

Caya Connects

November 14, 2024

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“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”

—Oprah Winfrey, builder of empires, maternal guide to millions, hater of gum

1 Lesson Learned (in under 150 words)

Recently, I did something I’ve historically had a really hard time doing.

I reached out to a friend for help.

Not just any friend. A **NEW** friend. 🤔🤔🤔

I’d been struggling with a decision, and I knew this friend could relate to my feelings.

I texted her, “Can you come by for some tea tonight? Need your help.”

She almost immediately said, “Yes! I’ll be there around 4.”

She was.

We sat on my sofa, drank tea, and talked.

I shared why I was struggling with this choice, and she shared her experience.

She defied ALL of my expectations when she didn’t laugh at me, call me names, or ridicule me for my silly, first-world problem.

When she left, I felt better. I felt clearer, less alone, and seen.

Lesson Learned? There's no medal for figuring it out on your own. Let friends do what friends are supposed to do.

History-Making Moms

On November 14, 1960, 6-year-old Ruby Bridges walked into William Frantz Elementary School in New Orleans as the first African American child to attend the all-white school.

She wasn't allowed in the cafeteria or on the playground. She was abused and taunted. She was taught by 1 teacher, alone, every day.

But, she stayed. The whole year.

Today, Ruby is a mom, loss-mom, activist, and recipient of the NAACP Martin Luther King Award and the Presidential Citizens Medal.

Thank you, Ruby, for reminding us that we can do (extremely) hard things. ❤️

3 Favorite Things 🥰❤️👉👉👉

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

1. [THIS magazine for kids](#). The holiday gift that keeps giving, spurs conversation, and doesn't have parts. 👍
 2. [THIS YouTube Fitness Channel](#). I love her because she doesn't talk. Also, she has a workout for every mood, time, and goal. Tap "Playlists."
 3. [THIS Netflix doc](#). Strong women at the peak of their competitive lives, living, traveling, and taking on corruption?? I'm in.
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POP! (Progress Over Perfection)

- The website is almost done, which is really freaking exciting and makes this whole thing very real, because when it's done, we can launch the brand.
- The app is looking so good (thanks product team)
- I sent Space Names this week, as the team moves from working on the onboarding and profile flows to Home and Spaces. Thank you to those who sent feedback!

Today, I'm thankful that it's sunny and 60 degrees. I'm thankful for my weekend getaway to (very cool) Kansas City with Kirk. And I'm thankful to my dear friend, Tracey, for living so close.

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