

To my inspirational role model,

I am reaching out to you because I believe that you are an incredibly influential leader and I wanted to share an idea with you. I am currently trying to support a new brand that I feel can bring a lot of positive change to the world (Homemade Healthy Mom found at www.homemade-healthy-mom.com) and I'd love your help! This brand has been created in order to empower others to live the healthiest life, including showing one another love and kindness in this ever-hardening world while also creating a safe community to share stories.

Here are a few ways that you can help to spread the word about Homemade Healthy Mom:

1. Invest in the book **The World Needs More Purple Schools** by Kristen Bell and Benjamin Hart (can be found on Amazon for about \$10 and in some stores like Target and Meijer). Read the book and share it with anyone else who you may want to empower via this book.
2. Having your own “**Do What Makes Your Heart Happy**” day (trade mark coming soon!) in which we focus more on making decisions that make our hearts happy instead of just routine or necessity. (Our day is the 13th of the month.)
 - a. Close your eyes.
 - b. Take a deep breath.
 - c. Ask: “Will this make my heart happy? (and not cause harm or distress to other involved parties)
 - d. Trust your gut and do what makes your heart happy! 😊
 - e. Plan ahead for the next one with activities that you may not be able to do this time around! (check out www.homemade-healthy-mom.com for more ideas!)
3. On the **13th of the month**, **wear Purple** to show support for Purple Schools book and in honor of “Do What Makes Your Heart Happy” day.
4. In solidarity with our fellow supporters, **wear Purple and/or flowers (founder proudly wears a lotus flower on her arm)** to have a “secret sign” amongst those of us who are in support of empowering the “everyday woman” because **she** is a force to be reckoned with! We are survivors in countless ways and need to remind one another that we are persevering together and need to keep building each other up with so much love! (Tag specifically for this purpose, **#dragonfliesphoenixrise**)

It only takes a moment to pay a compliment to someone but could mean the world to one person on that given day! Make more decisions based on what makes your heart happy and soak in the gratifying feeling!

Share your stories with me on social media:

#homemadehealthymom

#dowhatmakesyourhearthappy

#dowhatmakesyourhearthappyday