



In this edition, we want to explore the beautiful concept of gratitude. Gratitude is so much more than just saying "thank you." It's about appreciating the abundance and blessings in our lives, both big and small. It's about shifting our focus from what's lacking to what's present, from what went wrong to what went right. It's about cherishing the acts of kindness, love, and support we receive from others.

Gratitude teaches us to be present, to engage fully with life, and to embrace the little moments that bring us joy. It's a practice that can transform our perspective, attitude, and overall well-being.

As you read through the articles and stories in this newsletter, we encourage you to take a moment and reflect on what you are grateful for in your life.

How can you enhance your happiness by looking at gratitude? Let's embark on this gratitude journey together and discover the wonders it can bring to our lives.

Our goal is to help you find peace in the chaos,

*Michelle*

## Spotlight



Giving back is at the heart of our success. When we all work together, we can make the world a better place. We know that we can't make a difference alone. That's why we encourage our employees and clients to get involved in their communities as well. Together, we can create a better future for everyone.

[Watch Full Video](#)

### FILIPINO AMERICAN HERITAGE MONTH 2023

This year we celebrate Filipino American Heritage month with a traditional *Kamayan* meal. *Kamayan* describes the traditional communal feasts or family meals, where rice and various colorful dishes are placed on banana leaves and eaten together. The banana leaves are washed and slightly wilted over open flames to bring out an oily sheen and then laid out on a long table. *Salamat sa inyong lahat!*



## Articles



Discover how gratitude can help improve your money mindset by leading you to make smarter financial decisions, reducing anxiety, and fostering a desire to give back.

[Gratitude's Impact On Your Money Mindset](#)



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