

Shows this month on <u>Apple</u> <u>Podcasts</u>, <u>Rumble</u>, and <u>YouTube</u>!

Don't miss this month's show

Hudson. We discuss the

as ambassadors. **Part 1 goes live 9/6** 

Part 2 goes live 9/20

with special guest Chastity Dawn

importance of understanding the kingdom's structure and our role



As the holiday season kicks off in September, it's easy to get swept up in the busyness and lose sight of what truly matters. Let's make a conscious effort to slow down and refocus. My blog post, "Developing a Heart of Gratitude," offers valuable insights to help you reconnect with the true spirit of the season. And be sure to read guest blogger Holly Soto's amazing tips for a guilt-free holiday season!



In today's fast-paced world, it's easy to get caught up in the hustle and bustle of daily life and lose sight of the many blessings we have. Developing a heart of gratitude is essential for our well-being and happiness. It allows us to shift our focus from what we lack to what we have, fostering contentment and joy.



Read more

## Listen or Watch

## Upcoming shows in October with Special Guest Daryl Tanner!

We discuss biblical insights on se ng realis c expecta ons, managing anger, and finding inner power to live a more fulfilling life.



5 Tips to Help You Avoid Weight Gain Over the Holiday Season

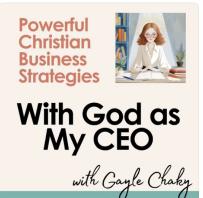
**Guest blogger: Holly Soto** shares practical steps you can take to manage your weight over the holiday season, and still enjoy the most wonderful time of the year!

Enjoy your holiday meal.
Focus on what's important.
Read more to find out tips 3-5!





Part 1 goes live 10/4 Part 2 goes live 10/18



I'm excited to share that I'll be joining Gayle Chaky on her podcast <u>With God</u> <u>as My CEO</u> on September 9th. We'll be diving deep into topics like identity, false beliefs, and protective personalities. If you're looking for insights on finding hope, healing, and freedom in Jesus,

be sure to tune in!

## Holiday Shopping Guide!

Would you like to shop your Biblical values AND be able to get great gifts for loved ones? Visit my <u>Products I Love</u> page for gift ideas and more! I'm adding more vendors all the time.





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