

*Elevate Your Ordinary*

# DH Elevation Consulting

## The Elevate

### Feature Story: Great Girl Meet Ups

By Great Girl Dr. Lisa - 13

What: GREAT GIRL MEET-UPS (MU)

Why: To continue the conversations, strengthen the connections, and intentionally enhance the overall development of our Great Girls!

When: 1st Saturday of the month

Topics follow the chapters in “Her 12th Year” (12 chapters, 12 months in the year). I would like to encourage you to engage with your GG throughout the month on the topic in conversations, asking open-ended questions (for your discovery and insights into your GG), and watching short videos together - or as a family- and then discussing them.

cont. page 2



### Newsletter Highlights

GREAT GIRL MEET UP

GREAT GIRL BIRTHDAY  
SHOUTOUTS!

LIVING A WORD A  
DAY

NEWS WORTHY

12 RIGHTS OF GREAT  
GIRLS

# Great Girls Meet Ups Cont.



September – theme: Alcohol, Tobacco, and Other Drugs (ATOD) – FOCUS: Having age-appropriate, honest and informative conversations with your Great Girl about ATOD. Topics can include: ways to manage stress that are meaningful to her, building up the bond and trust factor between you so that she knows she can always come to you about anything – especially the hard things, and encouraging her to intentionally make healthy decisions for herself and not to go along with the crowd. Read Chapter 9 in “Her 12th Year”, to help you shape your thoughts and talks.

September’s Girl Greatness Meet-Up (9/3) will be both virtual and in-person. 10:00 - 10:30am EST. Virtual link: after the session, I encourage you and your GG to plan to a nature walk, play some games that you know will bring about laughter and togetherness, or find a creative activity (ideas: painting, dancing, karaoke, refreshing her room, attend a local festival...)

[https://us02web.zoom.us/j/81014747495?](https://us02web.zoom.us/j/81014747495?pwd=SzZUano5SUdYU3ZVSkxJLOFNyOkt2UT09)

[pwd=SzZUano5SUdYU3ZVSkxJLOFNyOkt2UT09](https://us02web.zoom.us/j/81014747495?pwd=SzZUano5SUdYU3ZVSkxJLOFNyOkt2UT09)

Meeting ID: 810 1474 7495 Passcode: 171964

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Cont. page 3

# Great Girls Meet Ups Cont.

10:00am – 7pm\* In-Person: Shelter #4 Sweetwater Creek State Park  
1750 Mt. Vernon Rd, Lithia Springs, GA 30122

\*We have the shelter until 7pm... you are welcome to stay and enjoy. With the \$5 day pass you can come and go as you please.

October – (10/1) theme: Spirituality – FOCUS: Sharing your beliefs and what they mean to you and your family.

October's Meet-Up will be virtual, however, I encourage GG who live near one another to possible link up to attend together. During our MU we will be talking about individual perspectives, how they shape who we are and how we move in our day-to-day life, and respecting perspectives.

New: MU Dedicated Zoom Link: Topic: October Great Girl Meet-Up

Time: Oct 1, 2022 10:00 AM Eastern Time (US and Canada)

Every month on the First Sat, 4 occurrence(s)

Oct 1, 2022 10:00 AM, Nov 5, 2022 10:00 AM, Dec 3, 2022 10:00 AM, Jan 7, 2023 10:00 AM

Join Zoom Meeting

[https://us02web.zoom.us/j/87132949972?](https://us02web.zoom.us/j/87132949972?pwd=ektDSDBYSzJMK0JQOUlyZXcvLy9ZQT09)

[pwd=ektDSDBYSzJMK0JQOUlyZXcvLy9ZQT09](https://us02web.zoom.us/j/87132949972?pwd=ektDSDBYSzJMK0JQOUlyZXcvLy9ZQT09)

Meeting ID: 871 3294 9972

Passcode: 515403

Dial by your location

+1 646 558 8656 US (New York)

+1 312 626 6799 US (Chicago)

## GREAT GIRL BIRTHDAYS

September: **GG Arielle Stokes - 27th**

September: **GG Atlys Copeland - 26th**

September: **GG Chloe Murray - 22th**

September: **GG Elle Carter - 12th**

September: **GG Malu John - 18th**

September: **GG Ameerah Abdul-Baatin - 2nd**

September: **GG Breanna Simmons - 28th**

September: **GG Alana Neal - 6th**

October: **GG Loghan Dudley - 19th**

October: **GG Dasia Daniel - 17th**

October: **GG Loghan Dudley - 19th**

October: **GG Kaziyah Phelps - 19th**

October: **GG Tayler Rollocks - 20th**

October: **GG Violet Wallace - 11th**

# Living a Word-a-Day

As the new school year gets started, I wanted to remind you of being intentional with your words and actions. Remember how you were encouraged to live a word-a-day during your RoP? Well, I want to have you start doing that again. Below is a list of words. Please place one word in each of the days in your calendar/planner/organizer for school. Starting with tomorrow. Fill the next 21 days with a new word.

When you wake in the morning, look at your word for the day. Determine that this will be your focus to guide your day. Ask yourself:

- How can I make this word come alive today?
- Are there any songs or poems I can sing or read to help me connect with this word? If not, Google the word and see what comes up

Then work to live it out. Throughout the day, think on your word. Ask yourself:

- How does this word make me feel?
- Is there some other way I can connect with this word as I continue my day?

At the end of the day look back at your word and reflect on your actions. Ask yourself:

- How did the word show up in or on me?
- What was 1 good thing that happened in my day?

Now, living your word-a-day takes thought and practice. It will not always happen easily. You will not always live your word. You may even forget what your word is (hint: look at your planner 😊). But the fact that you are making efforts to live, move, and speak with intention nurtures the Greatness within you.

It's okay if you miss a day, have a bad day, or just don't feel like being intentional on a day...get a good night's rest and start again tomorrow. Part of your greatness is knowing that life isn't perfect, it's a process.

Thoughtful Understanding Laughter Fun Free Energy  
Powerful Effort Smart Considerate Honest Joy-filled  
Smile Hope-filled Listen Helpful Peace  
Healthy Great Meditate Purposeful

**A Message from the Dr. Lisa**

## News Worthy

It's a new school year! A new school year means new beginnings, new adventures, new friendships and new challenges. The slate is clean and anything can happen. As you continue to dominate this year remember a few things:

- Have a good day
- Live out a word a day
- Be intentional
- Recognize and remind yourself of **GREATNESS**

Cont. page 5



# News Worthy Cont.

On Saturday, September 24th, 4:00 pm- 9:00 pm at the Southwest Arts Center. 915 New Hope, South Fulton, GA 30331 The Green Festival will be held, This event is geared towards agriculture, arts, and entrepreneurship for youth ages 5-18. This is an opportunity for youth to display their business ventures and also display their talents, and possibly motivate youth to turn their talents into a business. To register please email Sequoia M. Kirby, MBA at SequoiaM.Kirby@fultoncountygga.gov .

The 12 RIGHTS of GREAT GIRLS  
are to:

Learn  
Be Safe

Nurture my soul  
Live a healthy life  
Show Up for myself  
Know I AM ENOUGH!

Dream Big & Have Access  
Be Bold & Take Healthy Risks  
Recognize & Affirm my spirit

Determine my own thoughts and feelings

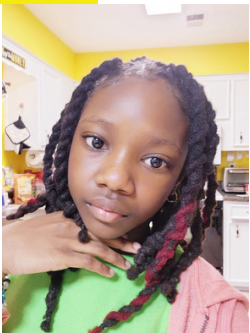
Love & Accept myself, all of me, because I AM ME

Value my own Individuality, Creativity, Purpose, & Beauty



GG Taylor Fall 2021 (9th Grade)

Share a pic of you at school, playing a sport or instrument, dancing, singing.. Basically you just being great!. We will add it to the back of future editions of The Elevate!



GG Malu on her first week of school



Spring 22 GG Atlys %th grade

What's new:

- Our Fall 2022 GIRL GREATNESS RoP registration will open 7/18/22
  - GGRoP enhancements: we have mentors & the program will run 8 weeks
- New resources: <https://www.her12thyear.com/additional-resources/>
- New Gear: <https://www.her12thyear.com/shop-girl-greatness/>
- DHE will be hosting an open mic on October 22, 2022 from 4-7pm