



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!

Shows this month on [Apple Podcasts](#), [Rumble](#), and [YouTube](#)!

Don't miss this month's show with special guest Chastity Dawn Hudson. We discuss the importance of understanding the kingdom's structure and our role as ambassadors.

Part 1 goes live 9/6
Part 2 goes live 9/20



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!

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



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](#)



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Upcoming shows in October with Special Guest Daryl Tanner!

We discuss biblical insights on setting realistic expectations, managing anger, and finding inner power to live a more fulfilling life.

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 [With God as My CEO](#) 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 [Products I Love](#) page for gift ideas and more! I'm adding more vendors all the time.



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