

## WFWP USA HerTribe Thrive: Spring Reset Checklist + Lover Archetype Webinar

Katarina Connery  
March 15, 2026



**Dear,**

Welcome to March's edition of *HerTribe Thrive*!

March invites us to reflect on the strength, wisdom, and heart-centered leadership women bring to the world. As we celebrate women this month, we are reminded that leadership, growth, and renewal often begin from within—through the courage to live authentically, care deeply, and nurture the spaces around us.

In this issue, we're excited to share a collection of inspiring and practical features. **When Women Lead, the World Softens** explores the unique ways women lead with compassion and moral courage. **Spring Cleaning: Progress, Not Perfection** offers a refreshing approach to caring for our homes through simple routines and steady habits. **In Reclaiming the Lover Within: How Rediscovering Joy Can Refill a Woman's Heart with Love Again**, we explore how reconnecting with joy can nourish the heart and renew our capacity to love fully. Finally, our **Members Hub** highlights the **Lover Archetype Webinar**, an opportunity to explore how embracing joy, creativity, and connection can help us live with greater fullness and purpose.

May this March inspire you to lead with heart, rediscover joy, and continue nurturing the love and strength that lives within you and your community

### MEMBER'S HUB



### Lover Archetype Webinar

In this Members Hub webinar, we begin exploring the four feminine archetypes—Lover (Spring), Mother (Summer), Warrior (Autumn), and Sage (Winter)—inspired by *Four Faces of Femininity: Heroic Women Throughout History* by Barbara McNally. Archetypes are recurring patterns of human experience that shape different seasons of our lives. This session focuses on the **Lover archetype**, exploring how joy,

beauty, creativity, and connection awaken the energy that helps us live and love more fully.

**Exploring the Lover archetype—awakening joy, creativity, and connection**

[Check it out >>>](#)

## TIPS & TITLES



### Spring Cleaning: Progress, Not Perfection

If the idea of **spring cleaning** feels overwhelming before you even begin, you're not alone. Instead of a weekend-long marathon, this guide introduces a simple approach inspired by Marla Cilley (FlyLady): small, 15-minute routines that make it easier to maintain your home and tackle seasonal refresh tasks—plus a **downloadable checklist** to help you get started.

**Small steps, steady progress—making spring cleaning simple with short routines and a handy checklist.**

[Read the full article >>>](#)

## SPARK OF INSPIRATION

### When Women Lead, the World Softens—and Strengthens

As we reflect and honor the women in our lives this month, we are invited into a deeper question: beyond titles and accomplishments, what kind of leadership do women bring—and why does it matter now?

Women's leadership often emerges through care, intuition, and moral courage. Many do not set out to become "leaders." They step forward to protect a child, serve a community, or answer an inner calling. Leadership grows from responsibility—from choosing to show up when it matters most.

**Leading with heart—how women's compassion and courage quietly transform the world.**

[Read the full article >>>](#)

## WISDOM IN ACTION

### Reclaiming the Lover Within: How Rediscovering Joy Can Refill a Woman's Heart with Love Again

Wisdom in Action centers on the words of Holy Mother Han, offering timeless guidance for women seeking to live with purpose and compassion. Through a featured quote or passage and a personal reflection, we explore how her teachings can be applied in everyday life and community.

"Life is like running a marathon without knowing when it will end. A truly successful life is not powered by money, position or authority; it is powered by true love... Love is why we are here, how we should live, and where we are going."

**Every conversation has the power to inspire.**

[Read the full article >>>](#)

#### Our Contact Information

Women's Federation for World  
Peace USA

481 8th Avenue, Suite 608  
New York, NY 10001

(212) 302-8837

<http://www.wfwp.us>



WOMEN'S FEDERATION  
FOR WORLD PEACE USA





# Exploring the Lover Archetype

WEBINAR + HANDOUTS

We're excited to share our new **Archetype Webinar**, now available for WFWP Members! This session explores the four feminine archetypes—**Lover, Mother, Warrior, and Sage**—with a focus on the **Lover archetype**, and comes with **recordings and downloadable handouts** to support your reflection and growth.

The materials are **exclusive to members**, but if you're not yet a member and would like access, you can always **join WFWP** to participate and receive the resources. Reconnect with the energy of each archetype and explore how they shape the seasons of your life. ❤️



## ARE YOU A MEMBER OF WFWP?

The **Lover Archetype Webinar is FREE for members!** Simply log in or create your account for the Members' Portal. You can download this in the Resources Library

### Login

Don't have an account? [Sign up](#)

Continue with Google

OR

Email

Email input field with eye icon

Password

[Forgot password?](#)

Password input field with eye icon

Login button

*If you don't already have an account, request a new one above. We will confirm your active membership and approve the request. Upon approval, you will be able to log in and access the portal. If you don't remember your password, click "forgot password." Please make sure to check your spam folder.*

## NOT A MEMBER OF WFWP?

Not a member of WFWP? [Join today](#) to access exclusive resources, including The Lover Archetype Webinar, and become part of a community of women empowering each other to be peacemakers in the world



## Spring Cleaning: Progress, Not Perfection

Written by: Naomi Tanaka

If the phrase “spring cleaning” makes you feel behind before you even begin, you’re not alone.

We picture entire weekends spent scrubbing baseboards, emptying closets, and reorganizing every drawer, only to feel exhausted and behind before we even begin.

But what if spring cleaning didn’t require a marathon? What if it was built on small, steady habits that fit into real life?

That’s the heart behind the system created by Marla Cilley, known as FlyLady. Her method was designed to eliminate housework-induced stress by focusing on short, consistent routines—usually just 15 minutes at a time—guided by one freeing principle:

### **Progress, not perfection.**

Instead of waiting for the “perfect day” to reset your home, FlyLady encourages building simple rhythms that keep your home from ever becoming overwhelming in the first place.

This is why we’ve created two separate checklists: One for routine maintenance and one for seasonal refresh.

Because maintenance and deep cleaning are not the same thing. And when you separate them, everything feels lighter.

### **Part 1: Routine Cleaning—Choose Your “Shiny Sink”**

Routine cleaning is your foundation. These are the daily and weekly habits that prevent clutter from piling up and keep your home feeling calm and manageable.

But here’s the powerful shift:

FlyLady chooses to shine her sink every night. That’s her “anchor habit.” It’s the one small area she keeps spotless no matter what.

But it doesn’t have to be your sink. Maybe it’s your kitchen counter. Maybe it’s your entryway. Maybe it’s your bedside table.

The goal isn’t copying someone else’s system. The goal is choosing one small area of your home you can take pride in. Every night, you reset that space. You wipe it down. You clear it completely. You leave it shining. It’s one little win.

When you do that, something surprising happens:

When that one area is consistently clean, it begins to motivate you. You look at the cleared counter and think, “I might as well wipe the stove.” You see the tidy entryway and decide to straighten the shoes. That’s how habits build.

Think of them as small resets. 5-15 minute tidy sessions before bed.

### **WEEKLY HOME BLESSING**

Instead of deep cleaning for hours, FlyLady suggests a one-hour weekly reset. Lightly dust surfaces, vacuum main areas, mop kitchen and bathroom floors, wipe mirrors and a quick fridge check.

It’s maintenance, not perfection. When these routines are consistent, your home rarely reaches crisis mode—and that alone reduces stress dramatically.

### **Part 2: Seasonal Refresh—A Gentle Deep Clean**

Then comes the second checklist: your once- or twice-a-year seasonal tasks. This is what most of us traditionally think of as “spring cleaning.”

Things like:



- Cleaning the oven
- Washing windows
- Rotating mattresses
- Scrubbing grout
- Decluttering closets
- Washing curtains
- Deep-cleaning the refrigerator

Here's the key difference: **You don't do it all at once.** Instead, you use short 15-minute focus sessions and work through the list gradually. One task a day. One drawer at a time. One zone per week. This transforms spring cleaning from an overwhelming event into a manageable rhythm.

## Why This Approach Works

When we try to overhaul everything in one burst of motivation, we burn out quickly.

But when we build habits:

- Our homes stay consistently manageable
- Deep cleaning feels lighter
- We feel more in control
- We stop associating our homes with stress

Most importantly, we stop chasing perfection. A peaceful home isn't about spotless floors and magazine-ready rooms. It's about creating an environment that supports your well-being and daily life. Small steps build confidence. Confidence builds momentum. Momentum builds peace.

Spring cleaning doesn't have to exhaust you.

It can simply be the beginning of a new rhythm—one built on grace, consistency, and progress over perfection.

[Click here to download the checklists](#)



## When Women Lead, the World Softens—and Strengthens

By: Yumi Willett

As we reflect and honor the women in our lives this month, we are invited into a deeper question: beyond titles and accomplishments, what kind of leadership do women bring—and why does it matter now?

Women's leadership often emerges through care, intuition, and moral courage. Many do not set out to become "leaders." They step forward to protect a child, serve a community, or answer an inner calling. Leadership grows from responsibility—from choosing to show up when it matters most.



### LEADERSHIP FROM THE INSIDE OUT

This form of leadership begins within. It is shaped by reflection, lived experience, and a willingness to listen deeply—to oneself, to others, and to what the moment requires.

Women lead through presence. The kind of presence that listens without rushing. That creates safety. That notices what others overlook. At home, in neighborhoods, classrooms, and workplaces, leadership often looks like attunement—sensing when something is unsettled, discerning when to speak, and recognizing when silence carries strength.

People follow not because of position, but because they feel understood.

### THE POWER OF SOFTNESS

There is a persistent belief that leadership must be forceful to be effective. Yet qualities often labeled as "soft"—compassion, emotional intelligence, moral clarity—reach places that authority alone cannot. They calm tension, restore dignity, and create space for healing.

In a culture that rewards speed and volume, women demonstrate that influence can be steady, strength can be gentle, and meaningful change begins with connection.

### THE EVERYWHERE LEADERS

Women lead in countless ways each day—raising children, caring for elders, mentoring youth, sustaining families. A mother steadying her household during crisis is leading. A teacher who refuses to give up on a struggling student is leading. A friend arriving with a meal and a listening ear is leading. A neighbor watching over children at play and stepping in when needed is leading. Leadership is not confined to titles. It lives in ordinary moments—expressed through consistency, courage, and care.

When women lead with heart, they humanize the spaces they enter and shape the future with both conviction and compassion. This month, may we honor the leadership women embody every day—steadfast, often unseen, and deeply transformative.

### Wisdom Thread

- Where are you already leading with heart?

- What might shift if you trusted your values more fully?
- Who is shaped by the way you show up each day?

**Podcast highlight :**

Episode 14 - Elizabeth Lim: Protecting Innocence and Empowering

Voices [https://open.spotify.com/episode/6BZgJoQQ0nLLFlsDkuLoxy?si=g2PQeaAWQCOH\\_v4zjbq3nQ](https://open.spotify.com/episode/6BZgJoQQ0nLLFlsDkuLoxy?si=g2PQeaAWQCOH_v4zjbq3nQ)

Episode 12 - Elizabeth Deshotel: Raising Hearts and Minds

<https://open.spotify.com/episode/5pQWZuvQgXFWoytneodUi?si=CsmZNpEnT3irf5u6lwqF4A>



## Reclaiming the Lover Within: How Rediscovering Joy Can Refill a Woman's Heart with Love Again

Written by: Romina Toska

"Life is like running a marathon without knowing when it will end. A truly successful life is not powered by money, position or authority; it is powered by true love... Love is why we are here, how we should live, and where we are going." — Dr. Hak Ja Han Moon

These words mean so much to me; my heart is comforted with their depth and at the same time with the simple and great truth they carry.

When I reflect on my own life, I realize that love, especially the simple joy of loving life, has always been one of my strongest inner forces. I find happiness in small things: the warmth of the sun, the beauty of nature, playing sports—even when I'm not good at them, trying on clothes just for fun, enjoying a quiet coffee alone, watching a good movie, or simply reflecting on God's love. I am inspired by motherhood, my marriage, the path that brought me here, and the women in my lineage, especially my grandmother.



In many ways, this connects me with what author Barbara McNally describes as the *Lover* archetype in her book, *Four Faces of Femininity: Heroic Women Throughout History*. The "Lover" is not only about romance or passion; it is about loving life itself, people, experiences, creativity, and even ourselves. The things we love awaken the energy that moves us to live fully.

But life doesn't always make space for that easily.

For much of my teens and twenties, I was constantly moving, chasing goals, accomplishing things, growing through activity and momentum. Somewhere along the way, the joyful part of me—the playful, life-loving side—often felt like something that needed to be quieted. I believed that if I let that part run free, it might distract me from becoming my best self or accomplishing everything I needed to. And yet, I also see how many of us struggle with the opposite extreme: when passion and pleasure take over completely, and responsibilities begin to feel like burdens. Learning to hold both joy and responsibility together is part of the journey.

When I became a mother, life slowed down dramatically. My days began revolving around caring for my young children, meeting their needs, and adjusting to the rhythms of pregnancy, postpartum, and family life. While I adored those sweet faces, the smiles, and even the tears and chaos, at times I felt isolated, or as though I had stopped growing.

There was also a deeper moment of questioning in my life after losing my first baby late in pregnancy. Along with the grief came an unexpected question: *Was I still allowed to be joyful?* I had seen women in my childhood who, after loss, seemed to carry sadness as their permanent identity. I wondered if joy and playfulness still had a place in my life.

Over time, something beautiful began to happen. Through my involvement with the Women's Federation for World Peace, through conversations with women of many generations, through reading the words of Mother Han, and through the gift of community, I began to understand something new about love: **the lover within me had never disappeared. She was simply waiting to be nourished again.**

When I allow myself to enjoy life, to notice beauty, to laugh, connect, and pursue things that bring genuine joy, I find that my heart becomes full again. And from that fullness, it becomes much easier to give to others, especially in this season of motherhood.

Mother Han once spoke about women who give love wholeheartedly, explaining that when a woman gives fully, God's love fills the space left behind and replenishes her. I have come to feel that truth deeply. **When I care for the lover within me, when I honor the small joys and the gratitude in everyday life, my cup is filled again by Heavenly Mother's love.**

And when my cup is full, loving my family, my children, and the people around me becomes not a burden, but a joy.

Perhaps the lover within each of us is waiting for the same thing: permission to live fully, to love life

again, and to trust that when we give from a sincere heart, heaven will replenish us.

**In HerTribe, we are creating spaces where women can rediscover that part of themselves, the part that loves deeply, lives sincerely, and finds strength in community. May we continue encouraging one another to let that love grow and flourish.**

**If you would like to join our online community and explore the long lost lover within, sign up for our March HerTribe Online, taking place from 8:30 - 10PM EDT on March 18th. Sign up [HERE!](#)**



WHEN WOMEN LEAD, THE WORLD SOFTENS—AND STRENGTHENS

SPRING CLEANING: PROGRESS, NOT PERFECTION



[WFWP Leader Resources](#)

[Become a WFWP Member](#)

[Contact Us](#)

Search



481 8TH AVE. SUITE 608, NEW YORK, NY 10001 - | (212) 302-8837 - INFO@WFWP.US  
COPYRIGHT © 2024, WOMEN'S FEDERATION FOR WORLD PEACE USA - ALL RIGHTS RESERVED. [PRIVACY POLICY](#)