

ALUMNAE MEMBERSHIP EDUCATION NEWSLETTER

Spring 2017: Enjoyment, growth and physical aim

“Make us humble, make us appreciative, make us wise, make us anxious to serve. Help us to grasp the significance of the precious privileges that are ours.” –*Sanctuary Degree Service*

There are opportunities to find enjoyment and growth every day. Though sometimes it may be challenging to joyously live, finding moments to cherish and being grateful can help frame the world in a positive manner. Through enjoyment comes inspiration and opportunities for personal growth.

HOW TO PARTICIPATE IN THIS ALUMNAE MEMBERSHIP EDUCATION

- 1 SET ASIDE TIME TO REVIEW THE ARTICLES AND VIDEOS.
- 2 READ THE REFLECTION QUESTIONS BEFORE AND AFTER EACH ARTICLE OR VIDEO.
- 3 WRITE DOWN A FEW NOTES OR THOUGHTS.
You will be able to use these notes later in membership education discussions.
- 4 JOIN THE CONVERSATION BY:
 - Commenting on the blogs for each article or video.
 - Meeting with another member to discuss your thoughts - grab a coffee together.
 - Sharing the discussion with your alumnae chapter or association.
- 5 TAKE PART IN THE INTELLECTUAL AIM CHALLENGE FOR THIS QUARTER.
See below for instructions.

As you review the articles and videos below, reflect on the following questions:

- What area of growth during the past five years are you most proud of?
- How do you want to grow in a specific role this year (friend, sister, employee, mom, mentor, daughter, boss, etc.)?
- Who is one woman you look to as your role model for growing and developing? Why her?
- How do you “joyously live each day to its ultimate good”?
- What are three things you currently enjoy the most?
- How can you be more mindful of finding enjoyment in your life?



Flex your self-compassion muscle

INTRO BY KAT HARTH, EE

[READ ARTICLE](#)



Cloudy with a chance of joy

INTRO BY NIKKI KAWALEC, ZY

[WATCH VIDEO](#)



10 daily habits of the most confident people

INTRO BY ASHLIE BATY, OY

[READ ARTICLE](#)



How to live passionately no matter your age

INTRO BY LORI SCOTT, EE

[WATCH VIDEO](#)



18 powerful quotes from successful women to inspire your financial life

INTRO BY STEPHANIE KOPRINCE, ZT

[READ ARTICLE](#)



The morning routines of 12 women leaders

INTRO BY KATHY BURKE, NN, & NORA DIETZ-KILEN, OA

[READ ARTICLE](#)

THE PHYSICAL AIM CHALLENGE:

Read the blog intro by Deb Dietrich, BN, on [Things I wish I'd known when I was younger](#) and check out suggestions for each decade of life. Your challenge is to select one of these tips and incorporate it into your life this quarter. Once you complete the quarter's aim challenge, submit your name by June 30 to be entered into a drawing for a \$50 Amazon gift card.

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