

MARCH 2025 WDGS NEWS-LETTER

*March is
Nutrition
Awareness
Month*



After all the holiday spending from Thanksgiving to Valentines by Grandmother had an annual saying “If we can make it to March we can March on through!” which means the rest of the year we will prevail moving forward.

To successfully "march through the rest of the year" (or any period of time!), effectively managing your workload and maintaining focus are crucial. Here are some tips to assist with doing just that:

1. Prioritize Your Tasks:

- **Assess Urgency and Importance:** Distinguish between tasks that need immediate attention and those that contribute to your long-term goals. The Eisenhower Matrix can help you categorize tasks into four quadrants: urgent & important (do now), important but not urgent (schedule), urgent but not important (delegate), and neither urgent nor important (eliminate).
- **Focus on High-Impact Activities:** Prioritize tasks that align with your key objectives and have the potential to drive significant results.

2. Plan Strategically:

- **Break Down Large Projects:** Divide complex assignments into smaller, more manageable tasks to make them less daunting.
- **Create a Schedule:** Allocate specific time slots to tackle your prioritized tasks. Consider using techniques like time blocking or the Pomodoro Technique to enhance focus and productivity.
- **Set Realistic Deadlines:** Estimate the time needed for each task and add buffer time for unexpected delays.

3. Minimize Distractions and Stay Focused:

- **Create a Dedicated Workspace:** Establish a physical space conducive to concentration.
- **Disable Notifications:** Turn off unnecessary alerts on your phone and computer to avoid interruptions.
- **Avoid Multitasking:** Focus on completing one task at a time to improve efficiency and reduce errors.

4. Manage Your Workload Effectively:

- **Learn to Say "No":** Be realistic about your capacity and avoid overcommitting. It's okay to politely decline requests that don't align with your priorities.
- **Delegate When Possible:** If you are in a position to do so, delegate tasks that others can handle, freeing you to focus on higher-priority work.
- **Embrace Automation:** Leverage technology to automate repetitive tasks and save valuable time.

5. Maintain Motivation and Resilience:

- **Track Your Progress:** Monitoring your accomplishments provides a sense of progress and helps maintain motivation.
- **Celebrate Small Wins:** Acknowledge your efforts and achievements along the way to stay motivated.
- **Cultivate a Positive Mindset:** View challenges as opportunities for growth and learn from setbacks.
- **Seek Support:** Lean on your support system, whether it's mentors, colleagues, or friends, for encouragement and feedback.

6. Prioritize Self-Care:

- **Take Regular Breaks:** Step away from your work to recharge and prevent burnout.
- **Ensure Sufficient Sleep, Healthy Eating, and Exercise:** Prioritizing your physical and mental health is essential for maintaining productivity and focus.

By implementing these strategies, we can effectively manage our workload, minimize stress, and successfully achieve our goals for the remainder of the 2025 year!!!

*** Marching into Prosperity ***



**Budget 💵 for the NEW YEAR 2025 & release
Restoration for a NEW YOU!**

**Creating a budget is as important as, maintaining our needs for
😢 survival tools**

It is important for us to realize our personal time to invest in our best position for placing 💰 our money 💰 GOD has BLESSED 😊 us to receive. Beginning with



TITHES

Malachi 3:10 is a verse from the Old Testament that encourages our giving comes with promised blessings when we activate. Specifically, it states that if people bring all their tithes into God's storehouse, He will open the "windows of heaven" and pour out a blessing that there will not be enough room to receive it. This verse is often interpreted as a promise of abundance and prosperity for those who give without begrudging.

Budgeting Bills to Build our Blessings

It is important to create a simple budget that we will stick to. Sticking to our budget is like reviewing a permit for ensuring we can and will reach the financial goals we are obliged & obligated to pay EACH MONTH.



Initially setting up a personal or business monthly budget to write down ALL of the monthly expenses may take an average of only 1 hour to complete. but moving forward each month reviewing your progress and checklist should generally take only 30 minutes or less.

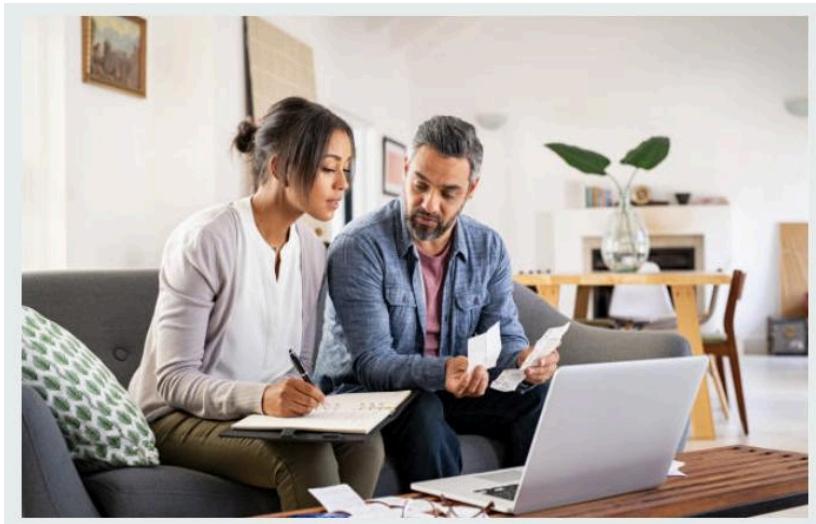
Now in order to keep a successful budget plan I am sure you will see how 30 minutes a MONTH is a very minimum amount of time for every 30 days out of your schedule to sit down and write the vision and make it plan. I am certain if not initially, hopefully, within 3 months you will see how writing down your bills is like giving your money a guide that will be well worth your efforts. Do not allow your money to guide but you guide your monies; knowing that for you to stay on track, your labor to pay bills on time, and saving from what you earn is not in vain.

A budget should include our income as assets and (items such as rent, utilities, food, and entertainment) expenses, known as liabilities. It is also important to include a set amount aside for savings; even if it's only \$10 a month, along with any other financial commitments in our budget that subtracts from our assets of earnings.

To assist you with creating a budget, there are a number of free online templates, calculators and budget worksheets that can make the process easier. Below is a FREE TEMPLATE, which offers other tools & tips if you are computer savvy. <https://www.theskimm.com/money/budget-template>

Monthly Budget			
Month: _____			
Home Expenses		Plan	Actual
Mortgage/Rent			
Electric			
Gas			
Water/Sewer/Trash			
Internet/Cable			
Home Supplies			
Home Repairs			
Transportation		Plan	Actual
Gas			
Tolls & Fares			
Auto Repairs			
Debt		Plan	Actual
Auto Loan			
Credit Card 1			
Credit Card 2			
Total			
Total Income			
Total Expenses			
Difference			
Income			
Income #1			
Income #2			
Income Total			
Living Expenses			
Food (Groceries - Take Out - Dine Out)			
Clothing			
Cell Phone			
Hair & Personal Care			
Child Care			
Gifts			
Allowance			
Insurance		Plan	Actual
Auto Insurance			
Life Insurance			
Health Insurance			
Savings		Plan	Actual
Emergency Fund			
Retirement Fund			
Vacation Fund			
Total			
Exceptions This Month:			

When creating a budget (especially as couples), it is important to be realistic about your income and expenses with each other and to take into account any changes in your financial situation. It is also important to make MONTHLY adjustments to your budget, when or if your lifestyle, spending habits or financial goals changes.



💡 **Try it!** Here's a PODCAST Presentation link [!\[\]\(feabb98897b440bc8695a03336a6e2df_img.jpg\)](#) below. You can click on and  listen to today's message (with true tried and tested testimony outlining how I set up a 101 simply step for my Monthly Budget). Now double tap on the  link below to listen: "**BUILDING BLESSINGS from BUDGETING**"

Tap  [Podcast: BUILDING BLESSINGS by BUDGETING](#)

Note to Remember: A Fool and His Money will SOON Depart ways



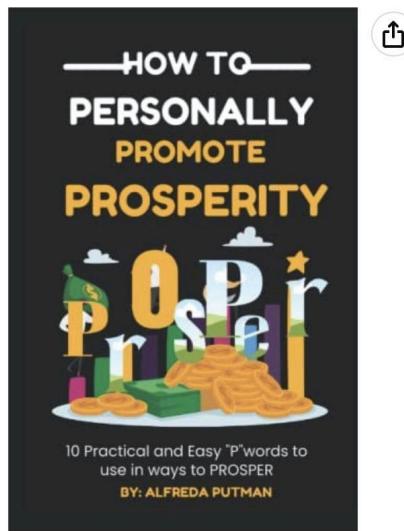
READ: PROVERBS 21:20 and Always, PRAY 🙏 over your Bills & Budget to make you spend WISE 😊

***** ADDITIONAL TOOL ***** Please click on the link below  to order and receive information about ways you can make simply personal changes and generate additional ways to monetize your life. Check this out! 

[How to Personally Promote Prosperity](#)

Alfreda Putman

How to Personally Promote Prosperity:
10 "P" Words to Position You & Prosper
You



Want to be a part of our Coaching Teamwork?

Or if you HAVE ANY QUESTIONS ABOUT COACHING WITH US?

You can get involved today by becoming a Volunteer Coach? Simply call to sign up after a short assessment and you can become connected with a group of mind changers. We are striving to build a stronger network to impact positive changes in the lives of others that will ALWAYS create a positive effect on their lives for the better.

LET'S CHAT call 757-217-6431 or

PLEASE VISIT OUR WEBSITE: WDGS.ORG

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From the Desk of, WDGS F O U N D E R & CEO

Hi my name is Alfreda, after I became gainfully unemployed in 2014, I elected to pursue my divine passion and became a Licensed Ordained Minister. I grew up in a spiritually committed Faith-Based environment that has always provided me with a spiritual sensibility towards having a passion to share the good news of the Gospel. No matter what giants I faced and mountains that I had to climb through life, I somehow seemed to find myself motivated through providing personal coaching by sharing tools and tips to assist others based upon my professional skills as well as Personal and Spiritual knowledge. Through a determined desire to create social innovation, community development and people empowerment from what I believe is my predestine passion WDGS was officially birthed in 2014 and became certified via the IRS as a Non-profit 501(c)3 Organization in 2017, as of 2020 the acronym WDGS became a United States Registered Trademark.



The Founder Featured Book is now available on AMAZON
"21 Ways in 21 Days 2B More Wonderful"

TAP HERE <https://a.co/d/7TAamn3> to ORDER

