PURPOSEFUL DAILY LIVING On The Go!

Nevsletter & Self-Reflection Journal With CA With CA Color

NOVEMBER 2025



A Message From Dr. Melanie

Welcome to Purposeful Daily Living *On The Go!*: Inspirational Newsletter & Journal.

I would like to personally thank you for joining our community. Our monthly newsletter is filled with evidence-based, informational, educational and inspirational tips for stepping with purpose and well-being in your daily life.

Enjoy, be inspired, keep moving forward, and pass it on!

<u>Suggestions for</u> <u>Purposeful Enjoyment:</u>

- 1. Choose a lane or step into each lane ready for new inspiration.
- 2. Review the informational and educational tips and resources.
- 3. Optional: Use the spaces provided to write your thoughts & ideas.
- 4. Optional Sharing: Some activities enable you to share & inspire our community
- 5. Enjoy your Purposeful Daily Living On The Go Journey!

Monthly Sections Enjoy New Content Each Month!

Lane 1: Faith & Spirituality

Lane 2: Self-Love & Self-Care With a Purpose!

<u>Lane 3:</u> My Purpose, Destiny & Legacy!

<u>Lane 4:</u> Dreams, Vision & Goals

<u>Lane 5:</u> Empowerment Relays! A Challenge to Pass the Baton

& Lift Others (optional share link)

FINISH LINE

Optional: ENTER to WIN
A Purposeful Inspirations T-shirt Gift Set
(T-shirt, Journal & Tote bag)



Explore more! Visit our website to learn more about our resources, upcoming online workshops and the Purposeful Inspirations Shop!

Inspirational



Lane 1: The Path of Faith

Enjoy our monthly FAITH acronyms:

- Free to be who I am
- Awareness of Self & Others
- <u>Inspired</u>
- <u>T</u>hankful
- <u>H</u>opeful

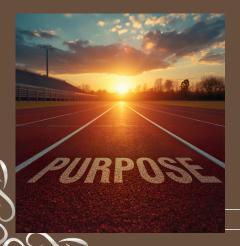
Try creating your own faith acronyms and let's see how it aligns with our upcoming newsletter's FAITH acronyms!

Lane 2: Self-Care Warm-Up

7 Daily Self-Care Strategies

- 1) Speak Communicate with your divine source by saying thank you! Also, remember to be an active listener.
- 2) Stretch In addition to moving your body, have the heart to lift someone else so that they can have a joyful day.
- 3) Sunlight Go get some It's free!
- 4) Selective Be mindful of choosing nutritious foods and thoughts.
- 5) Socialization Connect with boundaries and use social media positively.
- 6) Stress Manage each moment with breathing, nature, positive perceptions and healthy lifestyle behaviors.
- 7) Sleep Focus on quality, not just quantity. Prepare for sleep with gratefulness and comfy bedding.

 My new self-care routine will include:



Lane 3: My Purpose, Destiny & Legacy!

Does having purpose in life promote better health? A research study revealed that having a greater sense of purpose in life is associated with reduced risk of chronic disease. (Chen et al. 2021.)

Disclaimer: For general reading enjoyment only! These short informational pieces are obtained from evidence-based sources available online rnd may not fully represent PDL or its community. Please seek professional advice as needed.

My thoughts on purpose:



Inspirational

Lane 4: Dreams, Vision & Goals!

Let's define the term DREAM!

DREAM:

- a strongly desired goal or purpose
- something that fully satisfies a wish

"Dream." Merriam-Webster.com Dictionary, Merriam-Webster, https://www.merriam-webster.com/dictionary/dream. Accessed Nov.. 2025.

My dreams & goals are:



Lane 5: Empowerment Relays! A Challenge To Be Inspired, Pass the Baton & Lift Others (*Includes optional share link*)

Part I: Enjoy .Inspirational Messages of the Month- "DREAM"

- "No matter where you're from, your dreams are valid."
 - Lupita Nyong'o
- "A bucket list is an invitation to dream bigger."
 - Annette White
- "The future belongs to those who believe in the beauty or their greams.
 - Eleanor Roosevelt
- "Everyone's dream can come true if you just stick to it and work hard."
 - Serena Williams
- "All our dreams can come true if we have the courage to pursue them."
 - Walt Disney

Part II: Lift others & share an inspirational message with our community:

- Share a short positive message or quote that inspires you.
- You can include your name or remain anonymous. Please be sure to include the name of the original author if known.
- Use the link below to inspire others with your message in our upcoming newsletters:
 Click here to share your inspirational message in one of our upcoming newsletters.

Thank you for sharing positive messages only!





FINISH LINE Optional: ENTER TO WIN! A T-shirt Inspirations Gift Set





ENTER TO WIN HERE

Explore Our Services

Visit our website to learn more about our resources, upcoming online workshops, & the *Purposeful Inspirations Shop!*

Click Here: www.purposefuldailyliving.com

Thank you for sharing your time and inspiration! Dr. Melanie