

MY LIFE AS A MOM

LOVE LIFE AS IT IS, ENJOY WHAT YOU DO



Upcoming
in November



Halloween Cocktails

ISSUE 10

October 2024

BOOK OF THE MONTH

Crush

By Tracy Wolff

BOOK CLUB REVIEW BOOK REVIEW

RECIPES OF THE WEEK

Weekly blog featuring tasty recipes.

LET'S TALK GARDEN

Preparing Your Garden for Fall

DAYS OF THE YEAR

International Coffee Day
National Cookie Month
National Cookbook Month

QUELA'S DESIGNS & PLANNING

Shop Your Favorite Merch

OF THE DAY...

Herb of the Day
Vegetable of the Day
Flower of the Day
Fruit of the Day
Book of the Day
Art of the Month
and more...

EDITOR'S NOTES

FALL 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:
mylifesthobbiesasamom.com



Greetings, Everyone!

October has arrived, signaling the peak of the Fall season. This month brings an abundance of creativity as we adorn our spaces with Fall and Halloween decorations, indulge in comforting meals, and more. In this edition, I'll be sharing gardening tips, a skincare routine, our book of the month along with reviews, and much more!

Sincerely,

Paquela Hudson
Blogger & Editor

SOCIAL MEDIA

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

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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

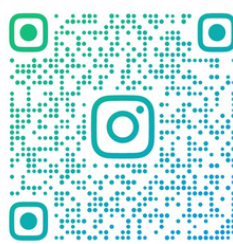
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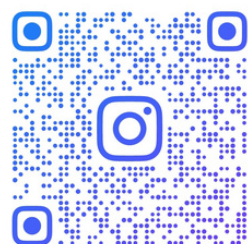
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momAgenda



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DAY PLANNERS FOR MOMS

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DAY PLANNERS FOR EVERYONE






































Day planners designed for your life.

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momAgenda

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Garden Tips 	2 Spooky Cocktails  Wine Wine Winesday 	3 <i>BUT FIRST</i> <i>skin care</i> 	4  of the Month	5 Feel Free to Garden 
6  Mindful Sunday	7 	8 Garden Tips 	9 Spooky Cocktails  Wine Wine Winesday 	10 <i>BUT FIRST</i> <i>skin care</i> 	11  of the Month	12 Feel Free to Garden 
13  Mindful Sunday	14 	15 Garden Tips 	16 Spooky Cocktails  Wine Wine Winesday 	17 <i>BUT FIRST</i> <i>skin care</i> 	18  of the Month	19 Feel Free to Garden 
20  Mindful Sunday	21 	22 Garden Tips 	23 Spooky Cocktails  Wine Wine Winesday 	24 <i>BUT FIRST</i> <i>skin care</i> 	25  of the Month	26 Feel Free to Garden 
27  Mindful Sunday	28 	29 Garden Tips 	30 Spooky Cocktails  Wine Wine Winesday 	31 <i>BUT FIRST</i> <i>skin care</i>  		

Feel Free To..

FALL GARDEN

Want to start a garden? Start small with a patio garden and raised garden bed. Plant some herbs, tomato, or flowers and watch them grow.



Art of the Month

FALL SCENE

ALEX_UGALEK FROM GETTY IMAGE



Recipes

TASTE OF FALL

Check out My Life As A Mom all summer long for cool and delicious recipes to add to your collection summer recipes.



GREENHOUSE GARDEN

Issue 5 May 2023



LEARN PLANT GROW

Come join me in my garden for a fun, exciting, educational way to grow your vegetables at home whether its big or small.

mylifehobbiesasamom.com



Learn About Gardening



Outfit of the Week

STYLE YOUR WEEK WITH ME



Skin Care

MORNING & NIGHT ROUTINE



My Go-To

FAVORITE PRODUCT



**GORGIOUS SHAGGY HAIRCUTS NATURAL BLACK
CURLY WIG WITH BANGS**

Coffee or Tea



*Learn About
Gardening*





BELL PEPPERS

Red Pepper

These plants thrive in raised beds, containers, and traditional in-ground gardens. When planting, space them 18 to 24 inches apart in a sunny location with well-drained soil. Pepper plants require a minimum of 6 to 8 hours of sunlight each day. Be sure to incorporate compost or other organic matter into the soil during planting.

Peppers offer numerous benefits. They are low in calories and packed with essential nutrients. All types of peppers are fantastic sources of vitamins A and C, potassium, folic acid, and fiber. Additionally, the spicy varieties can enhance the flavor of bland dishes, making meals more enjoyable.





WITCHES BREW WINE TASTING

GET OUT YOUR FAVORITE POISON

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NEW



Taste the Journey: New Field to Table Red Blend

Discover a wine that captures the essence of the Central Coast in every sip. Scan the QR code for curated recipes and embark on a flavorful journey.

SHOP RED BLEND



The Field to Table Red Blend 2021 is a celebration of California's Central Coast's rich viticultural history. Crafted by the renowned Winemaker Isadora Frias, each bottle from this collection features one of three unique label designs that beautifully capture the rolling hills and coastal landscapes of the region, bringing the vineyard experience right to your table.

Experience a sophisticated palate with bold notes of dark cherry, seamlessly integrated with smooth oak and a hint of exotic spices. The wine's finish is elegantly accented by subtle undertones of leather and dried rose petals, making it a perfect choice for enhancing any dining experience.

Each bottle comes with a QR code that links to specially curated recipes designed to complement the distinctive flavors of the wine. This interactive feature not only enhances your tasting experience but also provides valuable pairing suggestions to elevate any meal.

Wine Series of the Month



2019 Rhone Wolf El Dorado GSM Red

Tasting Notes: It has a rich, dark garnet hue and is aromatically enticing with raspberry, blackberry, and plum. Syrah and Mourvèdre add classic pepper and cocoa nuances, extending the finish with complexity and length. It is exceptionally smooth, featuring supple tannins and juicy, sweet berry flavors that contribute to its overall delightful and enjoyable profile.

Final Blend: **69% Syrah, 27% Mourvèdre, 4% Grenache**

Pair With: Grilled lamb chops

Hold Time: Enjoy now

Alcohol by Volume: **13.9%**

Cheers to another unique wine club find!



START A BOOK CLUB

BOOK OF THE MONTH

Crush

Trust no one.
crush



#1 NEW YORK TIMES BESTSELLING AUTHOR

TRACY WOLFF

READ BY HEATHER COSTA AND TIM PAIGE

Everything feels off—especially me. I've returned to Katmere Academy, but I'm haunted by fragments of days I have no recollection of living and struggling to understand who, or what, I really am.

Just when I start to feel safe again, Hudson is back with a vengeance. He insists there are secrets I don't know about, threatening to drive a wedge between Jaxon and me forever. But far worse enemies are at our doorstep.

The Circle is caught in a power play, and the Vampire Court is trying to drag me out of my world and into theirs. The only thing Hudson and Jaxon agree on is that leaving Katmere would mean my certain death.

DAUGHTER'S CHOICE

The Secret Lake



A lost dog, a hidden time tunnel and a secret lake. A page-turning time travel adventure for children aged 8-11. Now enjoyed by over half a million young readers! Book 2 now available! (The Secret Lake 3 coming early 2024!)

When Stella and her younger brother, Tom, move to their new London home, they become mystified by the disappearances of Harry, their elderly neighbour's small dog. Where does he go? And why does he keep reappearing wet-through?

COOKBOOK OF THE MONTH

Fall Baking

everyone loves a good homemade treat! With this fantastic collection of Cozy Fall Baking Recipes, you will find 100 addictive fall recipes to warm you inside and out.

Cozy Fall Baking Recipes includes 100 easy recipes for harvest apples, autumn nuts, pumpkin spice breads and desserts, fall chocolate, make it with candy, cozy harvest-time fruit recipes, seasonal cranberries, cinnamon scents of fall, honey and spiced latte recipes. Snugly warm recipes that include:

*Bacon 'n Apple Muffins
Pecan Chocolatey Bars
Applesauce Cookies
and more..*





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Matcha Fresca



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menus, table numbers, escort cards, and more.



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Jacket for Wedding Invitations



Neutral Wildflower Vellum
Jacket for Wedding Invitations



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LLC

DAILY QUESTIONS & QUOTES



Wine Quotes



Mindful Quote



Moment As A Mother

MOMENT AS
A MOTHER

LEARN THE STRENGTH
WITHIN



#Momlife





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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



SCENTS OF NATURE



doTERRA Serenity Oil

The soothing and grounding aroma of doTERRA Serenity Restful Blend is a magical mix of CPTG® Lavender oil, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, and Sandalwood essential oils with hints of Tonka Bean and Vanilla Absolute. The blend creates a calming, tranquil atmosphere. Apply one to two drops to the hands and inhale throughout the day to help reduce life's daily stressors, or diffuse at night as part of a positive sleep practice. Diffuse doTERRA Serenity Restful Blend in conjunction with the use of doTERRA Serenity® Stick + Valerian and doTERRA Serenity® Restful Complex Softgels to help you find sweet dreams and a good night's sleep.

Primary Benefits

- Creates a calming atmosphere.
- Provides a relaxing aroma.
- Creates a restful environment at bedtime.
- Encourages a tranquil atmosphere.





doTERRA

Foundational Wellness Bundle



Primary Benefits

Not available for retail purchase. Only available on Loyalty Rewards Program (LRP) orders.

doTERRA believes an improved wellness lifestyle doesn't come with one change.

At the core of our philosophy is the Wellness Pyramid. This revolutionary model can be your roadmap for building a healthy lifestyle. At the base of this pyramid are the first two components of health: nutrition and digestion.

By prioritizing your nutrition and supporting your digestion, you lay a strong foundation that sets you up for success in your overall wellness journey.

With VMG+, EO Mega+, and doTERRA PB Restore, the Foundational Wellness Bundle helps you create a daily routine that lays solid groundwork for a successful future when it comes to your wellness.

This kit includes:

- [VMG+ Whole-Food Nutrient Complex](#)
- [EO Mega+ Essential Oil Omega Complex](#)
- [doTERRA PB Restore ProBiome Complex](#)

Subscription Only

VMG+

- VMG+ supports overall health and wellness, especially when taken with EO Mega+.*
- VMG+ provides essential vitamins and minerals to help fill the gap between diet and recommendations in order to help meet nutritional goals.*
- VMG+ may increase energy levels with a multivitamin and minerals supplement, as supported by clinical research.*
- VMG+ helps maintain important bodily processes for overall health and well-being with vitamins and minerals.*
- VMG+ may support bodily system health, including the cardiovascular and circulatory, digestive, endocrine, immune (healthy inflammatory response), nervous, musculoskeletal, reproductive, respiratory, and urinary systems.*
- VMG+ promotes healthy skin and nails with vitamins A and C and biotin.*

EO Mega+

- Supportive but inconclusive research shows consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.
- EO Mega+ helps maintain a healthy lipid profile already in a normal range.*
- EO Mega+ may support a healthy nervous system and cognitive function because of DHA, an omega-3 fatty acid critical for brain health.*
- EO Mega+ supports a healthy respiratory system.*
- EO Mega+ promotes healthy vascular endothelial function.*
- EO Mega+ helps balance omega-3 and omega-6 fatty acids in the blood.*
- EO Mega+ helps maintain visual acuity throughout life.*
- EO Mega+ may help you feel fuller between meals.*
- EO Mega+ promotes a healthy metabolism and gastrointestinal system because of its limonene content, according to preclinical research.*
- EO Mega+ promotes a healthy gastrointestinal system when the limonene it contains is taken internally, according to preclinical research.*

doTERRA PB Restore

- doTERRA PB Restore supports digestive health and gut barrier integrity.*
- doTERRA PB Restore helps in micronutrient synthesis.*
- doTERRA PB Restore may support skin health, the respiratory and immune systems, and a healthy inflammatory response.*
- doTERRA PB Restore provides a unique formulation of 30 pre-, pro-, and postbiotics and bacteriophages that help restore microbial diversity and balance for optimal microbiome health—all in an easy-to-use capsule.*



SCAN QR CODE TO
START SHOPPING

ABOUT doTERRA

EMPOWERING WELLNESS WORLDWIDE

Since its 2008 inception, doTERRA has provided the highest-quality essential oils to people around the globe. With no industry standard for purity at the time, we created one: CPTG Certified Pure Tested Grade®. This standard ensures you receive only the best essential oils.

Our Mission

doTERRA, meaning "gift of the earth" in Latin, strives to share these natural essential oil gifts worldwide, helping people take control of their lives one drop at a time. doTERRA's mission is to help the world heal. Our commitment to quality and purity drives everything from sourcing to distribution.

Join Our Community

doTERRA believes you deserve the best essential oil education and experiences, so we draw on the power of people via our modernized direct selling model. This approach allows distributors to work directly with customers, helping you learn about and experience essential oils from someone you know and trust. You also enjoy the opportunity to earn extra income to help achieve your financial goals when you build your own doTERRA business. Over 3,000,000 Wellness Advocates now use and sell doTERRA essential oil products worldwide!



NOVEMBER

Digest Coming Soon



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