



**Be Brave.  
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**Hi! I'm Coach Margie**

I'm glad you're reading the Brave Space newsletter. My newsletter is written to share information and support.

Hello Margie,

Well, hello, October! Are you taking part in Sober October? It's a great time to take a break.

I'm taking a break from boundary work this week. I just feel like keeping it light for a change of pace. I also believe that I've given you a lot to think about in terms of setting yourself up to start creating your boundaries.

Next week, I'll give you the "how-to" for creating your values. It took me a few weeks to grapple with what I felt were my true values.

But for this week, let's talk about fall mocktails!

There's something about the fall season in particular that makes me want to light a candle, cuddle up in a warm blanket, and enjoy a cozy beverage. So if you're looking for a pretty and actually tasty mocktail to enjoy this autumn, I've got you covered. Keep reading to explore the non-alcoholic drink options that I will be enjoying this season.

### **Blueberry Mojito**

As a self-proclaimed mint addict, I am obsessed with this super simple blueberry mojito from @mocktailgirlie on TikTok (it's literally only four ingredients!). Grab some fresh blueberries, lime, and mint leaves and muddle them together. Top it with your favorite sparkling beverage and you've got a fresh and delicious, bubbly beverage.

Ingredients:

- Fresh blueberries
- 5 mint leaves
- 1 oz lime juice
- Club soda or sparkling water

### Pumpkin Spice Mocktini

Pumpkin spice season is upon us! This deliciously comforting seasonal twist on the classic espresso martini is going to be my personal addiction for the spooky season.

Ingredients:

- 2 oz non-alcoholic spirit (I like Seedlip Grove 42)
- 1-2 oz pumpkin spice simple syrup (you can purchase pre-made syrup or create your own)
- Double espresso shot
- Dash of vanilla extract
- Graham crackers and caramel syrup for the rim (optional)

### Sparkling Ginger Pear Mocktail

I am always down for a drink that includes pears, as their unique fruity flavor profile pairs perfectly with fresh herbs and spices. If you love pears as much as I do, you'll adore this sparkling pear mocktail with ginger and rosemary from Michelle Hoover, a nutritional therapy practitioner and creator of the Unbound Wellness cooking blog.

Ingredients:

- 1-inch thumb of ginger, peeled
- 2 cups sparkling water, chilled
- ½ cup pear juice, chilled
- 1 tbsp honey
- 2 sprigs of rosemary

Okay, let's whip up some batches of mocktails and enjoy the change of the seasons. Let me know if you try one of these beverages on social!

Until next week, be brave and make space for yourself,

*Margie*

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