

**BUTTERY BRANIGAN BOOKS**

# QUARTERLY NEWSLETTER

FEBRUARY 17, 2022

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*Image by Rawpixel*

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## Way To Go You!

It is a new year. The time of year when we pledge to change all the crappy stuff we hate about ourselves. But what if it isn't? What if we change it up and look back at the year we had? Maybe we just managed to survive another year of the pandemic. Way to go you! Your body got through this crazy stress-filled year. That's awesome!

What if you tried something new and it didn't work out? Way to go you! You put yourself out there. Now you know something that didn't work for you. You are one step closer to finding something that does work.

What about this last year was really hard? Did you cry, scream, break something? Way to be emotional about your life. I received a one-star review for my new book. That means that someone ordered my book and hated it so much they wanted to tell others. Way to go me! I sparked emotion in someone. Every writer I love has one-star reviews. I don't like everyone (I am really not fond of that one-star review person) and not everyone will like me. After the sadness passed, I realized I was okay. My writing brought many people joy this year and others not so much and that is okay.

What made you proud last year? I am proud that we donated bags to newly diagnosed type one families at Helen Devos Children's Hospital. The bags contain our first book, *Mixing Up Magic: Paris Adventure*, our first *Blood Sugar and Feelings Journal*, colored pencils, and a note of encouragement from my writing partner and me. My sister sewed adorable bags that hold everything perfectly. We know that these family's lives have been turned upside down in an

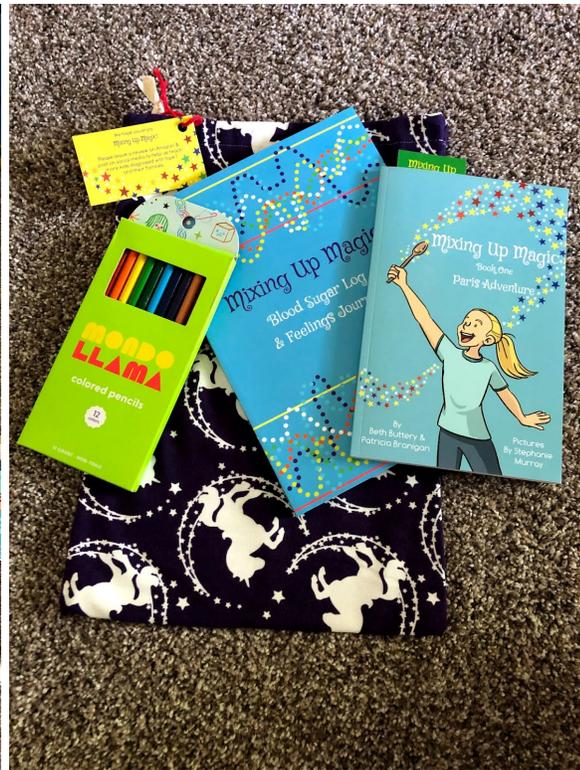


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instant and we hope that this small gesture will give them some hope for the future. That they will know they are not alone in their new life journey.

Take a minute right now to take a deep breath and feel grateful for what happened last year. The good, the bad, and even the ugly. All of those moments bought you to this moment, today. Even if today is hard, I bet there is some part of you that is grateful you are here, in your body, in your life, and with your hopes and dreams.

Next, take a breath and feel hopeful. You woke up today. You have today to start accomplishing your goals. Share a bit of love for others and most importantly for yourself.



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# Random Acts of Kindness Day is February 17, 2022!

The winter season always proves to be a challenge for me. The cold, the lack of light, the isolation from my friends and my garden. It all adds up to me feeling quite low for a few months. This year I decided to do something different and I signed up for a free Coursera course called The Science of Wellbeing. During the course, different tasks are given to complete each week to improve your overall happiness. One week the task was random acts of kindness. I always strive to be a straight-A student so I took this task to heart. However, since I don't leave the house as much in the winter I would need to get creative.

I decided to start on social media by tweeting positive comments to three people on Twitter, offering sincere praise for projects they were working on. I also complimented an artist's work on Reddit. Next, I mailed a card to my best friend. The cards were a find at a thrift store for ten cents each. The pictures on the front and the message inside are quirky and I knew they would bring a smile to my friend's face. I included a message of support as she was struggling with sick kids. My next mission was the grocery store to search for ways to spread kindness. At one of our local grocery stores, you need a quarter to unlock a cart so I decided to put extra quarters in the carts. While I was shopping I complimented a woman's cute hat and told a toddler how much I loved his boots. Lastly, I told my husband how much I appreciated his support.

With less than two dollars I was able to spread kindness to ten people. And you know what? I felt happier. Bringing joy to someone else's day made my day more joyful. Winter was a little brighter and a little less cold and felt more manageable.

Give it a try. Be intentional with kindness. You will be glad you did.

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Studies have shown that those who carry out random acts of kindness gain just as much happiness as those who are on the receiving end of a random act of kindness.

Encourage your family to be on the lookout for ways to show kindness for the whole week starting February 17, 2022.

Random acts of kindness do not have to cost money. A word of praise or a simple smile is free to give and can mean a lot to the person who receives it.

Why not shovel your neighbors walk, write a letter to a friend, call or text a kind message, tell a stranger that you like their hair or outfit. You could bake cookies for a neighbor, or drop food off for a sick friend. Use your imagination to think of more fun ways to show kindness. The possibilities are endless.

Hold a daily check-in to see how everyone is doing and how it made them feel to be kind to others.

Please follow this link for your free Random Acts of Kindness printable and A Looking Back and Looking Forward free printable.

<https://www.mixingupmagic.com/printables>

