

# F.U.S.E.

*"Fire Uniting Strength of Empowerment"*

*Lil' Woman on a Mission, INC. "Making Dreams and Visions Come True!"*



## Letter from the CEO of F.U.S.E.



We are officially into the new year! 2015 is the year of Advancement where my Bishop has already declared it. You must advance your mind and where your footsteps are now taking you. Also allow yourself to grow with new knowledge that is positive and heartfelt. It's all about taking one day at a time and one moment at a time. Continue to move forth into advancing your life. If you have your own business or if you are thinking about starting your own business, continue to strive and write down your goals. For new business starters, go for it and strive for excellence. You have been given this gift and looked at this vision for far too long; now it's time to make your vision come true! Happy Reading and remember that fire unites strength to be empowered! Remember feel free to share this newsletter to your friends, co-workers and family or just someone who just needs a good FUSING! 😊

## In This Month's Issue

- *Inspirational Poem "Make it Count"*
- *The Year of Advancement! Tips to Advancing your Life-style, Career and Personal Space*
- *Book of the Month*

### *Inspirational Quote*

*"You cannot control what happens to you, but you can control your attitude towards what happens to you, and in that, you will be mastering change rather than allowing it to master you" ~Sriram*

*Patrice Rivers*

*Founder*

## “Make it Count”

*When Blessings fall from the Sky*

*You know He isn't far; continue to guide your footsteps and don't ever deny*

*Make every day count like today is your last*

*Focus on the present and never dwell in the past*

*You are not alone in this world because there is always an angel to guide you through*

*Become alive and make every day count because He will always continue to have His hands on you*

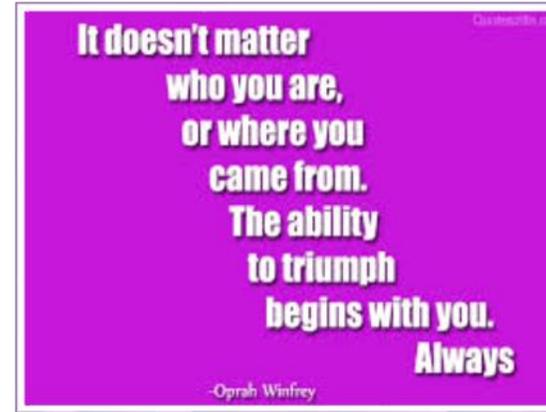
*Never dwell in the past or cry over sad sorrows*

*Focus on today only and never worry about tomorrow*

*The battles and storms are sometimes only a test to see how strong your faith is without a doubt*

*Look in the mirror and make it count!*

*~Patrice “Lyrical Passion” Rivers*



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## The Year of Advancement

A new year for new beginnings! This year will bring you joy, peace and happiness if you continue to remain humble. At times being humble can be tough, but it's a great way to block out negativity and situations that you would rather not be in. But this year is the year of advancement which means improving your life-style and allowing room of growth!

*Tips on Advancing your Life-style, Career and Personal Space:*

“Fire Uniting Strength of Empowerment

• **Advancing your Life-Style-** It's always a good idea to have a healthy life-style and to make sure you aren't putting your body and soul in danger. And what I mean about that is worrying and stress. These are common factors in today's society, but there are different ways you can control that. Stress usually is caused by that irritating vibe you usually get in your brain that is over-working itself on thoughts that aren't positive. You have to first ask yourself this very important question: "Is it worth it?" A lot of times we think it is, but it really isn't and the smallest things in life can make us stress out causing the aches in our joints and the worst, a migraine. Stress causes weight loss or losing interest in things you enjoy doing. Also it causes medical issues. You have to be able to eliminate yourself from the stressors in your life or the things that are causing you to stress out the most! Like I said, it's not always easy, but removing yourself from people, situations and places so that you can have a healthier life-style is the best choice and you won't regret it! If you have been doing the same thing for the last couple of years, then now is the time to advance yourself to doing something different. If you always watch movies at home, then how about going to the movie theaters every once in a while to have a different taste of a new environment? It can be the simple things you can advance too. Go outside when it's warm and sit on the porch. Write outside or try a new hobby. By introducing yourself to new hobbies and new environments, you have more control of how you live and the things you do. Just remember to remain positive and try not to stress out too much.

• **Advancing your Career:** We always have that one dream job we had since we were younger. Employment these days is harder than it was in the past. Even with all of the degrees and experience we have for that job description, we sometimes wonder why we aren't hired. Some of you got hired because of people you know or from your internship from college. It may not be in the field we went to school for, but you realize it's a good job that is paying your bills. But if you want to advance your career in becoming an Executive Secretary at the Law Firm or a Public Relations Specialist for a small company, you can do it. Applying for jobs is a full-time job itself because you can't just do it once a week, you have to keep applying and keep searching daily. I have gone to college for Mass Communications and received my Bachelor's degree in Arts and I still haven't worked in my major. But I am getting the experience I need to become a Marketing/Public Relations Specialist and as I add that to my resume, I have a better chance. Sometimes if you can't find the right job you are looking for, it's always a possibility to go back to school to get a certificate in something or choose another major of interest.

But if you are in the Career you have dreamt of or if you are working in your field of interest, think about different ways to advance yourself at your job. This can simply mean stepping up and maybe training someone (volunteering) to do so. Sometimes your supervisor assigns a specific person to do so, but volunteering to train somebody would be good for you. That way you can challenge your skills and knowledge into making the new person feel at home feeding them the knowledge of the company and their job position. It's always room to grow in your career.

• **Advancing your Personal Space:** Your personal space is the most important thing ever because that's a good way to control who comes in it and who you can dismiss from it. Like I mentioned earlier, don't allow negativity to overcome your happiness nor getting into your soul. You control

everything. There are times where we have a hard time trusting someone; not because they have a bad vibe, but because you are looking at their actions or their personality to see what type of person they really is. 2014 might not have been your year (it sure hasn't been mine) but there is always room to improve and to grow! Never allow a person especially to dictate you or define you! You are in control of your own destiny and you control what defines you as a person! So advance your personal space with people that will encourage you, love you and not hate you and people that are positive! I can't stress positive enough because when you surround yourself with positive people, you will feel better about a lot of things in your life. Keep your space small and uplifting!

## Lil' Woman on a Mission, INC.

*"Creating Visions and Dreams"*

## February 14 is Valentine's Day!

### "Spread the Love"

***Show love to your friends and family and even people that are special in your heart! Express your love and kindness for someone by giving them some words of encouraging, giving them a gratitude card or even blessing them by taking them out for breakfast or an early dinner. Whatever your heart desires spread the love all around!***

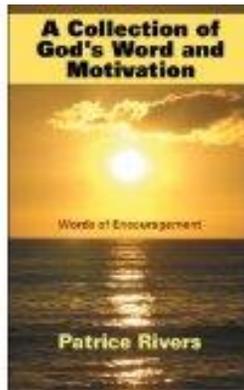
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## Book of the Month! Get your copy!

*“A Collection of God’s Word and Motivation”*

Encouragement is a great substance one can have. Whether it is self-encouragement or encouraging somebody else, it’s a good drug to take when you are feeling down. But self-encouragement is always the best because you can change certain situations in your life. This book is a book of poetry that deals with encouragement. I encourage you to share this book of inspiration and motivation with others and be blessed! You can download the book right to your kindle or iPad as well for only \$3.99. Buy the hard-copy for \$9.95 and share the empowerment!

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