

ISSUE 3

MARCH 2024

W E E K L Y
L I F E A S A
M O M

Live life As If As, Enjoy What You Do

HAPPY Easter



BOOK OF THE MONTHS

The Great Undoing
By Daisy Haines

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

1st 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

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March

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31						

April

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28	29	30				

May

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26	27	28	29	30	31	

June

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

October

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

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8	9	10	11	12	13	14
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

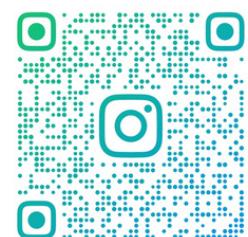
Facebook Group
@QUELASSIPNPARTY



Facebook Page
@MYLIFEASAMOMBLOG



@QUELASDESIGN



@MYLIFEASAMOMBLOG



@QUELASSIPNPARTY

March 2024



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 Mental Health

WITH MACON HEAD SPACE



Their Mission

“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



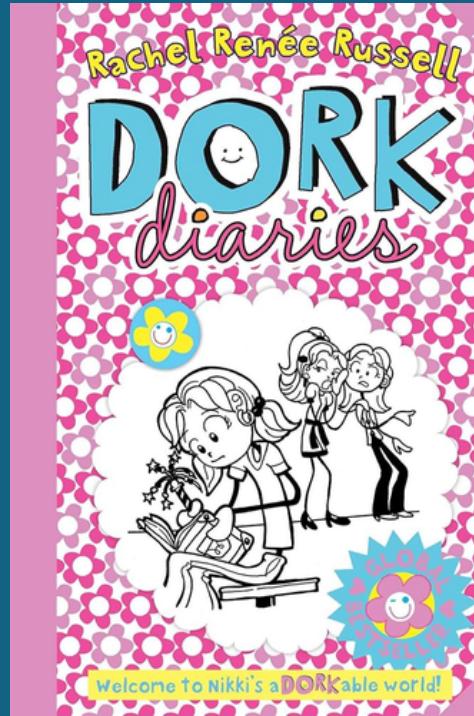
Book of the Month

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.



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



99

MY FAVORITE QUOTE

REVIEW



BOOK CLUB



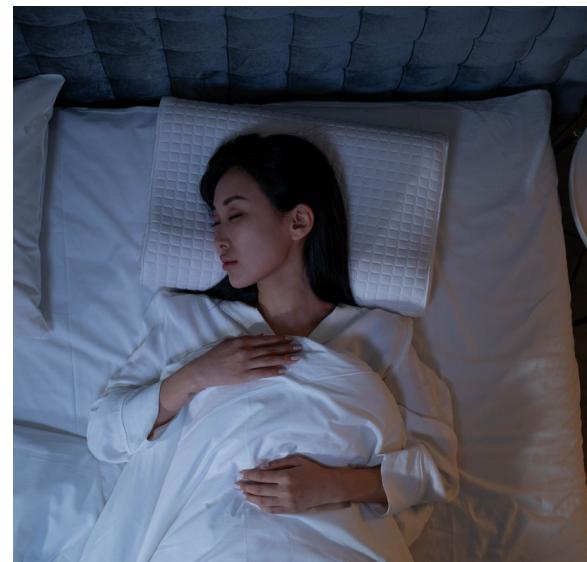
JOIN ME FOR A BOOK

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



Shop Now

Spring SALE

Up to 10% off
with code WELCOME23



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

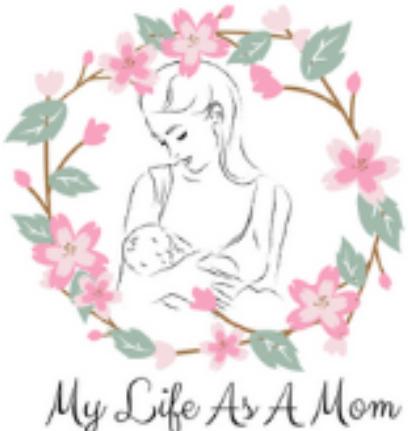


Moment As A Mother

MOMENT AS
A MOTHER

LEARN THE STRENGTH
WITHIN

MAM
#Momlife



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



**PREMIUM FRAGRANCES.
100% AUTHENTIC.**

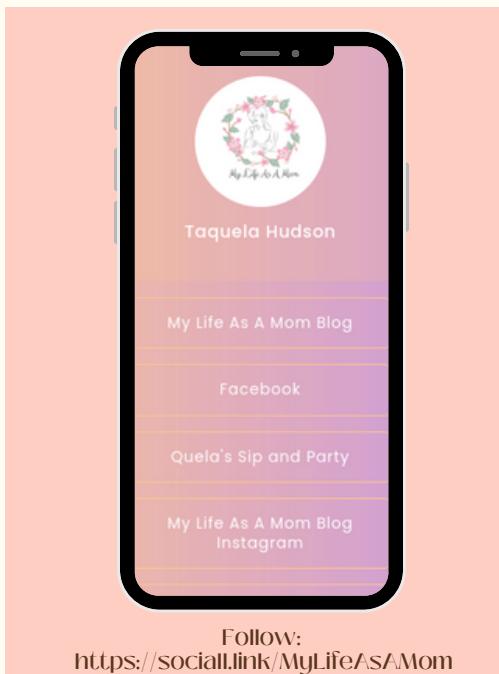
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& get it delivered right to your door!



My Life As A Mom Newsletter



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MOMENT AS
A MOTHER
LEARN THE STRENGTH
WITHIN

MOM
#Momlife



Design



SKIN CARE

Routine



Cleanse

Curabitur vehicula consectetur ligula, eget consectetur lorem tincidunt ut. Curabitur lobortis mi massa, porttitor pharetra lorem imperdiet vel.



Exfoliate

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Hydrate

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Moisturize

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Protect

Curabitur vehicula consectetur ligula, eget consectetur lorem tincidunt ut. Curabitur lobortis mi massa, porttitor pharetra lorem imperdiet vel.



April Digest Coming Soon

Published on February 26, 2023