you in the right steps for your individual life!

MAKE A DIFFERENCE --->

Take a few moments this week to write about a time that you didn't “trust your gut”, and what the outcome was. Then, write about a time you may have trusted your intuition and it resulted in success. Challenge yourself to dig deep and find that inner trust; you are capable of so much, but do you believe it? Consult with other women about their use of their own intuition. This will create a sense of empowerment to appreciate yourself as well as the strength of other women.

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INSPIRATION --->

“The woman who does not require validation from anyone is the most feared individual on the planet.”

REFLECTION --->

Are you constantly seeking others approval? Maybe it's in what you wear? The words you say? It can be hard not to strive for the approval of people around you, but at the end of the day, it's important that you love yourself for who you are. When was the last time you sought other people's approval over being authentic and true to yourself? Self-approval is crucial to living an authentic life. Choose to see your beauty and let your light shine!

MAKE A DIFFERENCE --->

Journal ways that you tend to seek other people's approval. What can you do to stay true to yourself and live an authentic life? What are some things you've always wanted to do, but never did them out of fear of what others think? Write these down, and strive to make a difference by accomplishing them with no approval necessary, only your own!

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