

CAYA TURNS 1!!!



November 21, 2024

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"It is impossible to bring more into your life if you are feeling ungrateful about what you have. Why? Because the thoughts and feelings you emit as you feel ungrateful are all negative emotions." —Rhonda Byrnes, Author of 'The Secret', which you should read over Thanksgiving

1 Lesson Learned (in 165 words)

A few times a week, I hop on our Peloton.

There's a leaderboard for each ride, and you can make it visible or hide it.

I hide it. It doesn't motivate me. If anything, it gives me anxiety.

But, at the end of the rides, the leaderboard pops up with your ranking.

I'm always somewhere in the middle, and it's what stays with me after the ride.

- Not that I'm 8 months pregnant sweating on a Peloton.
- Not the motivational mantra from the instructor.
- Not how grateful I am for the 45 minutes to do it.

Instead, too often, I beat myself up for not ranking higher. When I do that, I negate a decent percentage of the good I just did.

Lesson I'm learning? If what we want is success (however you define it), and where we focus is a choice (it is), focus on gratitude and self-love. Not only are you more likely to achieve success, you're more likely to enjoy the journey.

Gratitude Hacks

It's science. Study after study affirms that practicing gratitude can do everything from reduce blood pressure and depression to improve sleep and mood.

This Thanksgiving, make gratitude an active, conscious, daily habit.

HACKS!

1/ Make a "Gratitude" folder in your Notes app. When you feel grateful for something (a parking spot, a port-a-potty, the sun, a hug), make note.

2/ Thank your kids. How often do we say, "Thank you" when they've earned it? One of the best ways to start and nurture a new habit is to model it.

3/ You've heard this one, but it's time to do it. Fall asleep reciting what you're grateful for. If it's uncomfortable, start with your immediate environment: your warm bed, cozy pillow, nighttime skin serum.

Soon, you'll graduate to being thankful for traffic jams and teeth cleanings.

And if I haven't said it recently, or even if I have, THANK YOU!

3 Favorite Things 🥰❤️👉👉👉

Check out this week's favorite things from Caya Founding Members. Send me yours at hello@cayamoms.com.

1. [THIS game for family game night](#). Easy to tote to Grandma's and fun for all ages 👍
2. [THESE underwear for women and teens](#). Tested and approved, these comfy, washable, reusable panties are your alternative to bulky pads. 🙌
3. [THIS to keep your kids busy](#). Educational, creative, lasting fun, wherever your holiday travel plans take you. 🙌

POP! (Progress Over Perfection)

- The website is being coded! Some great feedback from Team Caya on last night's call, so I'll make those updates and we'll be live!
- Making a few minor design changes to the app, but otherwise rolling.
- Taking next week (mostly) off to focus on my last-ever Thanksgiving with a bun in the oven.

One year ago this month, I flew to Portland for a few hours to meet with a mentor I adore and trust, pitch Caya, and ask him to advise me. I was SO nervous, but good nervous.

He saw the potential, accepted the invitation, and we were off!

Then last night, I previewed the website to a collective of brilliant women committed to Caya's mission. Next, you'll see the app. 🥂🥂🥂

Thank you. Not a chance we're here, or where we're headed, without your brains, heart, and vision.

HAPPY BIRTHDAY, CAYA!!! Thank you for this beautiful ride.

AND HAPPY THANKSGIVING, TEAM!!! See you in December. 💖

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