

APRIL 2024

# Clearest Conscious: Holistic Lifestyle Coaching

APRIL 2024 | WWW.CLEARESTCONSCIOUS-HLC.COM | 317-661-1264



## Clearest Conscious: Holistic Lifestyle Coaching

Promoting Empowerment Through  
Acknowledgement, Accountability, & Integrity

### Monthly Newsletter

Thanks for being a part of & supporting the Clearest Conscious Community. Here, you will find additional valuable reading content to empower your mind, body, spirit, and financial wealth!

This is the first CCHLC Newsletter sent out. Please go to [www.clearestconscious-hlc.com](http://www.clearestconscious-hlc.com) to subscribe or become a member of community built on holistic well-being.



#### MIND

The month of April is National Stress Awareness Month. In today's society, stress has somehow become part of our "norm" in everyday living. With that being said, the severity of the repercussions of stress factors in our lives are often overlooked, ignored, or downplayed.

Even the way the term and concept of stress is expressed individually shows an indicator of lack in self care. How many times do we verbalize that we are "stressed out"? More importantly, how often do we identify with this feeling or emotion in a sense of some impending doom?

All the while, we fail to recognize the detriment that we impose on ourselves by choosing and allowing ourselves to lose control of our own sense of holistic stability. Let's take a look at how we can take back that control and live a more stress free life.

[Click here](#) to read more on this story on the CCHLC Blog Page.



#### BODY

Spring time is the perfect time to start getting those summer-ready outfits out. Keep in mind, however, that, depending on the region you live in, the weather still has the tendency to bring back that winter chill before the warmth really settles in.

The cold and flu bug are still just as ramped up about this season as we are, so be sure to take precautions to combat getting sick.

#### Here are just a few tips to consider:

- Check the weather forecast. both the night before as well as the morning of (the weather could shift between time).
- Always keep weather appropriate emergency clothing items in your car (sweater/jacket, weather appropriate shoes, pair of sweatpants (easier to pull over shorts), hat, umbrella, blanket)
- Avoid going out with wet hair in colder weather, even if the forecast calls for warmer weather *later*.
- Keep those feet covered! Avoid shoes that expose your feet during colder weather. Be patient, the time for sandals is coming.

Hope these tips help you go into the Spring season healthy and happy!



Spotlights Of The Month  
*Angelina Tardy, Owner & Author*

#### April Awareness & Causes

- National Stress Awareness Month
- Month Of Growth
- National Child Abuse Prevention Month
- National Autism Awareness Month
- National Minority Health Awareness Month

[Click here to visit my website Blog to read more on some of the above topics.](#)

VISIT OUR WEBSITE FOR MORE INFO, TOOLS, & RESOURCES  
[WWW.CLEARESTCONSCIOUS-HLC.COM](http://WWW.CLEARESTCONSCIOUS-HLC.COM)

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#### SPIRIT

April signifies a month of growth; and what better (other than self) to watch grow and flourish other than plant life?

Did you know that there are a multitude of plants that induce and enhance the positivity of your environment? Plants resemble amazing life and creation that does not require the participation of man's hands, yet produces the very life we breathe. Absolutely marvelous!

Believe it or not, when left in the hands of man, all plant life is not so easy to sustain; (I know from experience).

I want to challenge you to enhance your living and working environment by adding a plant of your choice. This month, I have highlighted different plants that promotes a positive environment for you.

[Click here](#) to see my plant picks and engage and share your thoughts and feedback in the comment section of the blog. Which plants do you have? Which are the easiest or more difficult to care for? What are your tips and tricks for plant care?



#### FINANCIAL WEALTH

Tax refund time is here again. I am pondering if there is a grey area to this topic? On one side, if you have a huge tax return (as an average working citizen), you are more than likely below the "middle class" status. If you are "above middle class" status, you probably owe. Not seeing a lot of grey there. Now, this is just my personal experience (on both ends) along with detailed observation with clarification.

Before you plan on spending any return you may be receiving, join in on this quick forum conversation to help make sense out of your dollars. I want to hear from you. What are your thoughts on taxes and tax refunds? Could there be a better system to ensure citizens had better control of their financial wealth and how it is spent by way of taxes?

[Click here](#) to go to my forum page and share your thoughts today! We look forward to you sharing!



#### Subscriber Highlights Of The Month

Angelina Tardy, Owner & Author

#### Wealth Builder's Alliances

Join myself & other guests Live on YouTube & Facebook every Friday at 7pm EST/ 6pm CST to have an open discussion on understanding financial wealth.

Watch replays on the social media sites or on the Clearest Conscious website, where you can access resource materials related to my broadcasts.

YouTube Channel:  
[Clearest Conscious-HLC Podcast](#)

Facebook Page:  
[Clearest Conscious](#)

#### CCHLC Daily Affirmations

[Click here](#) to get your daily dose of positivity with Clearest Conscious Daily Affirmations.

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## EXTRA Page

Find Additional Community Tools & Resources Here

### WELLNESS PRODUCT OF THE MONTH



My chosen Melaleuca Wellness Product of the month is the Sei Bella Beauty Line.

This month is the perfect time to pamper yourself with *only* the best! Sei Bella offers top of the line beauty products for both men and women.

With Mother's Day just around the corner, this is a perfect time to become a Melaleuca customer and get all your shopping done in one spot; giving money-saving gift of beauty and well being.

[Click here or on the image above](#) to learn more about this product.

Ask me how you can start shopping, saving, and EARNING for this & over 400 other all-natural, everyday products today!

### SAVINGS FOR YOU



Have you heard the saying, "never put all your eggs in one basket"? Well, Acorns allows you an additional option to not only invest but grow your financial wealth. You can do this by simply investing your spare change!

The mainstream banks are not invested in growing your wealth. This is a financial responsibility that is left solely up to you. make today the day that you take control of your wealth.

Go to my website under "Acorns: Coin Conscious" and sign up today! When you do, Acorns will match your first \$5 investment to help you get off to a good start.

[Click here to sign up today!](#)

### PROTECTING IDENTITY FROM SCAMMERS



INFOGUARD ADVANCED IDENTITY PROTECTION  
Protect your good name

Plans start at \$7.99 and 2 points per month. Guard your

Protect the identity of you and your loved ones with Melaleuca's Info Guard!

Melaleuca offers top of the line, state of the art identity protection against the rise of scammers at the lowest rates around.

Don't go broke trying to keep your family safe. Ask me how you can save money while protecting your assets.

[Click here to learn more](#)



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