

Caya Connects

December 12, 2024

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“A girl should be two things: who and what she wants.”
—Coco Chanel, *complicated, flawed, builder of a timeless empire*

1 Lesson Learned (in 208 words)

Last weekend, I went to Sedona with 2 Caya Founding Members.

My dear friends for over a decade now, they are bright, shining, imperfect, beautiful stars, and for 3 days, we all got to bask in ourselves and each other.

We had no agenda.
We were responsible for no one.
We ambled and meandered and breathed.

We talked about all the things.

We created a safe space for each other to be ourselves, ask questions, and admit feelings.

We spent hours in nature.

We ate exactly what we wanted, when we wanted, and had uninterrupted conversations.

The omnipresent mental and emotional load of motherhood, house manager, vibe manager, and holiday CEO, for a moment, was overshadowed by a warm, fluid, happy calm.

By Sunday, we were all excited to get back to our lives, rejuvenated and grateful.

Meanwhile, at home, our partners had connected with our kids in ways they can't when we're there.

Deciding to go was step 1.
Booking the details was step 2.
Leaning in without a trace of guilt was step 3.

You deserve to take these steps, too.

Lesson Learned? Success in motherhood isn't being around all of the time. It's whatever you decide it is. Take time to write your own definition.

HACK OF THE WEEK

Maybe it's the altitude, but my kids drink so much water, which of course means they were always asking me for water.

So, I moved the cups to a shelf under our countertops, and put a filtered water pitcher there.

Getting water is now self-serve, and I swear it's added hours back to my day.

Move the cups!!

What else have you done to delegate a task to your kids? Share at hello@cayamoms.com.

3 Favorite Things 🥰❤️👍👩🌟

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

1. [THIS hairbrush for detangling](#). I passed down my rat's nest hair. This is the first brush that painlessly relieves even morning tangles for my girls. 👍
 2. [THIS almond flour choc chip cookie recipe](#). Sooo yummy. I cut back a little on the brown sugar, and replace coconut oil with a seed oil (don't love coconut oil). Enjoy! 😊
 3. [THIS Spotify holiday playlist to spice up the classics](#). If you need a break from Mariah, try this mix that features newer holiday faves.
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POP! (Progress Over Perfection)

- I can't believe I'm about to write this, but WE HAVE AN APP! I downloaded it in TestFlight yesterday with our product team, and guys... it was a mom-ent. Next week on our last call of the year, I'll help our Caya Founding Members download it and start playing. Christmas comes early!
- Thanks to feedback from some of YOU, I added an About page to the website. So during next week's holiday party, we'll also preview the site. Wahoo!
- Between the holidays, my due date, a consulting project I need to finish, and serving as GC for our new house, I'm at capacity over the next few weeks. In the name of patience over perfection, I'm holding on a broader Caya launch until early spring. Very excited about the time this will give us to get it right, and build a brand we're proud of.

Today, I'm thankful for cough drops. I'm thankful for our nanny, who's hanging with Colt so I can write this from bed after a sleepless night. I'm thankful for baby kicks. He's dancing all around right now. And I'm so thankful for each of you. Your encouragement means more than you will ever know. ❤️

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