8-14 Martie

Monday 8 International Woman s day

In honor of International Women’s Day, I’d like to raise a glass to all the women in world!

You are beautiful!

You are strong!

You are powerful!

If you are a woman, celebrate yourself today and everyday. Never forget how special you are <3

If you are a man, celebrate the women in your life, make them feel special. Not just today, but everyday without a reason.

Happy Women’s Day!

Tuesday 9 Teaching of the week

**Teaching of the Week**

“The Universe is guiding you and communicating with you in every second of your life. It is responding to your thoughts and it is giving you invaluable feedback through your feelings. Your feelings are cosmic communication! The good feelings mean, GOOD FOR YOU. The bad feelings are to get your attention so that you will change what you are focusing on.

Tune in to cosmic communication that is with you every day. You are never alone, not for a second. The Universe is right with you at every step, guiding you. But you have to listen.”

Gratitude and Love,

Adina x

Wednesday 10 Barinstorming question

Let’s talk about business!

March is the last month of the 1st trimester of 2021.

How does it look like for your business?

Have you accomplished your goals so far?

Thursday 11

I need to know I’m not alone here. Who else gets so “in the zone” while working that you look up to realize already it’s dark outside? Because honestly, that happens to me more often than not.

It can get a bit intense, so when I need a break from it all, I love to pull back all the curtains and let the sun shine in.

How do you break things up when your days get crazy?

Friday 12

Sometimes life gets on fast forward and try to keep up. We consume all the energy and resources, then comes the burnout.

To avoid letting life zip by, here are 3 things I do to keep from burning out (and I hope they help you, too):

1. Making time for self care every Sunday
2. Assuring that I finish work by 6pm every night to have dinner with my family.
3. Taking frequent breaks during the day.

So there you have it! What’s one way you stay grounded amidst life’s hustle and bustle?

Saturday 13

“Life isn’t about waiting for the storm to pass...it’s about learning to dance in the rain.” To be honest, *I couldn’t agree more.*

When it happens to me I’m strapping on my rain boots and trying my best to weather this storm.

*People around me are* like my umbrella!

I know that eventually the sun will peak through the clouds again, but until then, I try to find joy in life’s puddles.

Tell me, beautiful soul, *are you in a rainy or sunny season*?

Sunday 14

Penny for your thoughts?

Here’s mine: *If I’m comfortable, I’m not growing.*

What are your two cents this Sunday?