

“Evolve” Columns
by
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The following columns were published in *Underwired* Magazine in Louisville, Kentucky from May 2007-February 2012. Each column was created based on the magazine’s monthly theme, as listed below. If you would like a copy, please e-mail jennifer@excavive.com.

1. **The Authentic Wonder Woman** May 2007, The Wonder Woman Issue
2. **Fun, Frolic and Play... Everyday** June 2007, The Frolic Issue
3. **Be Tempted and Do Something About It** July 2007, The Temptation Issue
4. **Take a Chance on YOU** August 2007, The Taking Chances Issue
5. **Make Powerful Choices** September 2007, The Feeling Good Issue
6. **Tap Into Your Feminine Pink Power** October 2007, The Pink Issue
7. **Cultivate Your Inner Circle** November 2007, The Best Friends Issue
8. **Let the Power of Listing Serve You... Not Enslave You** Dec 2007, The List Issue
9. **Set Your Goals Through Soulful Dieting** January 2008, The Low Fat Issue
10. **Make Up or Break Up, Either Way...Create a Life to go Toward** February 2008, The Break-up Issue
11. **Turn Envy Into Action** March 2008, The Envy Issue
12. **Mint Your Abundance: Cultivate Prosperity** April 2008, The Mint Issue
13. **Experience Your Full Range of Emotions** May 2008, The PMS Issue
14. **Create Your Life Adventure: Take a Break** June 2008, The Getaway Issue
15. **Ignite Your Inner Passion** July 2008, The Hot! Hot! Hot! Issue
16. **Access Your Personal Power** August 2008, The Power Issue
17. **Don’t Settle For Being Second** September 2008, The #2 Issue
18. **Be Who You Are** October 2008, The Reveal Issue
19. **Time is On Your Side** November 2008, The Time Issue
20. **Let Your Inner Light Shine** December 2008, The Sparkle Issue
21. **Have Hope and Take Inspired Action** January 2009, The Hope Issue
22. **Ah, Love, Sweet Love: The Sweetness of Romantic Love** February 2009, The Sugar Issue
23. **Go with the Flow** March 2009, The Earth Girls Issue
24. **The Value in Vintage** April 2009, The Vintage Issue
25. **Connect to Your Sexual Self** May 2009, The Birds & Bees Issue
26. **Unplug** June 2009, The Lazy Issue
27. **Free Yourself** July 2009, The Free Issue
28. **Feed Your Soul: A Recipe for Creating a Fulfilling Life** August 2009, The Foodie Issue

29. **Do-Overs: Let Go of Your Regrets** September 2009, The Remix Issue
30. **What Goes Around Comes Around: Take Responsibility** October 2009, The Karma Issue
31. **Make Space** November 2009, The Space Issue
32. **Excavate Your Creative Self** December 2009, The Do-It-Yourself Issue
33. **Dream in Color** January 2010, The White Issue
34. **Embrace Your Inner Dude** February 2010, The Guy Issue
35. **Clean It Up: Keep Your Side of the Street Clean** March 2010, The Dirt Issue
36. **Know Who's Got Your Back** April 2010, The Backside Issue
37. **Make Your Words Stick** May 2010, The Bond Issue
38. **There is No Time to Waste: Get Going** June 2010, The Go Issue
39. **Renew Yourself: The Essential Uses of Water** July 2010, The H2O Issue
40. **Launch Yourself: Love What You Do** August 2010, The Empty Nest Issue
41. **Honoring Your Life Cycles** September 2010, The #4 Issue
42. **Get Busted: The Gift of Failure** October 2010, The Bust Issue
43. **Embrace Beauty, Inside & Out**, November 2010, The Martha Issue
44. **Reflect on Your Past**, December 2010, The Wrinkle Issue
45. **Believe**, January 2011, The Launch Issue
46. **Show Your Affection**, February 2011, The PDA Issue
47. **Recycle Your Best Self**, March 2011, The Recycle Issue
48. **Be At Home**, April 2011, The Ville Issue
49. **Capture the Extraordinary, not the Ordinary... Your Aha Moments**, May 2011, The Aha! Issue
50. **Be Truly Powerful with Work You Love**, June 2011, The Office Issue
51. **Pop-Up: Make Your Life 3-Dimensional**, July 2011, The Pop Issue
52. **Choose Intentionally: Your Money, Your Time & Your Energy**, August 2011, The Budget Issue
53. **Claim Your Success**, September 2011, The #5 Issue
54. **Dare To Tell the Truth**, October 2011, The Truth or Dare Issue
55. **What Do You Bring To the Table?** November 2011, The Potluck Issue
56. **Fall in Love... Everyday**, December 2011, The Heart Issue
57. **Seek Serenity & Go Inward**, January 2012, The Hibernation Issue
58. **Soul Sisters**, February 2012, The Single Ladies Issue

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