



How are you showing up in life?

Every decision we make from food choices to personal and social boundaries impact how we show up for life each day.

Do you make intentional choices that enable you to arrive each day as the best version of you? I'm not talking about things out of your control like life events that can set even the best day off track.

I'm talking about the things you CAN control that matter.

Join me at the end of the newsletter to reset how you are showing up in your life.

What's New?

Summer in England

As some of my contacts may know, I spend part of the year in the UK working remotely on projects in that part of the beautiful world. Some of the things I love about changing up the scenery for part of the year is the opportunity to immerse in the English culture. I'm based in Herefordshire in the heart of the English countryside on an estate that is surrounded by rolling hills, meadows full of native flowers, farmland and the Black Hills of Wales just in the distance. I enjoy walking the public footpaths and soaking in the natural beauty in that region along with the adorable sheep and other livestock. The comfort food that they do so well and regular "cuppas" of coffee add an extra element of joy while there. I had some wonderful projects, working in some fishing for barbel on the River Wye and I look forward to my return the next time.



Summer overseas in England

OWAA Conference

The fall months usually mean professional conferences where I get to network with industry professionals and build those great relationships that I depend on in my industry. I recently attended the Outdoor Writers Association of America (OWAA) conference in Chattanooga, Tennessee where more than 250 outdoor journalists, content creators, public relations professionals and destination representatives met to share ideas, network and take in professional development workshops. I met some fantastic people and the power of face-to-face networking is important now more than ever in our digitally-focused world.



Outdoor Writers Association of America conference Chattanooga, Tennessee

My Audience is Growing! Thank you!

About a year ago I decided to shift my professional strategy a bit given the drastically changing landscape in my industry due to AI and Google algorithm changes impacting my publication clients. This decision meant keeping my current clients, but placing more emphasis on my own audience and community focused on my niche in the fishing and outdoor space. I decided to create an ecosystem of content that includes this newsletter, my published work and a harder drive into social media.

The challenge is that growing organically is tough work but the good news is...it's working and I have my contacts and those who support my work to thank for that.

A big part of this focus is on Facebook to grow my audience and begin to monetize my work there with content that is unique to my slice of the industry involving women in the outdoors, global fishing and destination angling. While my company name and brand is the same, the name on my Facebook business page has changed to better reflect my focus: Anietra Hamper Fishing & Outdoors.

Please [FOLLOW MY FACEBOOK PAGE](#) and support my work by liking and sharing content that speaks to you. I am also busy on [Instagram](#) and [LinkedIn](#) and would love your support on those platforms too.. Thank you!



Published Stories



CrappieNOW Magazine
Fishing and Outdoor Recreation in Elmore County, Alabama
[Read more](#)



KINUTE
Grass Equals Grass: How Native Plants Are Restoring Texas Lakes
[Read more](#)

Featured Destination: Chattanooga, Tennessee



I never realized or appreciated how beautifully Chattanooga, Tennessee caters to outdoor enthusiasts. From rock climbing and kayaking in bat caves to fishing, cycling and hiking, this city that is tucked into the beauty of the Tennessee River Valley is ripe for exploring the outdoors.

The lookouts and waterfalls alone are enough reasons to visit. There are more than 50 miles of trails to explore just a few minutes from downtown Chattanooga, so you get the best of both worlds with urban and scenic options so close together.

Chattanooga was named America's first National Park City for the way it integrates nature into urban lifestyles with easy outdoor access, green spaces and its commitment to enabling residents and visitors to integrate sustainability and nature into their lifestyle. From parks and delicious food Chattanooga is a great city that truly offers the best of both worlds in one visit.

To find out more about Chattanooga, click on [VisitChattanooga.com](#).



How are you showing up in life?

So many things impact our mental and physical capabilities in a day. While some are out of our control, it's important to recognize what IS in our control to minimize the negative impacts and more importantly to show up in a way that is productive and purposeful.

Here's what you can control:

The basics like food, sleep, and exercise are things that significantly impact your capacity to be creative, stay mentally sharp, and manage patience. But you can control these things. Being mindful of the kinds of foods you eat that help with energy instead of zapping it, or prepping snacks of protein and fiber to keep on hand when you have a busy day ahead are important factors in how you show up mentally and physically in life.

Managing stress and how you react to those negative curve balls are harder to navigate, but recognizing tools like breathing techniques that you can even do in your car, are options for tackling these.

Prioritizing your health and wellness, although it sounds cliché, is the only way to truly stay on top of managing the things that are still in your control in a world arena that feels chaotic. You choose how to show up in life as the best version of YOU.