

PURPOSEFUL DAILY LIVING *On The Go!*

Newsletter & Self-Reflection Journal

With A Purpose

NOVEMBER 2025

Happy
Thanksgiving

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!

Suggestions for Purposeful Enjoyment:

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!
Lane 3: My Purpose, Destiny & Legacy!
Lane 4: Dreams, Vision & Goals
Lane 5: 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 *Paths*



Lane 1: The Path of Faith

Enjoy our monthly FAITH acronyms:

- Free to be who I am
- Awareness of Self & Others
- Inspired
- Thankful
- Hopeful

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 and may not fully represent PDL or its community. Please seek professional advice as needed.

My thoughts on purpose:



Inspirational *Paths*

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 of their dreams."
— 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!

Inspirational *Paths*

Holiday
Glitter
Collection

FINISH LINE

Optional: ENTER TO WIN!
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ENTER TO WIN HERE

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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