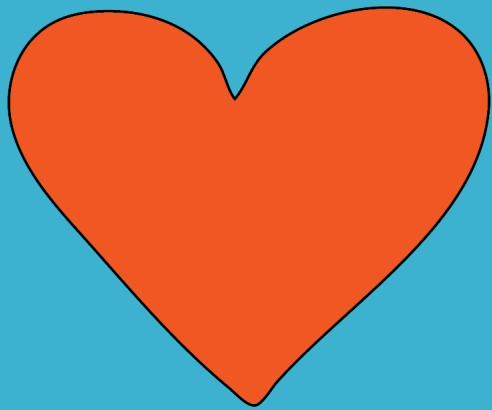


# UNCOVERING THE MUJER MACHA INSIDE

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7-DAY IMPROVEMENT GUIDE  
#MUJERESMACHASMOVEMENT



MUJERES MACHAS  

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STORIES. EMPOWERMENT. GROWTH.

#MUJERESMACHASMOVEMENT

**Saturday August 17, 2019  
at 10:30am  
in the Mustang Room  
(located inside Danner Hall)  
San Joaquin Delta College  
5151 Pacific Avenue**

# mu·jer·ma·cha

/ 'moo-hehr ma-cha/

noun

- 1. español for a **bad ass woman** who strategically **controls her own narrative** while also **building spaces** for other bad ass mujeres, in an effort to have everyone **shine so bright**.
- 2. also known as a **ferocious woman** with a **sharpened mental machete** ready to **cut down any and all negativity** that stands in her way. She can be dressed up or down, comfortable in any social circle, **she does not shrink**.

Welcome to the Mujeres Machas Movement! In this space we respect each other and honor the individual experiences that make us who we are. We challenge in supportive ways so that we can each achieve more together. Our goal is to hold this space online @MujeresMachas and at live events hosted in Stockton, California. Our first event will be hosted at San Joaquin Delta College, sponsored by La Raza Employee’s Association. The \$5.00 fee to attend our events will 100% go towards the LREA’s student scholarship fund. Please tell other mujeres to join our movement and support students at the same time.

Please use this 7-day Improvement Guide to help you get ready for our August 17th live event!

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Cook yourself your favorite meal.	Write yourself a love letter.	Take a walk outside to watch the sunset or sunrise.	Think about boundaries in your life.	What’s your power color? Wear it today!	Think about your posture. Try to stand tall and show confidence.	Sing outloud to your favorite song! Turn it up!!!
Daily Mantra: I deserve to be happy. I can decide what makes me happy.	Daily Mantra: I am attracting love and giving it.	Daily Mantra: My world is abundant will all good things. I will see them today.	Daily Mantra: I have the power to choose what I will allow into my life.	Daily Mantra: I respect my body. I will care for it lovingly.	Daily Mantra: I can make mistakes and still reach my goals. I am forgiving with myself.	Daily Mantra: My voice matters. My words have power.

Event details:

Saturday August 17, 2019

at 10:30am

in the Mustang Room

(located inside Danner Hall on the map below)

San Joaquin Delta College

5151 Pacific Avenue

There is no parking fee on the weekend.

# CAMPUS MAP

