

COMPLIANT LIVING

Official newsletter of CompliantHer Confident Society



Personal Note from the Coach

SANDRA, REGULATIONS COACH

What are your thoughts about Spring? I completed my spring cleaning and rid myself of those things that have been holding me back physically and mentally. How about you?

There are many places to begin. How about our homes? Get rid of the clutter. Ok, ladies our closets are in need of purging. I'm guilty and my unused clothing is destined for a clothing charity. And ladies, what about those garages and storage areas with the hobbies you haven't touched in awhile.

Don't forget about our mental clutter as well. Make a commitment to rid your mind of negative thoughts and toxic people who are holding you back from success.

So, let's get busy...

Stay Classy, Stay Confident, & Stay Compliant

The latest on this month's issue:

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COMPLIANCE FOR MOBILE
APPS - 2**

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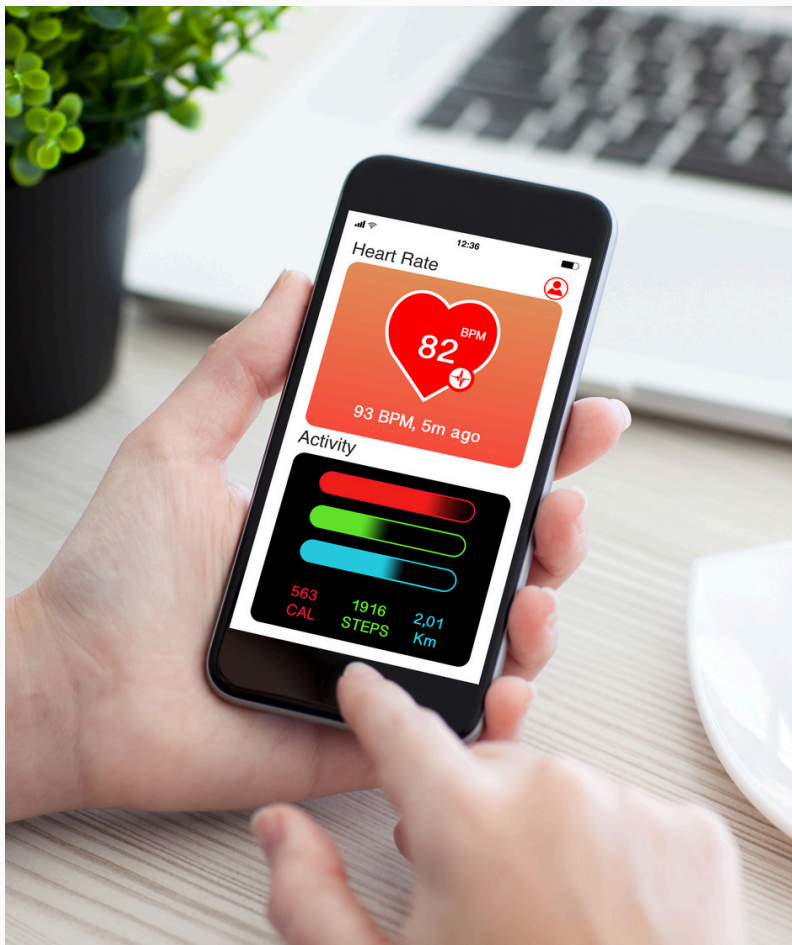
Navigating Compliance for Mobile Health Apps

If you're developing a mobile health app, compliance is crucial. The FTC's Mobile Health Apps Interactive Tool helps entrepreneurs determine which laws apply, from HIPAA and FTC Act to FDA regulations and COPPA.

Key Takeaways:

- Health apps collect sensitive data and must meet strict privacy and security standards.
- The FTC tool guides developers through compliance requirements.
- Best practices include data transparency, strong security, and regular legal updates.

Ensure your app meets regulatory standards—click [here to read more!](#)



**"Success consists of a series
of little daily victories."**

Laddie F. Huttar

How to Stay Motivated While in Business

A business journey is not always an easy one, and life events or simply a lack of motivation in general can often derail even the most initially eager student. However, obstacles can always be overcome, especially if you keep in mind some of the following advice.

One good tip to stay motivated as you work is to meditate on your ultimate goal. Meditating and visualizing what you are hoping to gain at the end of your business journey on a regular basis can help you to stay focused and committed. Just five minutes a day in meditation can help you to keep moving forward even when the prospect of study feels tedious and overwhelming.

Another good tip is to make a schedule. The most desirable goal imaginable will only ever stay a dream without a solid action plan outlining the steps you need to take to make it actually happen. You should write a list of everything you need to do at the start of every week and a daily one every morning. It is also a good idea to do the most difficult chore straight away, allowing you to concentrate on everything else without that daunting prospect to distract you.



"Success consists of a series of little daily victories."

Laddie F. Huttar

Life & Style

In Mary Lou Andre's, *Ready to Wear: An Expert's Guide to Choosing and Using Your Wardrobe*, there is a section devoted to "Interesting Color Combinations".

She has the following suggestions to broaden your wardrobe color selection:

Khaki and Red

- Khaki bottom
- Red Top
- Red Shoes
- Red belt and bag

Brown and Navy

- Navy top and bottom (also dark shades of denim)
- Brown shoes

Camel and Gray

- For warm skin tones add a little brick red
- For cool skin tones add a little white

Gray and Beige

- Gray slack
- Beige top
- Beige top coat
- You may want to add a geometric print

Navy and Lilac

- Viewers seem to love television personalities who wear these colors together
- Gives a more feminine look

Red and Chocolate

- Great for a fall/autumn outfit
 - Brown pant
 - Red top
 - Brown shoes
 - Brown jacket
- A spring look could be pink and brown

Biz Task

In this journal write down at least 10 physical and mental limitations that is cluttering your life. On the next page list the solutions to those limitations. Once you have cleaned the clutter reward yourself. * Please note the journal App of the Month.

CompliantHer Recommends

AWeber- Grab your FREE “How to Grow Your Business with Email Marketing”

Download Your 60 Minutes to Get Your Email Inbox Under Control course

This **\$9/month** email template membership is making big waves in the small biz world by helping people understand (and write) emails that connect + convert.

April Book Club Pick

“Don’t Say That” by Greg Christiansen and Anik Singal (VIP Members)



Important Dates

(Times are Central)

MAY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 11am VIP Co-Working	6 11am Tea & Talk	7 11am VIP Co-Working	8 11am Diamond Co-Working	9	10 11am Diamond Co-Working
11	12 11am VIP Co-Working	13 11am Tea & Talk	14 11am VIP Co-Working	15 11am Diamond Co-Working	18	19 11am Diamond Co-Working
18	19 11am VIP Co-Working	20 11am Tea & Talk	21 11am VIP Co-Working	22 11am Diamond Co-Working	23	24 11am Diamond Co-Working
5pm 25 Compliance Queens & Books	26 11am VIP Co-Working	27 11am Tea & Talk	28 11am VIP Co-Working	29 11am Diamond Co-Working	30	31

Compliance Queens & Books (VIP & Diamond Members)
Join us for the our regularly scheduled Book Club Meeting.

Tuesday Tea & Talk (Diamond Members)
Grab your favorite beverage
and join us for an informal talk
of all things Business.

Discussion: “Don’t Say That” by Greg Christiansen and Anik Singal (VIP Members)