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set the
atmosphere

Woman of Substance Principles

- She knows she is loved.
- She loves herself.
- She knows who she is and what she wants.
- She has a vision for her life.
- She doesn't play with people. She doesn't play games.
- She has a job/career.
- She is focused.
- She has a healthy circle but is also fine by herself.
- She loves her family.
- She loves her children and will fight for them.
- She advocates for herself and her family.
- She is self-aware.
- She has a business or business ideas.
- She is actively improving every day.
- Her home is her kingdom.
- She invests in her future.
- She eats and drinks well.
- She takes care of herself.
- She shares her gifts and talents.
- She lives on purpose.
- She is in control of her life.
- She asks for help.
- She's seen enough destruction and dysfunction that she ends it for her life.
- She has seen enough patterns in her life to know she has to change.
- She doesn't let anyone or anything get in the way of her life. She perseveres through tough times.
- She is a constant learner.
- She becomes an active, present, available parent.
- She understands she has a limited amount of time to teach and influence her children. She makes the best of the time she has.
- She nurtures and cultivates what is within.