

HEALTHY LIVING WITH TAMMY

THE MONTHLY BUZZ

A Lovely Life



Hello Everyone! I hope you all are doing well, and staying happy and healthy! Most of you have heard the phrase “Its a lovely life” but what does it truly mean to have a lovely life? Good health? Happy relationships? A big boat on the water? Wealth? I believe all these things can help promote a lovely life, but to me a lovely life is much deeper. To me a lovely life means embracing a mindset of gratitude, joy, and balance. It’s not about perfection or having everything figured out, but rather appreciating the beauty in both the simple and extraordinary moments. In this month’s newsletter we will be covering all things lovely! Self love tips, a “pretty” tasty recipe, and a product highlight, and just some things you may have not known!

Self-love is one of the most transformative forces in life. It is the foundation for happiness, inner peace, and meaningful relationships. When you truly love yourself, you stop seeking validation from the outside world and instead find fulfillment from within. Self-love is a lifelong journey, one that begins with the simple choice to be kind to yourself today. Let’s look deeper into Self Love. Are you loving yourself the best you can?



The Power of Self Love

Self-love is the foundation of a happy and fulfilling life. It is the practice of accepting yourself fully, recognizing your worth, and treating yourself with kindness and respect. When you cultivate self-love, you stop seeking validation from others and instead find confidence and peace within. It allows you to set healthy boundaries, make choices that align with your values, and embrace both your strengths and imperfections. Self-love is not about being perfect, it's about appreciating yourself as you are while continuing to grow and evolve. Loving yourself means prioritizing your well-being, both mentally and physically. It involves engaging in self-care, speaking kindly to yourself, and letting go of self-doubt. When you truly love yourself, you develop resilience in the face of challenges, knowing that setbacks do not define your worth. Self-love empowers you to walk through life with confidence, knowing that you are enough, just as you are. Many people struggle with self-love due to societal pressures, past experiences, and negative self-talk. However, self-love is a practice that can be cultivated over time. By embracing gratitude, surrounding yourself with positive influences, and replacing criticism with compassion, you begin to shift your mindset. Every act of self-care, every positive affirmation, and every moment of self-acceptance brings you closer to living a life rooted in love and authenticity. Ultimately, self-love is the key to inner peace. When you love yourself, you radiate that love to others, creating healthier relationships and a deeper connection with the world around you. It is a lifelong journey, one that requires patience, self-awareness, and a willingness to nurture yourself. Remember: you are worthy, you are enough, and you deserve love, not just from others, but most importantly, from yourself.



I have created this 7 Day Self Love Guide, that I encourage and challenge you to take part of! Below is a link that will take you to the guide. Each day will be filled with different practices, prompts, affirmations, and reflections to help you cultivate self love! May this guide be healing to you!

[7 Day Self-Love Guide](#)

Strawberry Yogurt Clusters



These Strawberry Yogurt Clusters, are everything lovely this season! Not only are they a healthier option for sweet treats, they taste AMAZING! Let me know what you think of this famous recipe by many!

What you need :

- 1 1/2 cups chopped strawberries
- 1 cup plain greek yogurt
- 1 tbsp honey
- 1 tsp vanilla extract
- 1 cup semi sweet chocolate chips
- 2 tbsp coconut oil

How to make:

1. Chop strawberries, add plain greek yogurt, honey, and vanilla extract to a large bowl. Mix til well combined
2. Add about 2 tbs of strawberry yogurt mixture to a parchment paper lined baking sheet or large plate to form the clusters. You should be able to make approx 10 clusters. Next place the baking sheet with the yogurt clusters in the freezer. Freeze until they are completely frozen and solid, about 1-2 hours.
3. Once frozen, melt the chocolate and coconut oil together.
4. Remove the frozen yogurt clusters from the freezer and carefully dip each one into the melted chocolate. Make sure each cluster is thoroughly coated. Once coated with chocolate, place each cluster back on the prepared baking sheet. Add a sprinkle of sea salt if you'd like.
5. Place the clusters back in the freezer for a few minutes to ensure the chocolate hardens and yogurt solidifies a bit. Enjoy!

Mindful Moments

Affirmations are a great way to keep our minds healthy! Feeding it positive things is what it needs! I encourage you to print these affirmations off and put them in a place where you can make a point to read them every day this month. If there are any you do not resonate with or feel resistant to, let me know and I will do a quick check in and see what is blocking you from fully receiving the affirmation.

1. I am enough, just as I am.
2. I love and accept myself unconditionally.
3. I choose to speak kindly to myself.
4. My worth is not defined by others' opinions.
5. I am proud of how far I have come.

Take a deep breath, place your hand on your heart, and let these affirmations fill you with love and confidence.

I have been using Simply Earth essential oils for a few years now, and I simply love them! Simply Earth oils are 100% pure & natural, made with no additives, no fillers, just plant-powered goodness! They are high-quality oils at a fraction of the cost of big brands. Carefully tested and designed for everyday wellness, AND they are passionate about giving back. 13% of profits support efforts to end human trafficking. Each month I receive their subscription box which includes, 4 essential oils, recipe cards, and 1-3 DIY kits, for skincare, cleaning, and more!



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and receive a \$45 gift card towards future purchases.

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I hope you enjoyed reading this month's newsletter. Have questions or feedback? I'd love to hear from you! You can reach me at:
healthylivingwithtammy@gmail.com
For more information you can visit
www.healthylivingwithtammy.net
Blessings to you all!