[Succulents](https://www.thespruce.com/best-succulents-4159204) are popular for two simple reasons: they are beautiful and nearly indestructible.

In researching common links between succulents and women I found some interesting facts and tips:

They do best with Southern Light - I know for me personally, this could not be truer. I find that when I spend more time in light, I feel much better emotionally and physically. I have even resorted to buying a “lightbox” for the longer winter nights. Always be agile enough to make adjustments for your comfort.

*Succulents prefer bright light, such as found on a south-facing window. Watch the leaves for indications that the light level is correct. Some species will scorch if suddenly exposed to direct sunlight; the leaves will turn brown or white as the plant bleaches out and the soft tissues are destroyed.*

*On the other hand, an underlit succulent will begin to stretch, with an elongated stem and widely spaced leaves. This condition is known as etiolation. The solution is to provide better light and prune the plant back to its original shape. Many kinds of succulents will thrive outdoors in the summer.*

Temperatures for Growing Succulents – Again…. Think of this as “environment” and like the succulent, I find (any my husband jokes) that I have a very small range of temperature tolerance (somewhere between 73-75) but when I do find my ULTIMATE temperature, man, I can accomplish just about anything. We need to find our own zone in order to exceed expectations

***Succulents are much more cold-tolerant than many people assume. In the desert, where there is often a marked contrast between night and day, succulents thrive in colder nights, down to even 40 F. Ideally, succulents prefer daytime temperatures between 70 and about 85 F and nighttime temperatures between 50 and 55 F.***

Watering Succulents – Just like a succulent needs nutrition and sustenance, so do we. We need to take care of ourselves in order to thrive. How many times have you found yourself sitting at your desk and realizing that you haven’t even taken the time to get up and get a glass of water for HOURS? Or even go pee for that matter?

“***An underwatered plant will first stop growing, then begin to shed leaves.”***

Choosing Potting Soil and Fertilizer – AKA Friends, Family and Happiness in what you do are the potting soil and fertilizer of our lives. In order for us to grow and thrive, we need to be sure to indulge ourselves and create an “even” work-life balance. Who are we surrounding ourselves with? Who and what is holding our roots firmly but letting us grow at the same time?