

Essential News

Presented by:



***In this newsletter
you can expect:***

A Note From Candace

Birthday Shoutout

Essential Listening
&
Essential Read

What's Good?
&
Good News Around the
World

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Resources



Candace Patrice
CEO

EssentialMotivation.com

Welcome!

I warmly welcome you to Essential News, where we aim to share things that are good through information that is healing, informative, and interactive. It is my goal to spread love throughout the world by doing good works myself. I am the first model of Essential Motivation's work, striving each day to live out the principles I share with others.

Part of that mission is sharing what is good within our community and supporting others who are doing good work as well. The best part is that all of this information is free, and I will never charge for it. So please share it with someone else so they can benefit too.

It is my hope that you find joy in what is shared here. For me, joy starts with Jesus Christ. That does not have to be your joy. Follow your own path and allow it to lead you to where you are supposed to be.

-Candace Patrice

A Note From Candace



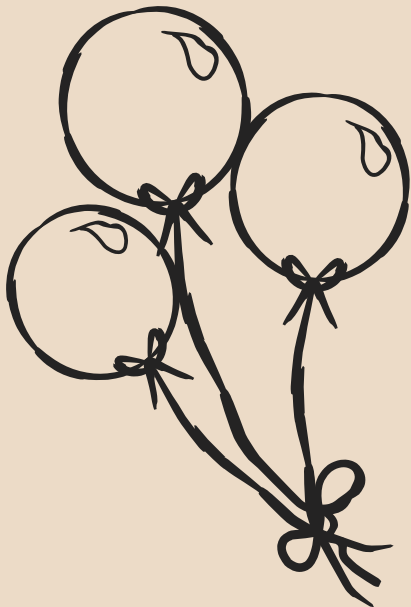
September started off with a bang. I got to speak to my favorite book author on the phone. Bob Goff. If you read last months newsletter you know what his book was the essential read of the month. It was amazing. It's one of those things you only dream about but don't think it will actually happen to you. Crazy story. His number is public and I had looked it up about two years ago and could not find it. Crazy because I knew it existed but all of my efforts to find it were dead ends. End of August I looked it up again and boom, I found it. I was sitting the lunch room at work a few days later and decided to try the number, prompted by the voice in my head lol, and he answered! 12 full minutes of delight. This is the person who encouraged me to live each day as an adventure. Sometimes we have to take the chance to go after something we desire. Make the call, start the business, create the group, enjoy the adventure and experience the fullness of life.

September was also a joy filled month as I celebrated my daughter's birthday! I've been a mom for 11 whole years and I'm still in awe! I'm reminded of all the joys of life and how each moment carries it's own joy. As my dad always said "These days don't come back". So go and live the best day yet remembering each day as an individual opportunity for something new.



Birthday Shoutout

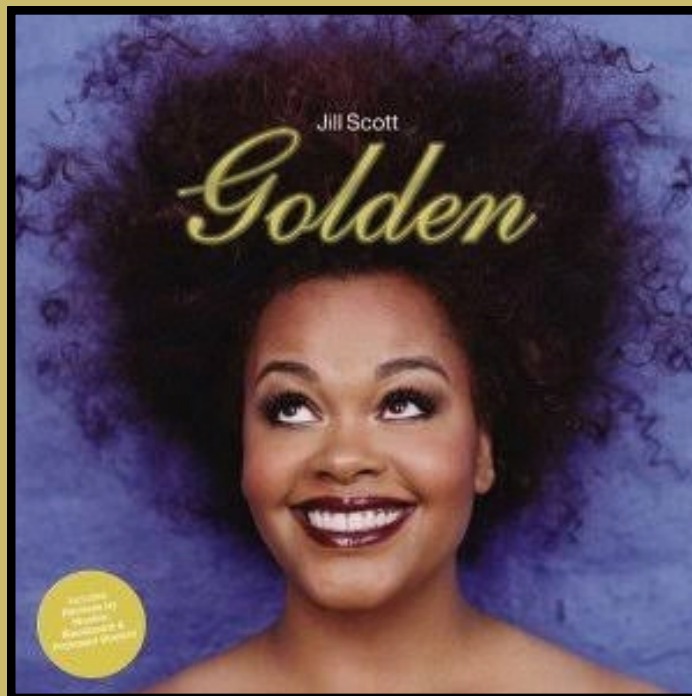
Happy Heavenly Birthday Dad
October 15th



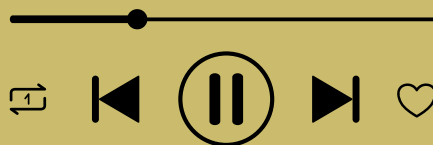
Happy Birthday baby girl
September 8th



Essential Listening

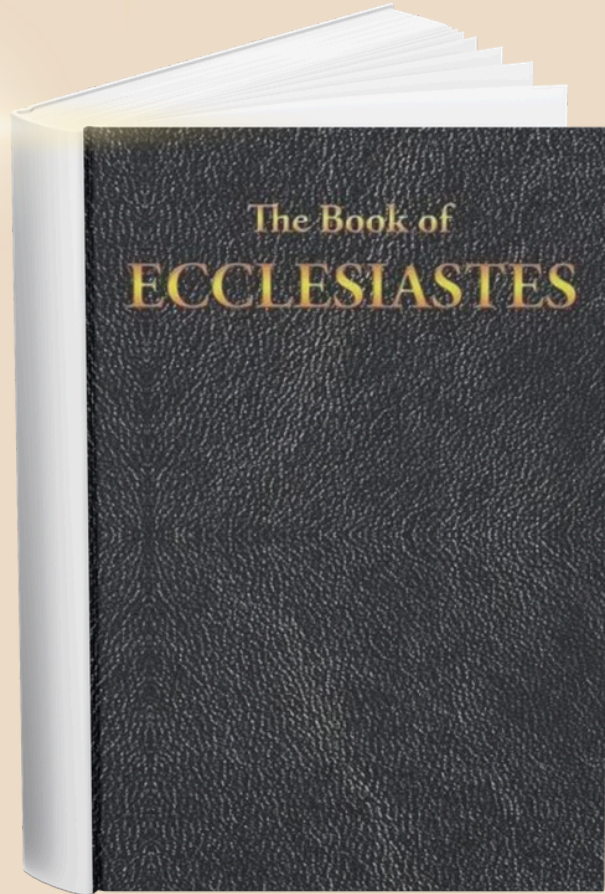


Golden
Jill Scott



Essential Read

Holy Bible “Book of Ecclesiastes”



This book reminds us to live as best we can each day of our lives. You can experience everything in life and it still be meaningless and you still want more but if you live in the moment and do your best only God can judge you.

Ecclesiastes 9:7-10, 12:8, 12:12-14 NLT 9-(7) “So go ahead. Eat your food with joy, and drink your wine with a happy heart, for God approves of this! (8) Wear fine clothes, with a splash of cologne! (9) Live happily with the woman you love through all the meaningless days of life that God has given you under the sun. The wife God gives you is your reward for all your earthly toil. (10) Whatever you do, do well. For when you go to the grave, there will be no work or planning or knowledge of wisdom”

12-(8) “‘Everything is meaningless,’ says the Teacher, ‘completely meaningless.’” (12) “But my child, let me give you some further advice: Be careful, for writing books is endless, and much study wears you out. (13) That’s the whole story. Here now is my final conclusion: Fear God and obey his commands, for this is everyone’s duty. (14) God will judge us for everything we do, including every secret thing, whether good or bad.”

A Life of Adventure



Bob Goff: A Life of Adventure



Bob Goff's Website

What happens when you stop waiting for life to become interesting and start saying yes to the adventure already in front of you? You might end up becoming a lawyer. Spending 16 days in the Pacific Ocean with five guys and a crate of canned meat. Taking your children around the world to eat ice cream with world leaders. Skydiving. Befriending people you never imagined meeting. Becoming the Honorary Consul to Uganda. Starting a nonprofit. Writing bestselling books. Or even helping launch Uganda's first space program.

You might end up living a life that sounds almost made up. That's Bob Goff. Bob spent 25 years practicing law before eventually walking away from his law firm to pursue writing, speaking and a life centered around loving people. Along the way, he founded Love Does, a nonprofit focused on human rights, education and caring for vulnerable people around the world.

But what makes Bob's story so fascinating isn't simply what he's accomplished. It's the way he approaches life. He seems willing to GO. Go meet the person. Go take the trip. Go try the thing. Go love somebody. Go chase the dream. Go answer the phone when a random woman from Michigan calls you during her lunch break. 😊

His adventures aren't just about doing wild things for the sake of having a good story. They're reminders that an extraordinary life can grow from being fully present in an ordinary one. Maybe adventure doesn't always require jumping out of an airplane or traveling across the world. Sometimes adventure is simply having the courage to act on the thought that keeps nudging you. Make the call. Take the chance. Say yes. Love somebody well. Do the thing you've been talking yourself out of. Your life is happening right now. Go live it.

Upcoming..



CIDER, DONUTS, & DIAPERS

OCTOBER 24TH
3-4PM

Are you a mom with a child still in diapers? Well we have the event just for you! Come get free diapers while we sip cider and eat donuts and have mommy time. We will chat for an hour and relax and enjoy being mothers. 10 moms are able to sign up to receive the diapers. All you have to do is sign up and show up.

- *Need child care? No problem. Let us know. We will have a space for your littles so you can relax and enjoy the moment to yourselves.*

35230 E MICHIGAN AVE, WAYNE,
MI, 48184



What's Good?

POP UP
Meet & Greet
— With —
3 Diamonds and A Pearl

SUNDAY, OCT. 4TH
3 pm - 6:30 pm

📍 17200 W 10 Mile Road, Suite 106

Dinners: Ribs and sides
— ♦ —
Popcorn: Variety of flavors
— ♦ —
Desserts: Cakes, cookies & puddings

Lady Dee
— 👑 —
Queen Karen

3 Diamonds and a Pearl will be doing their first Pop up on Sunday October 4th 3pm to 6:30pm. What started off as something fun to do and good to eat has turned into a business by request. Meet the owners Lady Dee and Queen Karen at **17200 W 10 Mile Road, Suite 106, Southfield, MI 48075**. Enjoy good food and conversation. Plus you get to support a local business.

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Podcast

“Essential Mental Healing”



Mental Health Resources

Counseling and Therapy



Tuckerville LLC, Online and In-person sessions, Takes
insurance (See Website for details)

35230 E Michigan Ave, Wayne, MI 48184

Website

313.652.2432



*Nora Mental Health, Online and In-Person sessions, Takes
Medicaid*

17940 Farmington Rd Suite 215, Livonia, MI, 48152

Website

313.351.2098

Before we end, here is a reminder post to keep going...

<https://www.instagram.com/reel/DbQeOhmqCiV/?igsh=aWF2ZmdkNTUyZm03>

Thanks for reading!