

*Beauty
Bon Vivant*

MAGAZINE



Welcome to Beauty Bon Vivant Magazine

Beauty Bon Vivant Magazine is an online magazine dedicated to personal enrichment in order to live life well. Our content covers a wide range of topics, including beauty, fashion, health and wellness, family, finances, relationships, recipes, and recreation. Enjoy brief informative articles, expert interviews, inspiring stories, and practical tips for personal growth. Our mission is to create a community of life-enriched women who live the life they love and love the life they live!

Beauty & Fashion

Tips, trends, seasonal style advice, or product reviews.

Health & Wellness

Quick wellness routines, nutrition tips, or health articles.

Career & Finance

Professional growth strategies, budgeting tips, or money mindset.

Productivity & Prosperity

Tools and routines to boost focus and achieve abundance.

Travel & Leisure

Weekend getaways, cultural highlights, or travel hacks.

Home & Garden

Décor inspiration, DIY projects, or seasonal gardening advice.

Education & Entertainment

Book recommendations, streaming picks, or fun facts.

Rest & Relaxation

Mindfulness practices, spa ideas, or restful rituals.

Relationships & Recreation

Connection tips, social event ideas, or playful activities.

Food – Friendship – Fun!

Recipes, party themes, or hosting tips.

Games, Arts & Crafts

Creative challenges, DIYs, or hobby suggestions.

Inspiration & Innovation

Quotes, creative spotlights, or visionary tools.

Interpersonal Communication

Tips for clear, kind, and confident conversations.

Time & Stress Management

Scheduling systems, relaxation strategies, or balance tips.

Goal-Achievement Strategies

Vision board prompts, habit hacks, or progress trackers.

Personal Passions & Pursuits

Spotlights on readers' hobbies, dream projects, or lifestyle adventures.



Beauty Bon Vivant, LLC

"Live Life Well!"

LIVE LIFE WELL

"Living well isn't about perfection — it's about presence, purpose, and a passion for life's everyday beauty."

— Vitalia Bryn-Pundyk





BEAUTY

Bewitchingly Beautiful! ♡

A Little Autumn Magic for Your Beauty Routine

October is the perfect time to add a little seasonal magic to your beauty routine! As cooler weather arrives, give your skin extra moisture and have fun trading summer shades for richer autumn colors.

Try a berry lip, warm blush, softly defined eyes, or a touch of golden shimmer. And remember: the most enchanting beauty always begins with confidence! ♡

Quick Beauty Tips ♡

- 1 Moisturize Your Magic**

Give face, hands, and lips extra hydration as the air becomes cooler and drier.
- 2 Try a Bewitching Lip**

Berry, plum, cranberry, or wine shades are gorgeous for fall.
- 3 Add a Golden Glow**

A subtle touch of warm highlighter or shimmer brightens an autumn complexion.

- 4 Refresh Your Routine**

Clean makeup brushes and toss products that are old or past their recommended use.
- 5 Wear Your Confidence**

Your smile, attitude, and self-confidence are always your best beauty accessories.



FASHION

Frightfully Fabulous! ♡

Cast a Little Spell with Your Fall Style

October is the perfect month to have fun with fashion! Cozy layers, rich textures, beautiful boots, and dramatic accessories make autumn one of the easiest seasons for creating stylish looks.

Try adding deep plum, olive, burgundy, pumpkin, or black to your wardrobe, then finish your outfit with a fabulous scarf, statement jewelry, or handbag.

You don't need a costume to create a little fashion magic—just wear something that makes you feel fabulous! ♡



Quick Fashion Tips ♡

1 Layer Like a Pro

Combine sweaters, jackets, vests, wraps, and scarves for warmth and style.

2 Play with Fall Color

Mix BBV purple and olive with burgundy, pumpkin, cream, black, or touches of gold.

3 Add Texture

Velvet, suede, leather, denim, and cozy knits instantly give an outfit autumn appeal.

4 Accessorize with Magic

Transform a simple outfit with a bold necklace, beautiful scarf, stylish handbag, or fabulous earrings.

5 Wear Your Confidence

The best outfit is always the one that makes you stand a little taller and feel wonderful!

Layer ♡ Accessorize ♡ Sparkle ♡ Strut



HEALTH

Harvest Your Health! ♥

Plant Healthy Habits & Reap the Rewards

Autumn brings us a wonderful harvest of colorful, nourishing foods—and a beautiful reminder that good health is something we cultivate every day.

This October, enjoy seasonal fruits and vegetables, get outside in the crisp fall air, stay hydrated, and make restorative sleep a priority.

You don't need to completely overhaul your lifestyle. Small healthy choices, repeated consistently, can grow into wonderful results! ♥

Quick Health Tips ♥

1 Eat the Harvest

Enjoy apples, pumpkin, squash, sweet potatoes, carrots, leafy greens, and other colorful seasonal foods.



2 Take a Fall Walk

Cooler temperatures and beautiful foliage make October a wonderful month to get moving outdoors.



3 Stay Hydrated

We may feel less thirsty in cooler weather, but our bodies still need adequate fluids.



4 Protect Your Sleep

Create a relaxing nighttime routine and aim for consistent sleep and wake times.



5 Schedule Preventive Care

Keep up with appropriate checkups, screenings, vaccinations, and other care recommended for you.



"Take care of your body. It's the only place you have to live."
— Jim Rohn ♥

Eat Well ♥ Move ♥ Hydrate ♥ Rest ♥ Thrive



WELLNESS

Let It Go!

Release What No Longer Serves You

Autumn shows us just how beautiful letting go can be. As the trees release their leaves, October is a wonderful time to think about what we might release too—stress, clutter, overcommitment, negative thoughts, or habits that drain our energy.

Make room for more of what restores you: peace, gratitude, laughter, rest, meaningful connections, and simple pleasures. Sometimes wellness isn't about adding something new—it's about letting something go. 

Quick Wellness Tips

1 Clear the Clutter

Choose one drawer, closet, or corner and remove what you no longer need.

2 Release a Worry

Write down something that's weighing on you, then decide what you can control and what you can release.

3 Create a Cozy Ritual

Enjoy tea, a warm bath, soft music, journaling, meditation, or a good book.

4 Step Into Nature

Take a quiet autumn walk and notice the colors, sounds, and crisp fall air.

5 Protect Your Peace

Give yourself permission to say "no" to unnecessary obligations and "yes" to what restores you.

Release  Restore  Renew  Rejoice

"The trees are about to show us how lovely it is to let things go."


— Often shared as an anonymous saying

Release
Restore
Renew
Rejoice 

POSITIVITY
MINDFULNESS
SELF CARE
HAPPINESS
A HEALTHY YOU

Grateful
for
Today 

Good
Energy
Always 

Same
Brighter
Calmer
Happier
Me 

Let
It
Go 



CAREER

Harvest Your Potential!

Plant the Seeds for Success

A successful career rarely happens overnight. Like a bountiful autumn harvest, it grows from the seeds we plant along the way—learning new skills, building relationships, taking initiative, and consistently doing our best.

This October, take a moment to recognize how far you've come while considering where you'd like to grow next. A new opportunity, skill, connection, or idea could be the seed that leads to your next exciting chapter! 



Quick Career Tips

1 Cultivate Your Skills

Choose one skill that could make you more effective, knowledgeable, or marketable.

2 Plant New Connections

Reach out to a colleague, mentor, client, or professional contact and nurture the relationship.

3 Gather Your Accomplishments

Keep a record of successes, positive feedback, completed projects, and milestones.

4 Seek New Opportunities

Volunteer for a project, attend an event, take a class, or explore a new professional direction.

5 Celebrate Your Growth

Don't focus only on what comes next. Take pride in how much you've already learned and achieved.

Learn  Connect  Grow  Achieve



FINANCE

Grow Your Financial Harvest!

Plant Today for a More Prosperous Tomorrow

Just as a successful harvest begins with seeds planted and carefully tended, financial well-being grows through planning, patience, and consistent habits.

October is a great time for a quick financial checkup. Review your spending, strengthen your savings, prepare for upcoming holiday expenses, and make sure your financial goals are still on track.

Small steps taken today can help create greater security and freedom tomorrow! 



"A budget is telling your money where to go instead of wondering where it went."
— Dave Ramsey 

Quick Finance Tips

1 Plant Your Savings First

Set aside a portion of your income before deciding what's available to spend.

2 Harvest Hidden Savings

Review subscriptions, memberships, fees, and recurring expenses for things you no longer use.

3 Prepare for the Holidays

Create a holiday budget now for gifts, entertaining, travel, and seasonal activities.

4 Tend to Your Goals

Review progress on savings, debt reduction, retirement, or other financial priorities and adjust as needed.

5 Enjoy Some of the Harvest

Responsible planning should also leave room for the people, experiences, and little pleasures that make life enjoyable.



Save  Plan  Grow  Prosper





PRODUCTIVITY

Harvest Your Time!

Make Every Minute Count

Autumn is a season of gathering—and October is a wonderful time to gather our priorities, organize our schedules, and focus our energy on what matters most.

Being productive doesn't mean filling every minute with activity. It means choosing what deserves your time and attention, completing what matters, and still leaving room to enjoy your life.

A few focused habits can turn a busy day into a beautifully productive one! 



Quick Productivity Tips

1 Pick Your Top Three

Choose the three most important things you want to accomplish each day.

2 Time-Block Your Day

Reserve specific periods for important tasks instead of simply hoping you'll find the time.

3 Clear the Clutter

A tidy desk, organized calendar, and shorter to-do list can help create a clearer mind.

4 Banish Distractions

Silence unnecessary notifications and give important tasks your undivided attention.

5 Celebrate What You Finish

At the end of the day, acknowledge what you accomplished instead of focusing only on what remains.

Prioritize  Focus  Finish  Celebrate



PROSPERITY

Count Your Blessings!

Celebrate the Abundance Already in Your Life

Prosperity isn't measured only by what we have in the bank. Some of life's greatest riches are found in good health, loving relationships, meaningful work, wonderful experiences, personal freedom, and moments that make us smile.

October's harvest season is a beautiful reminder to pause and notice what has already grown in our lives. The more we appreciate our blessings, the richer life can feel. Sometimes abundance begins simply by recognizing how much we already have! 



Quick Prosperity Tips

1 Practice Daily Gratitude

Each day, name three things that make you feel fortunate.

2 Share Your Abundance

Give your time, encouragement, knowledge, kindness, or resources to someone else.

3 Welcome Opportunity

Stay open to new people, ideas, experiences, and possibilities.

4 Invest in Yourself

Continue learning, growing, and pursuing things that enrich your life.

5 Celebrate What You Have

Don't postpone happiness until you reach the next goal. Enjoy the harvest along the way!

 Appreciate  Share  Grow  Flourish 



TRAVEL

Chase the Colors! ♥

Take a Fabulous Fall Getaway

October turns ordinary roads into spectacular adventures. Brilliant leaves, charming small towns, harvest festivals, cozy inns, scenic overlooks, and crisp autumn air make this a wonderful month to pack a bag and go somewhere beautiful.

And you don't have to travel far! A leisurely day trip, scenic drive, weekend getaway, or visit to a nearby destination can provide just the change of scenery you need. Sometimes the best adventures are waiting just down the road! ♥

Quick Travel Tips ♥

1 Follow the Foliage

Plan a scenic drive or getaway where you can enjoy peak autumn colors.

2 Explore a Small Town

Discover local shops, cafés, historic districts, farmers markets, and seasonal festivals.

3 Pack for Layers

Fall temperatures can change quickly, so bring pieces you can easily add or remove.

4 Travel Midweek

When possible, weekday trips may mean fewer crowds and a more relaxed experience.

5 Take the Scenic Route

Slow down, stop for photographs, explore an unexpected attraction, and enjoy the journey—not just the destination.



Wander ♥ Explore ♥ Discover ♥ Enjoy





LEISURE

Savor the Season! ♥

Slow Down & Enjoy Life's Simple Pleasures

Autumn invites us to slow down and enjoy the little things—a cozy blanket, a warm drink, a good book, a crackling fire, or an afternoon spent admiring the colorful leaves.

Leisure isn't wasted time. Giving ourselves permission to pause, play, and simply enjoy the moment can restore our energy and bring more happiness to everyday life.

This October, leave a little room in your schedule for doing something simply because you love it! ♥

Quick Leisure Tips ♥

1 Cozy Up with a Book

Choose something you've been wanting to read and create a comfortable little reading retreat.

2 Sip Something Seasonal

Enjoy hot cider, tea, cocoa, or your favorite coffee while watching the leaves fall.

3 Take a Scenic Stroll

Wander through a park or neighborhood with no agenda other than enjoying the scenery.

4 Plan a Cozy Night In

Light a candle, put on comfy clothes, watch a favorite movie, and relax.

5 Do Something Just for Fun

Work on a puzzle, bake something delicious, listen to music, craft, or rediscover a favorite hobby.

Pause ♥ Play ♥ Relax ♥ Enjoy

"Time you enjoy wasting is not wasted time."

— Bertrand Russell





HOME

Cozy Up Your Castle!♡

Bring the Warmth of Autumn Home

As temperatures cool and the days grow shorter, October is the perfect time to turn your home into a cozy autumn retreat. A few simple seasonal touches—soft throws, glowing candles, pumpkins, fall foliage, and warm lighting—can instantly make a room feel inviting.

You don't need to redecorate the entire house. Simply add a few things that make you smile, welcome people you love, and create a space where everyone wants to settle in and stay awhile!♡



Quick Home Tips♡

1 Layer on the Cozy

Bring out soft blankets, textured pillows, and comfortable throws.

2 Decorate with Nature

Use pumpkins, gourds, apples, pinecones, branches, and colorful leaves for inexpensive seasonal décor.

3 Create a Warm Glow

Add candles, lanterns, or soft lamps to make evenings feel extra cozy.

4 Add an Autumn Welcome

Dress up your entryway with a seasonal wreath, mums, pumpkins, or a festive door mat.

5 Make It Yours

Surround yourself with photographs, books, treasures, and little touches that give your home personality.

Welcome♡ Warmth♡ Comfort♡ Home



GARDENING

Gather, Plant & Prepare!♡

Give Your Garden a Little Fall TLC

October may signal the end of the growing season, but there's still plenty to do in the garden! This is a wonderful time to tidy flower beds, gather the last harvest, plant spring-blooming bulbs, and prepare plants for colder weather.

A little attention now can make next spring even more rewarding. Think of fall gardening as nature's way of reminding us that every ending is also preparation for a new beginning! ♡



"To plant a garden is to believe in tomorrow."
— Audrey Hepburn ♡

Quick Gardening Tips ♡

1 Gather the Harvest

Pick remaining vegetables, herbs, flowers, and seeds before damaging frost arrives.



2 Tidy with Care

Remove diseased plant material, but consider leaving some healthy stems and seed heads to provide winter habitat and food for wildlife.

3 Plant for Spring

Fall is a great time to plant tulips, daffodils, crocuses, and other spring-blooming bulbs.



4 Protect & Prepare

Mulch tender plants as appropriate, clean garden tools, and drain or store hoses before freezing weather.



5 Plan Next Year's Garden

Make notes about what flourished, what didn't, and what you'd love to plant next season.



Harvest ♡ Tend ♡ Plant ♡ Dream



EDUCATION

Feed Your Curiosity!♡

There's Always Something New to Learn

Learning doesn't end when we leave the classroom. Every new book, conversation, class, experience, and adventure gives us an opportunity to discover something we didn't know yesterday.

This October, follow your curiosity! Explore a subject that fascinates you, learn a new skill, visit somewhere educational, or simply ask more questions.

A curious mind keeps life interesting—and keeps us growing! ♡



Quick Education Tips ♡

1 Read Something New

Choose a book, article, or publication on a subject you've always wanted to explore.



2 Take a Class

Try an online course, community class, workshop, lecture, or seminar.



3 Learn from Others

Ask someone to teach you about a skill, hobby, career, culture, or experience they know well.



4 Visit & Discover

Explore a museum, historic site, library, nature center, gallery, or educational event.



5 Share What You Know

Teaching, mentoring, or sharing your expertise helps others learn—and often deepens your own knowledge too.



Read ♡ Learn ♡ Discover ♡ Grow



ENTERTAINMENT

Fright Night Fun! ♥

A Little Spooky, A Lot of Fun!

October was made for entertaining! Whether you love classic Halloween movies, cozy mysteries, costume parties, haunted attractions, or simply gathering with friends for popcorn and treats, there are plenty of ways to add a little playful spookiness to your month.

Choose your favorite kind of fun—silly, mysterious, nostalgic, or just a tiny bit scary—and make an evening of it. The best entertainment is anything that brings people together and gives everyone a reason to laugh! ♥

Quick Entertainment Tips ♥

1 Host a Movie Night

Pick a Halloween classic, make popcorn, dim the lights, and invite a few friends.

2 Create a Spooky Snack Bar

Serve caramel apples, popcorn, candy, cider, and other fun seasonal treats.

3 Play Dress-Up

Host a costume party or simply encourage everyone to wear a funny hat, mask, or Halloween accessory.

4 Find Local Fun

Check out a fall festival, theater production, corn maze, pumpkin display, or other seasonal event.

5 Keep It Playful

Add Halloween trivia, charades, a mystery game, or a costume contest to your gathering.

Watch ♥ Play ♥ Laugh ♥ Celebrate





REST

Rest, Recharge & Restore!♡

Give Yourself Permission to Pause

As nature begins to slow down for the season, October reminds us that we need periods of rest, too. Rest isn't laziness—it gives our bodies and minds an opportunity to recharge so we can return to life with renewed energy.

This month, trade a little busyness for quiet time. Turn off the screens, curl up under a cozy blanket, go to bed a little earlier, or simply sit peacefully and watch the leaves fall.

Sometimes doing nothing at all is exactly what we need.♡



Quick Rest Tips ♡

1 Create a Bedtime Ritual

Dim the lights, put away electronics, and give yourself time to unwind before sleep.



2 Make It Cozy

Fresh sheets, comfortable pillows, a soft blanket, and a cool, quiet bedroom can make rest more inviting.



3 Take a Quiet Break

Even 10–15 peaceful minutes during a busy day can help you reset.



4 Listen to Your Body

When you're tired, give yourself permission to slow down rather than continually through.



5 Protect Your Downtime

Leave some open space on your calendar with absolutely nothing you have to accomplish.



Pause ♡ Unplug ♡ Dream ♡ Renew



RELAXATION

Find Your Cozy Calm!

Unwind Your Body Quiet Your Mind

October's crisp air, glowing candles, and colorful scenery create the perfect invitation to slow your thoughts and soften your pace. Relaxation doesn't require an entire day at the spa—even a few peaceful minutes can help us feel refreshed and centered.

Take a deep breath, loosen those shoulders, turn on some soothing music, sip something warm, and simply enjoy the moment. A little calm can go a long way toward making life feel lighter! 



"Sometimes the most important thing in a whole day is the rest we take between two deep breaths."
— Etty Hillesum 

Calm
Mind
Happy
Life


Savor
Simple
Moments


A
More Peaceful
Happier
Me


Good
Music
Brighter
Days


Quick Relaxation Tips

1 Breathe Deeply

Take several slow, intentional breaths whenever you feel tension building.

2 Create a Calm Corner

Choose a favorite chair or cozy nook for reading, journaling, meditation, or simply being still.



3 Soothe Your Senses

Try soft music, gentle lighting, a favorite seasonal scent, or a warm cup of tea.



4 Take a Nature Pause

Sit outdoors or take a leisurely walk and notice the colors, sounds, and beauty around you.



5 Schedule "Me Time"

Put relaxation on your calendar just as you would any other important appointment.



Breathe  Unwind  Savor  Be



RELATIONSHIPS

Nurture What Matters!♡

Good Relationships Grow with Care

Like a beautiful garden or a bountiful harvest, meaningful relationships need time, attention, patience, and care. It's easy to get busy and assume the people closest to us already know how much they mean—but sometimes they need to hear it.

This October, make an effort to nurture the relationships that bring warmth to your life. A thoughtful call, sincere compliment, shared meal, warm hug, or simple "I appreciate you" can strengthen a connection more than we realize. ♡

Quick Relationship Tips ♡

1 Say It Out Loud

Tell someone specifically what you love, admire, or appreciate about them.



2 Make Time Together

Schedule coffee, lunch, a fall walk, or an evening together without distractions.



3 Listen to Understand

Give people your full attention instead of thinking about what you'll say next.



4 Tend to Little Hurts

Address misunderstandings with kindness rather than allowing resentment to grow.



5 Create Happy Memories

Try something fun together! Visit an orchard, cook dinner, play a game, or start a new tradition.



Connect ♡ Listen ♡ Appreciate ♡ Love

"There is no more lovely, friendly, and charming relationship, communion, or company than a good marriage."
— Martin Luther ♡





RECREATION

Get Out & Play!♥

Make the Most of a Gorgeous Autumn Day

Crisp air, brilliant colors, and cooler temperatures make October a wonderful time to get outside and have some fun! Recreation gives us a chance to move our bodies, clear our minds, laugh, explore, and take a break from everyday routines.

Whether you enjoy a leisurely bike ride, a colorful hike, apple picking, a game of pickleball, or an afternoon at the pumpkin patch, choose something that makes you want to get up and go. Fun counts as self-care, too! ♥



Quick Recreation Tips ♥

1 Take a Colorful Hike

Explore a park, trail, or nature preserve while the leaves are at their most beautiful.



2 Go for a Fall Bike Ride

Choose a scenic route, bundle up if needed, and enjoy the crisp autumn.



3 Play Something!

Try pickleball, golf, bowling, bocce, cards, or another favorite recreational activity.



4 Make It Seasonal

Visit an apple orchard, pumpkin patch, corn maze, fall festival, or farmers market.



5 Bring a Friend

Almost any activity becomes more enjoyable when you share the adventure with someone you like!



Move ♥ Explore ♥ Laugh ♥ Play



FOOD

Taste the Harvest! ♥

Savor the Flavors of Fall

October brings a delicious bounty to the table! Crisp apples, colorful squash, pumpkin, sweet potatoes, root vegetables, and warming spices make fall the perfect season for comfort food with a fresh harvest twist.

Visit a farmers market, try a new seasonal recipe, or gather friends around the table for a cozy autumn meal. Food tastes even better when it's made with love and shared with people we enjoy! ♥



"People who love to eat are always the best people."
— Julia Child ♥

FARM FRESH
APPLES
PUMPKINS
SQUASH
AND MORE
♥

Good Food
Good Friends
Happy Hearts
♥

Quick Food Tips ♥

1 Cook with the Season

Build meals around apples, squash, pumpkin, sweet potatoes, carrots, cranberries, and other fall favorites.

2 Warm Up Your Menu

Bring back soups, stews, casseroles, roasted vegetables, and slow-cooked dishes.

3 Spice Things Up

Cinnamon, nutmeg, ginger, cloves, rosemary, sage, and thyme add wonderful autumn flavor.

4 Visit a Farmers Market

Look for fresh local produce and perhaps something new you've never cooked before.

5 Gather Around the Table

Invite someone to share a casual fall supper. The conversation may become the best part of the meal!

Gather ♥ Cook ♥ Savor ♥ Share



CROCKPOT

Harvest Chicken & Wild Rice Soup

Cozy Comfort in Every Spoonful!

A warm crockpot meal is one of autumn's simple pleasures. This creamy chicken and wild rice soup is filled with vegetables, herbs, and comforting fall flavor—and your slow cooker does most of the work! ♥

Ingredients

- 1½ lbs. boneless, skinless chicken breasts or thighs
- 1 cup uncooked wild rice blend
- 1 small onion, diced
- 3 carrots, sliced
- 3 celery stalks, sliced
- 8 oz. mushrooms, sliced
- 3 cloves garlic, minced
- 6 cups chicken broth
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- ½ tsp. dried sage
- Salt and pepper to taste
- 1 cup half-and-half or heavy cream
- 2 Tbsp. butter
- 2 Tbsp. flour
- Fresh parsley for garnish

Directions

- 1 Place the chicken, wild rice, onion, carrots, celery, mushrooms, garlic, broth, and seasonings in the crockpot. Cover and cook on LOW for 6–7 hours or HIGH for 3–4 hours, until the chicken is fully cooked and the rice is tender.
- 2 Remove the chicken and shred it with two forks. Return the shredded chicken to the crockpot.
- 3 In a small saucepan, melt the butter over medium heat. Whisk in the flour and cook for about 1 minute. Slowly whisk in the cream until smooth and slightly thickened.
- 4 Stir the cream mixture into the soup and cook for another 15–20 minutes.
- 5 Garnish with fresh parsley and serve warm.

Serving Tip

Serve with warm crusty bread, an apple-walnut salad, and hot spiced cider for an easy autumn supper. ♥

Perfect Pairings

- ♥ Crusty artisan bread or dinner rolls
- ♥ Apple-walnut salad with maple vinaigrette
- ♥ Hot spiced cider or mulled wine
- ♥ A cozy fall table and good friends!

Warm ♥ Hearty ♥ Cozy ♥ Delicious

"Good food
warms the body.
Good company
warms the heart."
— Beauty Bon Vivant



Beauty Bon Vivant™



M A G A Z I N E

Live Life Well!



FRIENDSHIP

Gather Your Girlfriends!♡

Good Friends Make Life More Fun

There's something special about spending time with friends who make us laugh, listen when we need to talk, and simply enjoy being together. In our busy lives, friendships can sometimes get squeezed between everything else on the calendar—but they deserve a little nurturing, too!

This October, gather your girlfriends for coffee, lunch, a fall walk, game night, or a cozy evening at home. It doesn't have to be elaborate. Sometimes a few hours of conversation and laughter are exactly what we need!



Quick Friendship Tips ♡

1 Make the First Move

Don't wait for someone else to make plans. Send the text, make the call, and set the date!



2 Create a Girlfriend Tradition

Start a monthly lunch, coffee date, book exchange, game night, or seasonal gathering.



3 Check In Just Because

A quick "Thinking of you!" can brighten someone's entire day.



4 Celebrate Each Other

Cheer for your friends' accomplishments, birthdays, adventures, and happy moments.



5 Laugh Together

Never underestimate the value of being a little silly with people who understand your sense of humor!



Connect ♡ Celebrate ♡ Laugh ♡ Cherish

"A good friend knows all your stories. A best friend helped you create them."





FUN

Stir Up Some Fun! ♥

*Add a Little Playfulness
to Your Day*

Life doesn't always have to be serious! Sometimes we need to laugh louder, act a little silly, try something unexpected, and simply enjoy ourselves.

October gives us plenty of excuses to play. Carve a funny pumpkin, dress up for Halloween, wander through a corn maze, decorate cookies, tell ghost stories, or dance around the house to your favorite music. You're never too old to have fun—and a playful spirit can make an ordinary day unforgettable! ♥

Quick Fun Tips ♥

1 Be a Kid Again

Jump in a pile of leaves, carve a pumpkin, roast marshmallows, or buy yourself a favorite Halloween treat.

2 Try Something Silly

Wear a funny hat, take goofy photos, tell corny jokes, or have a spontaneous dance party.



3 Create a Fall Bucket List

Pick five fun things you want to do before autumn disappears: pumpkin patch, corn maze, fall festival, hayride, or a scenic drive.



4 Say "Yes!" to Something New

Try an activity, food, game, or adventure you've never experienced before.



5 Laugh Every Day

Watch something funny, share a joke, or spend time with someone who always makes you smile!



Play ♥ Laugh ♥ Be Silly ♥ Enjoy

"We are never too old to play, laugh, be silly, and have fun!"
— Beauty Bon Vivant ♥

Good Friends
Silly Times
Happy Memories ♥

FUN
POTION ♥

Eat
Drink
Be
Spooky ♥



GAMES

Game Night Gets Spooky! ♥

Gather • Play • Laugh • Repeat

October is the perfect excuse to turn an ordinary game night into a spooktacular evening of friendly competition! Gather family or friends, put out some seasonal treats, light a few candles, and bring out the cards, board games, trivia, or puzzles.

Add a Halloween twist with mystery games, spooky charades, pumpkin bowling, or Halloween trivia. The goal isn't really to win—it's to laugh, connect, and create memories together! ♥



"You can discover more about a person in an hour of play than in a year of conversation."

— Plato



Quick Game Ideas ♥

1 Halloween Charades

Act out spooky words, movies, creatures, and Halloween traditions while everyone guesses.



2 Pumpkin Bowling

Use small pumpkins as bowling balls and decorated bottles or cups as pins.



3 Spooky Trivia

Test everyone's knowledge of Halloween movies, traditions, candy, costumes, and folklore.



4 Mystery Grab Bag

Place unusual objects inside a covered container and have players identify them by touch alone.



5 Classic Game Night

Pull out cards, dominoes, dice, puzzles, or a favorite board game and add Halloween snacks for seasonal flair.



Beauty Bon Vivant™ BOO-TIFUL BRAIN BREAK!

MAGAZINE
Live Life Well!

Laugh ♥ Think ♥ Play ♥ Enjoy

Good Friends
Good Games
Great Memories!

Halloween Humor

- 1 Why did the skeleton stay home from the party?
Because he had no body to go with!
- 2 Why are ghosts terrible liars?
Because you can see right through them!
- 3 What's a witch's favorite subject in school?
Spelling!
- 4 Why was the jack-o'-lantern so happy?
Because it was lit!
- 5 What do you call two witches who share an apartment?
Broommates!

Brain Teasers

- 1 The more you take, the more you leave behind. What am I?
Answer: Footsteps.
- 2 What has many keys but can't open a single door?
Answer: A piano.
- 3 What gets wetter the more it dries?
Answer: A towel.
- 4 What belongs to you but other people use it more than you do?
Answer: Your name.

Riddle Me This!

I have a face that glows at night,
A toothy grin that gives delight.
I start out growing on a vine,
Then Halloween becomes my time.

What am I?
Answer: A Jack-o'-Lantern!

This or That? Fall Edition

- | | | | | |
|---|-----------------|----|--------------------|---|
|  | Pumpkin Pie | OR | Apple Crisp |  |
|  | Corn Maze | OR | Hayride |  |
|  | Hot Cider | OR | Hot Cocoa |  |
|  | Costume Party | OR | Cozy Movie Night |  |
|  | Carve a Pumpkin | OR | Decorate a Pumpkin |  |
|  | Sweet Treats | OR | Salty Snacks |  |

Fall & Halloween Word Find

Find these 15 hidden words:

- AUTUMN
- APPLE
- CIDER
- CORN
- FALL
- GHOST
- HARVEST
- LEAVES
- MOON
- OCTOBER
- PUMPKIN
- SPOOKY
- TREAT
- WITCH
- BOO

H	A	R	V	E	S	T	Q	M	B	O	O	R	S
P	U	M	P	K	I	N	X	C	I	D	E	R	T
L	E	A	V	E	S	Y	G	H	O	S	T	A	W
A	P	P	L	E	Z	O	C	T	O	B	E	R	I
S	P	O	O	K	Y	V	M	O	O	N	Q	F	T
C	O	R	N	J	A	U	T	U	M	N	K	A	C
T	R	E	A	T	B	L	P	Q	X	Z	V	L	H
B	O	O	N	M	S	D	R	K	J	P	Y	L	E
W	I	T	C	H	G	F	A	C	D	N	U	S	R
O	C	T	O	B	E	R	H	M	V	X	P	Q	T
P	U	M	P	K	I	N	A	S	L	C	B	D	Y
H	A	R	V	E	S	T	W	O	O	F	G	J	N
L	E	A	V	E	S	R	C	I	D	E	R	K	M
G	H	O	S	T	P	S	P	O	O	K	Y	V	Q

BBV Word Challenge

How many words can you make from:

JACK-O'-LANTERN

Try for 15 words.
Extra challenge:
Can you find 25?

Quick Math Fun

- 1 If you have 3 bags of candy and each bag has 12 pieces, how many pieces do you have?

- 2 A spider has 8 legs. How many legs do 4 spiders have?

- 3 If 5 pumpkins weigh 20 pounds, how much does 1 pumpkin weigh?

A Little Boo ♥ A Little Brainpower ♥ A Lot of Laughs!



Create a Little Autumn Magic!♥

Turn Fall Treasures into Something Beautiful

October is bursting with creative inspiration! Colorful leaves, pumpkins, pinecones, branches, acorns, ribbons, and seasonal flowers can all become part of a beautiful handmade project.

You don't have to be an artist to enjoy arts and crafts. The fun is in using your imagination, experimenting, and creating something uniquely yours.

Pour yourself a warm drink, turn on some music, gather a few supplies, and let your creativity play!



Quick Arts & Crafts Ideas ♥

1 Decorate a Pumpkin

Skip the carving! Use paint, ribbon, glitter, fabric, buttons, or jewels to create a glamorous pumpkin that's uniquely yours.

2 Make a Fall Wreath

Combine colorful leaves, berries, pinecones, ribbon, and mini pumpkins for a beautiful door or wall decoration.

3 Create Leaf Art

Press beautiful leaves and use them for greeting cards, framed artwork, bookmarks, or collages.

4 Dress Up a Candle

Decorate a glass candleholder with ribbon, twine, leaves, or seasonal embellishments. Keep decorations safely away from the flame.

5 Craft with Friends

Host a cozy "Craft & Chat" afternoon with simple supplies, seasonal snacks, and plenty of conversation.

Imagine ♥ Create ♥ Decorate ♥ Enjoy

"Creativity is intelligence having fun."

— Albert Einstein





INSPIRATION

Fall Into Possibility!♡

Let Change Inspire You

Autumn reminds us that change doesn't always mean losing something—it can also mean making room for something new. The trees release their leaves, the landscape transforms, and nature confidently moves into its next season.

Perhaps there's something new calling to you, too—a dream you've postponed, an idea you'd like to explore, or simply a different way of looking at life.

This October, let the changing season inspire you to release what no longer fits and welcome what comes next with curiosity and hope. ♡

Quick Inspiration Tips ♡

1 Notice the Beauty Around You

Inspiration often appears when we slow down long enough to see it.

2 Follow a Spark

If an idea excites you, write it down and take one small step toward exploring it.

3 Let Something Go

Release an old expectation, habit, or worry that may be keeping you from moving forward.

4 Surround Yourself with Inspiration

Read uplifting books, listen to encouraging people, collect meaningful quotes, and spend time in places that energize you.

5 Believe in What's Next

You don't need to know exactly how everything will unfold to be excited about the possibilities.

Dream ♡ Believe ♡ Change ♡ Become



INNOVATION

Shake Things Up! Try a Better Way ♡

Innovation doesn't always mean inventing something revolutionary. Sometimes it's simply asking, "Is there an easier, smarter, more creative way to do this?"

A small change in a routine, a clever shortcut, a new use for something you already own, or a fresh approach to an old problem can make everyday life better.

This October, borrow a lesson from nature: change things up, experiment, and see what happens! ♡



Quick Innovation Tips ♡

1 Question the Routine

If you've always done something one way, ask whether there might be a better way.

Same Routine?
Try a New Way!

2 Solve a Little Problem

Choose one everyday annoyance and brainstorm three possible solutions.

A Better Way!

3 Borrow & Adapt

A great idea from one area of life may work beautifully somewhere completely different.

New Ideas
Fresh Perspectives
Creative Solutions

4 Experiment Without Fear

Give yourself permission to try something new without expecting perfection the first time.

Progress Not Perfection ♡

5 Keep an Idea Journal

Write down clever thoughts, improvements, inventions, and "What if?" ideas before they disappear.

My Bright Ideas ♡

Imagine ♡ Experiment ♡ Improve ♡ Innovate



INTERPERSONAL
COMMUNICATION

Listen Between the Lines!

Great Communication Begins with Understanding

Good communication is about more than choosing the right words. It's also about noticing tone, body language, feelings, and what someone may be trying to express beneath the words themselves.

This October, practice slowing down during conversations. Give people your full attention, ask thoughtful questions, and make sure you understand before offering advice or a response.

Sometimes the greatest gift we can give another person is simply making them feel heard, understood, and valued. 

Quick Communication Tips

1 Be Fully Present

Put down the phone, make eye contact, and give the other person your attention.



2 Listen Without Interrupting

Allow someone to finish their thought before preparing your response.



3 Ask, Don't Assume

If something isn't clear, ask a gentle question rather than jumping to conclusions.



4 Notice Nonverbal Messages

Facial expressions, posture, gestures, and tone can communicate as much as words.



5 Confirm Understanding

Try saying, "What I hear you saying is..." to make sure you understood correctly.



Listen  Understand  Connect  Communicate

"Most people do not listen with the intent to understand; they listen with the intent to reply."
— Stephen R. Covey 





STRESS MANAGEMENT

Let It Fall Away! ♡

Release the Stress You Don't Need

Autumn gives us a beautiful example of letting go. Trees don't struggle to hold onto every leaf—they simply release what has served its season and make room for rest and renewal.

We can do the same. Not every worry deserves our energy, and not every problem has to be solved today.

This October, give yourself permission to slow down, release unnecessary pressure, and protect your peace. ♡



Quick Stress-Management Tips ♡

1 Pause & Breathe

When tension rises, stop and take several slow, deep breaths.



2 Ask: "Can I Control This?"

If the answer is no, practice letting it go, rather than giving it more energy.



3 Take a Nature Break

Step outside, enjoy the crisp air, and let autumn's beauty help quiet your mind.



4 Clear Some Clutter

Simplify your surroundings, schedule, or to-do list. Less can sometimes feel wonderfully freeing.



5 Choose Calm on Purpose

Build small moments of peace into every day through music, reading, prayer, meditation, journaling, or simply sitting quietly.



Breathe ♡ Release ♡ Relax ♡ Renew



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Breathe
Relax
Let Go


"You can't stop the waves, but you can learn to surf."
— Jon Kabat-Zinn


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Breathe  Release  Relax  Renew



GOAL-SETTING

Plant a Goal, Grow a Dream! ♥

Turn Your Wishes into a Plan

Dreams give us something to imagine, but goals give us something to work toward. A meaningful goal turns "Someday I'd like to..." into "Here's what I'm going to do next."

October is a wonderful time to look ahead. There's still plenty of time to accomplish something meaningful before the year ends—or to begin planting the seeds for an exciting new year. Choose a goal that matters to you, write it down, and give it a place on your calendar.

Big dreams often begin with one very small step! ♥

Quick Goal-Setting Tips ♥

1 Choose What Matters

Set goals that genuinely excite or inspire you rather than goals you think you "should" pursue.

- ✓ Health
- ✓ Travel
- ✓ Family
- ✓ Home
- ✓ Personal Growth
- ✓ Fun! ♥

2 Be Specific

Replace "I want to get organized" with something measurable, such as "I'll organize one room by November 1."

- ✓ Specific
- ✓ Measurable
- ✓ Achievable
- ✓ Relevant
- ✓ Time-Bound (SMART) ♥

3 Break It Down

Turn a large goal into several small, manageable steps so you always know what to do next.

- Step 4
- Step 3
- Step 2
- Step 1

4 Give It a Date

A deadline transforms a wish into something you can plan and schedule.



5 Write It Down

Keep your goal somewhere visible and review it regularly to stay focused and motivated.

A Goal Written Down is a Dream in Progress! ♥

Dream ♥ Define ♥ Plan ♥ Begin



GOAL-ACHIEVEMENT STRATEGIES

Turn Goals into Gold! ♡

Small Steps Create Big Results

Setting a goal gives us direction, but consistent action creates achievement. We don't have to accomplish everything at once. Progress happens when we keep taking small, purposeful steps—even on days when motivation isn't particularly strong.

Think of your goal as an autumn harvest. You plant the seed, tend it patiently, adjust when necessary, and eventually enjoy the results. Keep moving forward—your harvest may be closer than you think! ♡

Quick Goal-Achievement Strategies ♡

1 Take One Step Today

Ask yourself, "What can I do today that will move me closer to my goal?" Then do it!

2 Track Your Progress

Check off milestones, keep a progress chart, or record your accomplishments in a journal.

3 Create Accountability

Share your goal with a supportive friend, mentor, coach, or accountability partner.

4 Adjust—Don't Abandon

If something isn't working, change your approach rather than giving up on the goal.

5 Celebrate the Wins

Recognize every milestone along the way. Small victories build confidence and momentum!

Action Today Creates a Brighter Tomorrow ♡

Progress

- ✓ Big Steps
- ✓ Small Steps
- ✓ Consistent Steps
- ✓ I'm Getting There! ♡

Good Friends Support Big Dreams ♡

RETHINK

ADJUST

TRY AGAIN

KEEP GOING ♡

Celebrate Progress ♡

Act ♡ Persist ♡ Progress ♡ Achieve



PERSONAL PASSIONS

Follow What Lights You Up! ♥

Make Room for What Makes You Feel Alive

What makes you lose track of time? What activity leaves you feeling energized, excited, or wonderfully fulfilled? Those little clues often point directly toward our personal passions.

Whether you love writing, gardening, cooking, traveling, painting, entertaining, fashion, music, photography, volunteering, or learning something new, your passions add richness and meaning to everyday life.

This October, don't just admire the colorful leaves—add a little more color to your own life by doing something you love! ♥



"Nothing great in the world has ever been accomplished without passion."
— Georg Wilhelm Friedrich Hegel ♥

Quick Passion Tips ♥

1 Rediscover an Old Love

Think about something you once enjoyed but haven't made time for lately. Perhaps it's time to bring it back!



2 Follow Your Curiosity

Notice what catches your attention and makes you want to learn or experience more.



3 Put Passion on the Calendar

Don't wait until you "have time." Schedule time for the things that bring you joy.



4 Try Something New

A new hobby, class, club, creative project, or adventure might uncover a passion you never knew you had.



5 Share Your Enthusiasm

Invite others into something you love. Passion becomes even more joyful when it creates connection.



Discover ♥ Create ♥ Explore ♥ Enjoy



PERSONAL PURSUITS

Make It Your Moment! ♥

Pursue Something Just for You

So much of life is spent taking care of responsibilities, meeting deadlines, and doing things for other people. But somewhere on that long to-do list, there should also be room for something that belongs entirely to you.

Maybe you want to write a book, learn a language, trace your family history, master a new skill, start a collection, take a class, train for an event, redecorate a room, or finally tackle a project you've talked about for years.

This fall, choose one personal pursuit and give yourself permission to begin—not someday, but now. ♥



"The journey of a thousand miles begins with one step."
— Lao Tzu ♥

Quick Personal Pursuit Tips ♥

1 Choose One Thing

Instead of trying to pursue five interests at once, select one that excites you most right now.

2 Start Before You're Ready

You don't need the perfect plan, supplies, or circumstances. Begin with what you have.

3 Create a Personal Project Hour

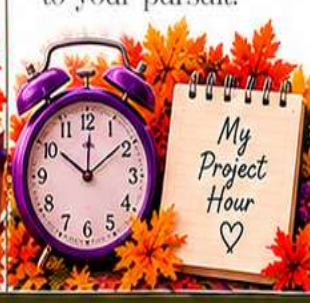
Reserve one hour each week that belongs specifically to your pursuit.

4 Enjoy the Process

Not every pursuit needs to become an accomplishment or business. Sometimes the experience itself is the reward.

5 Finish Something

There's special satisfaction in completing a project you chose entirely for yourself. Celebrate when you do!



Choose ♥ Begin ♥ Pursue ♥ Complete



LIFESTYLE ADVENTURES

Say Yes to the Adventure!

Make Life a Story Worth Telling

Adventure doesn't always require a passport, a plane ticket, or a grand plan. Sometimes it begins with simply saying "Why not?"

Try a new restaurant. Take a scenic drive. Attend a festival. Explore a charming little town. Book the trip you've dreamed about. Learn something unexpected. Or gather a few friends and create an adventure of your own.

Life becomes richer when we step outside our routines and give ourselves permission to experience, discover, and enjoy more of what the world has to offer. This fall, go somewhere you haven't been, try something you haven't done, and make a memory you'll be glad you created! 



Quick Lifestyle Adventure Tips

1 Be a Tourist Close to Home

Explore a nearby town, attraction, museum, restaurant, or scenic destination you've never visited.



2 Take the Scenic Route

Turn an ordinary drive into a fall-color adventure. Stop for photos, lunch, shopping, or a spontaneous detour.



3 Try One New Thing

Choose a food, class, activity, event, or experience that is completely new to you.



4 Create an Adventure List

Write down five experiences you'd love to have during the next year and start planning one now.



5 Collect Memories, Not Just Things

Take pictures, keep a travel journal, save a ticket stub, or bring home one meaningful keepsake from your adventures.



Explore  Discover  Experience  Enjoy



Beauty Bon, Vivant, LLC

Live Life Well!

BBV

NEXT LEVEL

Lifestyle

MEMBERSHIP CLUB

Discover a world of luxury and personal growth at Beauty Bon Vivant. Immerse yourself in exclusive workshops and rejuvenating retreats tailored to elevate your mind, body, and soul.

Become a member today to unlock a treasure trove of benefits and gain access to our coveted special events. Embrace a life of sophistication and fulfillment with BBV as your guide to a more vibrant and enriched lifestyle.

Live the life you love and love the life you live with special curated carte blanche personal enrichment workshops that help you to live life well!



Note: *We offer 4 different Membership Levels, each with their own exclusive benefits and events.*

So, whether you join us for our monthly on-line Coffee Connections and Cocktail Conversations, or our quarterly curated lifestyle mini Lunch & Learn Webinars and in-person half-day workshops, we look forward to welcoming you to our BBV Community.

For more info and membership details, go to:

www.beautybonvivant.com

Questions? – Contact Vitalia directly at:

Phone: (952) 221-1701 or

Email: vitalia@beautybonvivant.com



Schedule
TIME WITH
Vitalia



Become a member of the Sisterhood Sorority!

- * Are you a woman with a busy life?
- * Are you seeking stronger feminine connections?
- * Do you seek more work and play balance?
- * Do you yearn for more fun but need to plan it into your schedule?

If you answered yes, to any of these questions, then we invite you to join the Sisterhood Sorority – a FREE women's social & adventure club designed to foster more friendships, fulfillment, and fun!

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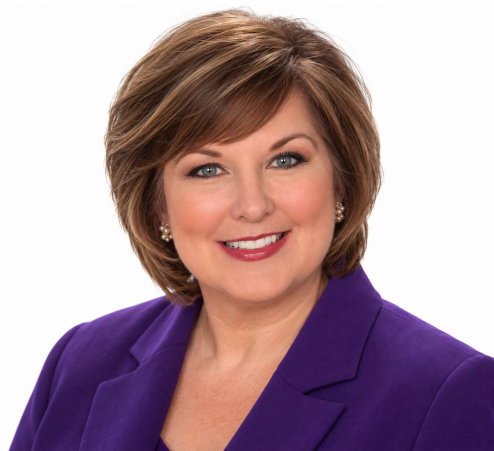
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Phone: (952) 221-1701 or Email:
Vitalia@beautybonvivant.com

Vitalia Bryn-Pundyk
Founder of Sisterhood Sorority, LLC



See Membership Enrollment Details & Benefits Below!

Membership includes:

Invitations to Monthly “in-person” social connects.*

*Note: Monthly “in-person” social connects may incur additional fees for various food, transportation, lodging, admission, or ticketed events. These are well-organized, planned outings, such as: field trips, dinners, lunches, brunches, movies, game nights, museums, art exhibits, theater, sports, concerts, fairs, etc.... and will occur on various dates. Every effort will be made to provide at least a 2-3 month notice detailing upcoming “social connections.” We look forward to having you join us for as many as you can!

May your days be filled
with *beauty* and your
moments with *gratitude*.

— UNKNOWN



Beauty Bon Vivant





A PERSONAL NOTE FROM VITALIA

Harvest the Joy!

Dear Friends,

October reminds us that life is full of color, change, and wonderful possibilities. As the leaves turn brilliant shades of gold, orange, and red, may we remember to slow down long enough to enjoy this beautiful season—and perhaps have a little spooky fun along the way! 

This month, I encourage you to harvest the good things in your life: cherish the people you love, make time for what brings you joy, pursue something that excites you, and create a few wonderful new memories.

And just like the autumn trees, don't be afraid to let go of what you no longer need and make room for something new.

Wishing you a colorful October filled with laughter, friendship, adventure, gratitude, and plenty of reasons to celebrate! 

With love & enthusiasm,

Vitalia 

Vitalia Bryn-Pundyk
M.Ed/DTM/DPP

*"Harvest the joy,
embrace the change,
and make every
season of your life
worth celebrating!"*



— Vitalia Bryn-Pundyk

CELEBRATE 

CHERISH 

EXPLORE 

ENJOY 

*Grateful
for this
Beautiful
Life* 

*Good
Ideas
Brighter
Days* 

October
To Do List:

- ☒ Be Present
- ☒ Find Joy
- ☒ Try Something New
- ☒ Make Memories
- ☒ Celebrate Life! 

Celebrate  *Cherish*  *Explore*  *Enjoy*

Monthly Message from Vitalia

Thank you for reading! Stay inspired, stay beautiful. Live life well!



Come join our community - There are many ways to connect!

Subscribe to our free monthly newsletter, "The BBV E-zine."

Beauty Bon Vivant Magazine (BBV E-zine), is an online magazine dedicated to personal enrichment in order to live life well. Our content covers a wide range of topics, including beauty, fashion, health and wellness, family, finances, relationships, recipes, and recreation. Enjoy brief informative articles, expert interviews, inspiring stories, and practical tips for personal growth. Our mission is to create a community of life-enriched women who live the life they love and love the life they live! - www.beautybonvivant.com

Become a Member of BBV

Next Level Lifestyle Membership Club offering curated carte blanche personal enrichment workshops and weekend retreats. Note: We offer 4 different levels of membership with exclusive event invitations for each! - www.beautybonvivant.com

Become a member of the Sisterhood Sorority! - www.beautybonvivant.com

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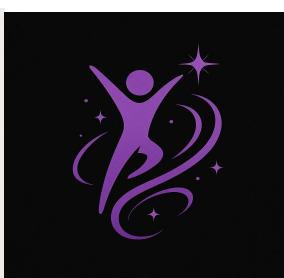
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Schedule time with Vitalia! - Call (952) 221-1701 or Email: vitalia@beautybonvivant.com

- * One-on-one weekly/monthly in-person and/or zoom coaching sessions.
- * Friendship Friday.
- * Customized VIP Day.
- * Lunch & Laughter.
- * Coffee Connections and/or Cocktail Conversations.
- * Girlfriend Gatherings.



Please visit us at www.beautybonvivant.com





“

Make time for
growth, gratitude,
creativity, and joy.
Life becomes more
meaningful when we
intentionally create
beautiful moments
along the journey.



— Vitalia Bryn-Pundyk

One day
at a time.
One step
at a time.



Plan
Your Dreams
Live
Your Purpose



Today I am
Grateful For



- ♥ My health
- ♥ My family & friends
- ♥ New opportunities
- ♥ Small moments
- ♥ Big dreams



Notes from
the Heart



I am becoming
the best version
of myself.



Enjoy
the little
things



LIVE BEAUTIFULLY

CHOOSE JOY

FOLLOW YOUR HEART

Believe

