

ISSUE 3

MARCH 2024

MY LIFE AS A MOM

Love Life As It Is. Enjoy What You Do

HAPPY
Easter

BOOK OF THE MONTHS

The Great Undoing
By Daisy Haites

RECIPES OF THE WEEK

Weekly blog featuring tasty recipes.

LET'S TALK GARDEN

Preparing Your Garden for Spring: Winter Cleaning

DAYS OF THE YEAR

- Easter
- National Reading Month
- St. Patrick's Day
- National Colon Cancer Awareness Month
- Epilepsy Awareness Month
- Development Disability Awareness Month
- Brain Tumour Awareness Month
- National Women's History Month
- National Nutrition Month

QUELA'S DESIGNS & PLANNING

Shop Your Favorite Merch

EDITOR'S NOTES

WINTER AFFILIATES

Check out some great deals for the Winter from my affiliates.

Look out for great deals on My Life as A Mom website.

Affiliates

Cricut
Cents of Style
The California Wine Club
Kiyonna Clothing
Seven Sister Scones
EasyCloset
ShareaSale
Minted
Monday.com
Basic Invites
BeeBeeCraft
Brytn Smile
AccuQuilt
Art of Tea
momAgenda
ist in Coffee
Barkev
Natalie Mills
Amazon
Tea Collection
Bumpin Blends
Wickbox
Garden in Minutes
Decor Steals
and more..

Website:
mylifehobbiesasamom.com



Happy Spring Everyone!

Join me this March for a range of exciting Spring activities on My Life As A Mom. Explore the book of the month, garden plans, recipes, quotes, crafts, daily questions, and more. Let's also celebrate St. Patrick's Day and Easter with some simple D.I.Y. content this month. I trust you'll find as much joy in reading this month's posts as I did in creating them.

Sincerely,

Taquela Hudson

Blogger & Editor

Calendar 2024

January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

S	M	T	W	T	F	S
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March

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31						

April

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28	29	30				

May

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23	24	25	26	27	28	29
30						

July

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21	22	23	24	25	26	27
28	29	30	31			

August

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18	19	20	21	22	23	24
25	26	27	28	29	30	

September

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8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30					

October

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

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					1	2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SOCIAL MEDIA

FOLLOW MY JOURNEY AS A MOM ON SOCIAL MEDIA AND STAY UP-TO-DATE WITH
OUR WEEKLY NEWSLETTER AND MUCH MORE.

SUBSCRIBE ONLINE

Social Media

Facebook: @mylifehobbiesasamom | @quelasdesign

Facebook Group: Quela's Sip & Party

Instagram: @mylifeasamomblog | @quelasdesign

@quelassipnparty

Website

Blog: www.mylifehobbiesasamom.com

One Hope Wine:

<https://www.onehopewine.com/myshop/taquela-hudson>

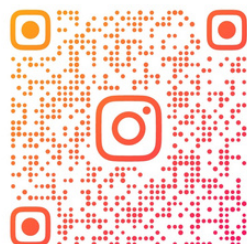
doTerra: my.doterra.com/quelascents

Etsy Shop: www.etsy.com/shop/quelasdesign

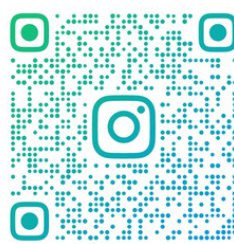
Facebook Group
@QUELASSIPNPARTY



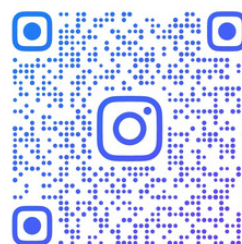
Facebook Page
@MYLIFEASAMOMBLOG



@QUELASDESIGN



@MYLIFEASAMOMBLOG



@QUELASSIPNPARTY

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Craft Time 
3 Get Ready with ME!	4 Mindful Monday 	5	6 Wine Wine Winesday 	7 BUT FIRST! Skin care Thursday 	8 COOKBOOK OF THE MONTH 	9 Garden Time  Flower of the Month
10 Get Ready with ME! Make-up of the Month 	11 Mindful Monday 	12	13 Wine Wine Winesday 	14 BUT FIRST! Skin care Thursday 	15 BOOK OF THE MONTH 	16 Craft Time 
17 Happy St. Patrick's Day Get Ready with ME! Essential Oil of the Month 	18 Mindful Monday Art of the Month 	19 Spring Begins 	20 Wine Wine Winesday 	21 BUT FIRST! Skin care Thursday 	22 DAUGHTER BOOK OF THE MONTH 	23 Garden Time 
24 Get Ready with ME!	25 Mindful Monday 	26	27 Wine Wine Winesday NEW ITEM OF THE MONTH 	28 BUT FIRST! Skin care Thursday 	29 ART OF THE MONTH 	30 Craft Time 
31 Get Ready with ME!						

Feel Free To..

GARDEN

FRUIT OF THE MONTH

Blueberries are loaded with anthocyanins, which are known to help reduce the risk of chronic disease. According to a 2020 review in *Advances in Nutrition*, these compounds combat oxidative stress and inflammation—two significant factors in developing chronic disease.

Blueberries deliver vitamins C and A, which are needed to maintain good vision and potentially reduce the risk of age-related macular degeneration, per a 2019 review in *Antioxidants*.

Reference:

<https://www.eatingwell.com/benefits-of-blueberries-8369265>



BLUEBERRIES

MY GARDEN

Transplanting

I like to transplant all of my vegetable to their new home after the last frost of the season.

How to plan for planting?

I like to make a planning schedule of where everything is going to go before, I plant them in the ground.

When the best time to water your plants?

Early morning or late evening





SCENTS OF NATURE

Jasmine is a flower that is admired globally for its sweet fragrance and is used in various products like candles, perfumes, soaps, and lotions.

Gardenia is a genus of flowering plants in the coffee family, Rubiaceae, native to the tropical and subtropical regions of Africa, Asia, Madagascar, Pacific Islands, and Australia

Lavender has various benefits, including improving sleep, treating skin blemishes, relieving pain, reducing blood pressure, lessening menopausal hot flashes, combating fungus growth, and potentially promoting hair growth.

QUELA'S SIP & PARTY
PRESENT

CELEBRATE WOMEN WINE TASTING



Shopping Made
Easy: Simply Scan
the QR Code.



Sip for A Cause

Learn About Metal Health

WITH MACON HEAD SPACE



Their Misson

“Our mission is to provide free access to mental therapy sessions, build partnerships and educate & engage the community with pride, authenticity and originality in order to promote the health and well-being of Black people and other historically marginalized communities.”

Support by Scanning QR Code below:

Learn More About Macon Head Space by Scanning QR Code below



LUCK CHARMS TUESDAY

SUGGESTIVE DRINKS FOR ST. PATRICK'S DAY MADE
WITH SELECTIVE WINES.

POMGRANATE GRAPEFRUIT FROSÉ

RESERVE ROSÉ
SONOMA COAST
\$35

WHITE WINE MOJITO

HOSPITALITY SPARKLING BRUT
CALIFORNIA
\$32

ROSÉ BERRY BLISS

RESERVE ROSÉ
SONOMA COAST
\$35

SANGRIA

HOSPITALITY
RED BLEND
CALIFORNIA
\$32



March



Wine of the Month

Sweet 6-Bundle

A delicious 6-pack for those who enjoy life on the sweeter side. This bundle includes a variety of sweet wines, from Sparkling to Dessert wine, to satisfy all palates.

\$171.00 Retail Price | **\$153.90** Wine Club Price



Bye, Baby

A NOVEL

CAROLA
LOVERING

BESTSELLING AUTHOR OF *TELL ME LIES*

Book of the Month

A missing baby. A fraught friendship. A secret that can never be told.

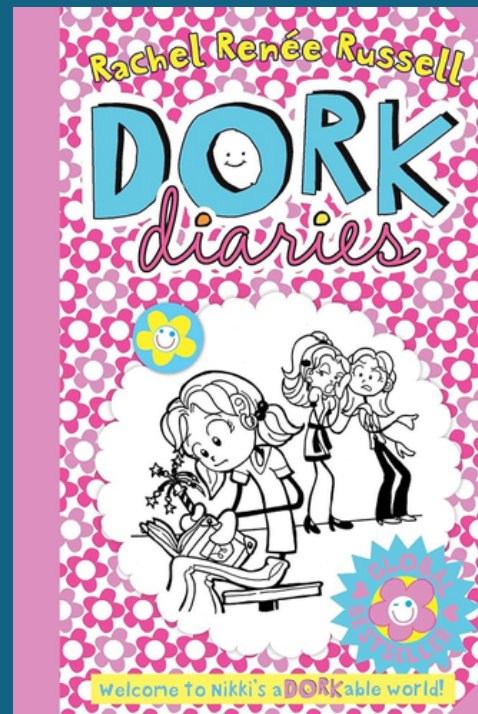
On a brisk fall night in a New York apartment, 35-year-old Billie West hears terrified screams. It's her lifelong best friend Cassie Barnwell, one floor above, and she's just realized her infant daughter has gone missing. Billie is shaken as she looks down into her own arms to see the baby, remembering—with a jolt of fear—that she is responsible for the kidnapping that has instantly shattered Cassie's world.



The Easy SPRING COOKBOOK

125+ Everyday Recipes for the Healthy Home Cook

Cookbook of the Month



Daughter's Choice



BOOK REVIEW

BOOK TITLE

AUTHOR

PAGE LENGTH _____

☐ FICTION ☐ NON-FICTION

GENRES

READING STATUS

DATE STARTED

DATE FINISHED

THE BOOK IN ONE SENTENCE

RATING



MY FAVORITE QUOTE

REVIEW



BOOK CLUB



JOIN ME FOR A BOOK

**DISCUSSION EACH
MONTH**



doTERRA Serenity Sleep System

Better your bedtime routine with the doTERRA Serenity Sleep System. First, inhale the sweet aromatic lullaby of doTERRA Serenity Restful Blend as you prepare for bed. Then take a doTERRA Serenity Softgel so L-Theanine can encourage relaxation and tart cherry can support your body's melatonin production.* Finally, just before you snuggle under the covers, rub the doTERRA Serenity Stick + Valerian onto your feet and pulse points and enjoy its calming aroma as you close your eyes and drift into a wonderful sleep. Combine this three-step system with smart sleep hygiene habits to get the rest you deserve.



**SCAN QR CODE TO
START SHOPPING**

A decorative border of pink cherry blossoms with green leaves frames the top and sides of the image.

Shop Now

Spring SALE

Up to 10% off
with code WELCOME23

Designs

Quela's Designs & Planning
LLC

GET READY WITH ME

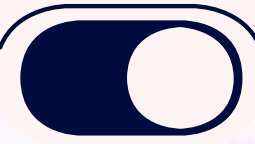
Sunday

- *Food Prep*
- *Get Ready For The Week*
- *Organize Sunday*
- *Moment As A Mother*
-
-
-



Daily Questions

Everyday



QUOTES

Wine Quotes



Mindful Quote



Moment As A Mother

MOMENT AS
A MOTHER

LEARN THE STRENGTH
WITHIN



#Momlife



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MAKE IT YOUR OWN

Whether you want a subtle look or a show stopper, our rings will help you get there.

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100% AUTHENTIC.

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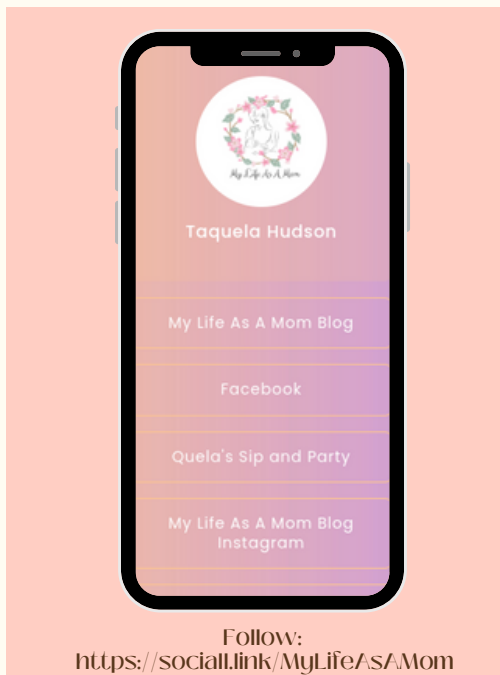
PERFUMANIA

Order Pappy Van Winkle online at Nestor Liquor
& get it delivered right to your door!



NESTOR LIQUOR

My Life As A Mom Newsletter



What to look for?

Top Podcast - Sharing my favorite podcast

Affiliate Post - Check out some deals from some of my affiliates

All About Wine - Wine Wine Winesday every Wednesday

Garden Saturday - Take a Scroll in my garden

MOMENT AS
A MOTHER
LEARN THE STRENGTH
WITHIN

MOM
#Momlife

Natural Cleaning Recipes

Come make homemade sanitizers, disinfectants, and more with me on My Life As A Mom Blog



Design



SKIN CARE

Routine

1 Cleanse

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2 Exfoliate

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3 Hydrate

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4 Moisturize

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5 Protect

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April

Digest
Coming Soon

Published on February 26, 2023