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INSPIRE TO EXCEL
CAREER SERVICES
Empowering women to achieve *authentic* success™

Filling Your Cup



October is Breast Cancer Awareness month, which holds special meaning as I celebrate my 49th birthday and breast cancer survivorship.

As a gift to myself, I ordered this mug with my company's logo. Quite fitting, because my cup truly overflows - with gratitude for my health, another year of life, and the opportunity to grow my social enterprise, [Inspire to Excel | Career Services for Women](https://www.inspiretoexcel.com). Each day, I'm honored to help mid-career women achieve authentic success, just as I've been blessed to do.

I learned many lessons throughout my cancer journey. Chief among them is the importance of holistic well-being, which starts by filling my own cup first thing each day.

Now, as I guide women towards authentic success, I'm not just advancing careers; I'm empowering them to fill their cups with meaningful work and personal fulfillment.

My top cup-fillers:

- Morning walks and yoga.
- Prayer time and devotional.
- And, of course, coffee in my favorite new mug.

As you move forward, I encourage you to reflect on what fills your cup.

Remember, personal fulfillment and professional success are deeply intertwined - when we nurture our well-being, we unlock our full potential in all areas of life.

How will you nurture your well-being today?

Visit www.inspiretoexcel.com/freeresources for more insights and guidance on creating a fulfilling career. **Let's get growing!**