

WHEN LIFE HANDS YOU LEMONS,
MAKE LEMONADE

**SHAUNA
WEATHERSPOON**

President & Founder
Raising Our Daughters, Inc.

YOUR WHY
IS YOUR
*Super
Power*

YOUR WHY IS THE
BRIDGE TO YOUR SUCCESS
CHERYL GARRISON

SUPER POWER:
UNCOVERING THE
WONDER OF WOMEN
CYRENA MARTIN





***Girls With Dreams
Become Women
With Vision.***

Shauna is an award-winning entrepreneur, national speaker, philanthropist & published co-author of two books. She resides in the western suburbs of IL with her family & has received many prestigious awards, including the **"Influential Women in Business Award"** by Daily Herald Business Ledger.

More about Shauna on page 20.

BE WELL 
Magazine

2022

MAGAZINE SUBSCRIPTION

(Includes printed copies of the Summer and Fall Editions)



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My Why, Your Why?

IT'S TIME TO IDENTIFY AND TRUST THE WHY'S AND THE WISE!

by *Carmen C. Ray*
Founder of Be Well Magazine
Collaborative Lifestyle Coach/Consultant

Would you do me a favor? Don't sign up for another course, join another Facebook Group or start another MLM Ladies.

Instead, promise me you will take the next 30 days to explore, ponder, and contemplate your WHY. Why have you chosen to deliver that specific product or service in your business?

Is it because you've been doing it so long you can't imagine doing anything else?

Is it for the money?

Is it because it fulfills you and resonates with your core purpose?

When we take the time to explore, vocalize, and cultivate our WHY, the HOW becomes far more attainable.

My WHY is to leverage Be Well Magazine and Be Well Traveled to support Women Entrepreneurs to Be Well Connected, Informed, and Inspired. IT IS MY SUPERPOWER because I've been blessed with a vision, a vehicle, a collaborative spirit, life experiences, and a core group of people that believe and nurture the process of us building and leveraging our "WHY" together.



Do you feel uniquely equipped, anointed to offer your product or service? If not, do you love it enough to work towards a level of mastery that you can be proud of?

Does it bring you joy?

Who can you collaborate with to navigate your entrepreneurial journey and create WIN-WIN experiences?

How will you feel and what will your life look like as a result of fulfilling your "Why"?

I'm inviting the first 20 Be Well Magazine Summer Issue Readers to schedule a time with me to share your WHY.

Let's chat! [Click here to book a FREE consultation.](#)



Chase What's In Your Chest

by Crystal Thompson
Editor in Chief of Be Well Magazine

Is it a bird? Is it a plane? LOOK—It's the 2022 SUMMER ISSUE of BE WELL MAGAZINE, graced with a theme that packs a powerful punch to the world at large:

YOUR "WHY" IS YOUR SUPERPOWER—IT'S TIME TO PERFECT YOUR PURPOSE!

Be Well Magazine is back as promised! This time, we come to assist with exposing and revealing those superhuman strengths and talents that are activated by everything that **DRIVES YOU. INSPIRES YOU. MOTIVATES YOU. PUSHES YOU. STRETCHES YOU.**

Our summer's edition is an ode to the window of our hearts—our CHEST— which displays our honor and a glowing "S". This issue urges you to stop concealing your capes and SAY IT WITH YOUR CHEST. Once upon a time, some of you may have owned a trunk that, perhaps, sat at the end of your bed. Mine had old Polaroids, half-written diaries, a stuffed animal from Great America, and the Spiegel catalog which held images of everything I hoped to have in my home and in my life.

That trunk was a HOPE CHEST and it housed, (just as your heart does) who you are and what truly matters to you and your brand.

This fresh-off-the-presses Be Well Magazine has taken the most vibrant lemons from the tree and stirred a fragrant lemonade. Be inspired and be prepared for a juicy periodical, filled with heroics and ready to serve at your next business brunch! How do we do it?

- Selecting ripe content by seasoned entrepreneurs who share organic testimony and game plans
- Adding spirited flavor with colorful ads and striking graphics
- A dedicated team that is committed to deliver a tasteful and inviting, page-turning experience for the new and experienced entrepreneur (and their future clients!)
- <On The Cover> Shauna Weatherspoon's **3rd Annual Lemonade Brunch** and the mental healing and invigoration resulting from her personal "lemonade" recipe!

Be Well Magazine is not only giving you THIS explosive Summer Issue, but we are also REINVENTING the marvel of a magazine! Do not sleep on the evolution of this ever-evolving publication; do not sleep on the wonder and the woman inside of you. Turn the page and enter the experience.

Wellness to you all!

BE WELL *Magazine*

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SUMMER 2022 ISSUE ACKNOWLEDGEMENTS

Thank You

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SUMMER 2022

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THE SUPER POWER OF

Patience & Persistence

by Jojopahmaria Nsoroma

“Patience is the very heart of love. I don’t think any skill in life is more valuable.”

-- **Easwaran** (1910-1999), gifted spiritual teacher and author of
Take Your Time: How to Find Patience, Peace & Meaning

“Child, patience wins the world!”

- **Lillian Cornelia Brown**, my spiritual teacher and maternal grandmother

Being a successful entrepreneur is about so much more than creating and delivering products and services that enable you to achieve or go beyond your financial goals. Authentic success, I believe, requires the ability to effectively respond to one of the biggest villains on planet Earth, UNEXPECTED CHANGE. I have been a self-employed for 28 years, and during this time I’ve been in many battles with unexpected change. I know without a doubt that what has sustained my success has been my ability to practice PATIENCE, and use PERSISTENCE to cultivate patience. If I were to lose this ability, I would never have experienced the many ‘happy endings’ of my professional and personal life.

When trouble arises, as it will, I turn on my super power of persistence, which I experience as my solid intention to keep moving forward and never give up.

Patience, as my super power, means I’m never afraid to wait for the right opportunities, right colleagues, or right timing.

Patience and Persistence enables me to withstand the disappointment, confusion, self-blaming and even depression that unexpected and unanticipated challenges can bring. To keep myself tethered to patience, which is a powerful form of self-love, I am persistent in doing the following behaviors:

- 1 Prayer & Meditation:** on a daily basis, I ask and thank my God and my Ancestors to enable me to remain open to learning and receiving whatever I need to continue moving forward. I use meditation audio and videos to clear my mind from the past, pull me back from the future, and keep me present to the only thing I can control –choosing love over fear.
- 2 Remembering Purpose:** on a daily basis, I consciously take time to ask myself why I am self-employed and how it serves my higher purpose. By spending conscious time to remind myself that I do know what I’m doing, I can keep my eyes on the prize.
- 3 Physical & Social Wellness:** on a daily basis, I move my body by walking, dancing, or getting healing treatments to keep me in the flow such as massage, acupuncture, or a salt bath. I also make sure to connect with family and friends who are able to be encouraging and if needed, financially supportive. I push my ego aside, and allow myself to ask for and receive the help I need to keep moving forward.

Most importantly, calling up my super powers of Patience & Persistence gives me the time to consider that there is always treasure in the trouble. This changes my perception of what is happening away from, “I’m a failure,” to “I’m being prepared for my next level of how to share my gifts, talents, and genius.”



YOUR WHY IS THE *Bridge to Your Success*

by Cheryl Garrison

I knew if I worked hard and never gave up, the money would come. And it did!

One of the most integral parts of starting and growing a business (or achieving anything in life) is knowing your “why”. Why am I starting my own business? Why am I risking my finances and time to do something very few people do? Once you find the answer to your why, you are on the way to finding your success!

When I think back on when I first became an entrepreneur (over 35 years ago), my why was two-fold. I was working in corporate America, moving up the proverbial ladder and on my way to what I thought would be financial and personal success. I was making good money, getting promotions and thinking that this is why I went to college; why I sacrificed. And it was now paying off. It all changed the day I got called in and told that the company was “restructuring”, and my services were no longer needed. With that, I was escorted out of the building with a small severance in hand, and nothing near a thank you!

That was an eye-opener which led me to my first entrepreneurial pursuit. As I said, my why was two-fold. I received such a slap in the face and reality check by being laid off that I knew early-on I never wanted to experience that again.

My first why? Independence. I wanted to be responsible for my comings and goings and whether I worked or not.

My second why? **I had two little girls at the time**, and being laid off gave me the opportunity to experience motherhood! I wanted to be there for them. I wanted to watch them grow up, be a part of it and not have a sitter or daycare center tell me that they said their first word or took their first step. I wanted to be there.

By becoming an entrepreneur, I was able to experience independence and the freedom to be there for my family. As I think back, money was never the motivating factor. I knew if I worked hard and never gave up, the money would come. And it did!

As the years passed, my why fluctuated but the two core reasons for taking this entrepreneurial plunge remained the same: independence and freedom. Now that I am in my 50Somethings, my why includes passion and purpose.

I realized that all the experiences of my past culminated into a passion and purpose that supersedes all else. I am passionate about helping other women find their why so that they can experience the success that I have enjoyed as an entrepreneur.

What is your why? Why have you decided to step out on Faith and become the CEO of you? If you are unable to answer that question, take the time to find it quickly.

Without identifying your why, your passion and your purpose, whatever entrepreneurial venture you undertake, will be short-lived.

Here are a few brief tips on how you can find your why:

- Create a vision statement that includes what you want most out of your life or business.
- Think about a time when you were fearless, and nothing could stop you from achieving your dreams.
- Focus on what you love.
- Think about what you can do to make people’s lives better.

If you don’t know why you are in business, find your why today! You will find your way to a successful business and life!



Don't Fear the Authentic You

EMBRACE YOUR SUPERPOWER & SOAR!

by Dr. Brenetia Adams-Robinson

You've spent so much time listening to people, God's voice is being silenced in the negative noise.

As a life coach, I already know that several of you were immediately uncomfortable with the concept of claiming that you have a superpower. I've had to coach several clients past seeing themselves in the mediocrity of their circumstances to understanding just how powerful and unstoppable they are. So, let me first say that you are more amazing than you can ever imagine. That's not my assessment...it's God's.

God's Word confirms that you are His workmanship, which is defined as His masterpiece (Ephesians 2:10). Psalm 139:14 says you are fearfully and wonderfully made, which translates that you are unique and set apart. These promises, among so many others, affirm that you are remarkable; born for purpose and destiny. The problem is you've spent so much time listening to people, God's voice is being silenced in the negative noise.

It's time to quiet the noise and accept that God made you to stand out. As His masterpiece, you are one-of-a-kind and there is no one else like you. You're not meant to be a carbon copy of anyone else, but to be distinctively and authentically you. If you have spent years listening to naysayers, it's time to stop seeing yourself through the lens of your past, your pain, your circumstances, or your circle of influence. It's time to get to know the real you and do what you were purposed to do in this life.

You must first make a conscious choice to release the mediocrity mindset and tap into your greatness.

Don't downplay your superpower.

No matter what you have endured, experienced, or erroneously believed about you, your superpower has not diminished. You may have suppressed it, but it's still there. It's likely the thing others criticized, condemned, belittled, or did not understand. So rather than celebrate that unique part of you, you ignore it or minimize it. But it's now time to boldly embrace it and to soar into your destiny.

Your superpower is best defined as the area in which others may struggle or need training, but requires little or no effort on your part to do well.

Often, we mistakenly discount our superpower(s) because they come so naturally to us.

To identify your superpower(s), get pen and paper and record your detailed and honest responses to the following 3 questions. Get input from friends if needed. Your responses will reveal incredible insight into your superpower(s) and purpose.

- What are the things that come naturally to you that others have to work at?
- What areas do you constantly get compliments that you consider no big deal?
- In what areas do you stand out; that friends and family constantly ask advice or guidance?

No one can do exactly what you do the way you do it. Your superpower is the foundation of destiny and purpose. Don't fear it or try to hide it. Boldly pursue your superpower so you can be the authentic you God created you to be. Embrace your superpower and live your purpose!



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Dr. Bre, The Destiny D.I.V.A.

Dr. Bre has been called "a stimulating catalyst" for promoting vision for purpose and destiny. She is passionate about helping people move past self-imposed limitations, mental blocks, and self-sabotaging behaviors that undermine personal goals and leadership competencies to help leaders position in excellence to build engaged staff and high performing teams; and individuals to walk in their destiny.





Your Superpower Is....

DRESSING HOW YOU WANT TO BE ADDRESSED

by DeLonda Owens-Tucker

**What do people encounter when they encounter you?
Does your outward appearance align with your purpose in life?**

Our life's purpose radiates and motivates us to get up every morning—striving to fulfill that purpose. But what if you are unaware of your purpose? When a woman is unaware of her purpose, it affects everything about her from the inside out. Did you know that the way you feel about yourself internally always exudes externally?

Many think that image and clothing are just an “in-the-moment” thing, and it doesn't matter or need to match up with your life. But oh, it does!! Think about it like this— we patronize certain businesses and professionals based on their professionalism and their overall image.

We would never find ourselves connected to or supporting those who don't “LOOK” competent or are not up to par in their expertise. So, why would your presentation be any different? **Whatever profession you're in, your character and image should always match.**



Here are a few things to do to ensure your purpose and image align:

1. One of my signature statements is, “Sow where you want to go”. That means, if there is a certain level you are aiming for but you're waiting until you reach it to look like you're there, you've already missed it. People of influence, investors, or your potential audience need to see you mean business now, not later. Would they take you seriously now based on how you show up? **Invest in your image by dressing how you want to be addressed.** Be intentional about who you are and who you want to become!

2. “You are the Face of your Own Brand”. I say this often. Clothing and perception is always linked. If you have a desire to dress and present yourself better, but find yourself in the same ratty outfits, it's time to find out why. Does your job and the life you want to lead reflect in the way you show up? Do you show up as the Face of your own Brand or do you show up as something different? People evaluate our clothing along with their perception of what we feel about ourselves and the life we represent. How we value ourselves and what we wear is its own language; it speaks for us. Our clothing along with the right presentation of ourselves is what will take us to the life we want to lead.

The truth is we evaluate each other based on appearance, daily. Clothes do not only reflect our personalities but also encourage our personalities and help develop our self-image.

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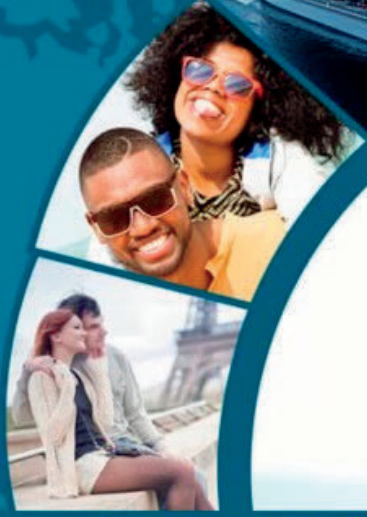
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A New Why

by Wendy Campbell

I have been through several seasons in my life: Wife, mother, divorcee, empty nester. One constant throughout those seasons is my identity being tied to each of them. I was known as “So n So’s wife or ex-wife”. I was my daughters' Mom. I am even known as “LeftEye’s G-Ma”, and people speak to me through her because they know her name and not mine.

Does anyone know MY name and who I AM?



As I ventured out on my own, (*yes, me, and not my girls*) I realized I didn’t know much about Me. Over the years, I never gave thought to who I wanted to be, what I wanted to do, or even what accomplishments or dreams were mine. I’d spent so much time being the person others needed me to be, that those thoughts were invisible. I mirrored the ideal person for other people, and I was able to do it easily because I thought being the ideal person was making me a good wife, mother, employee, daughter, and even dog mom. My eyes opened over half a century later, and the reasons that made me ideal for these people were gone; I had no idea who this NEW Wendy was that I was left with. I had no one to work hard for, sacrifice for, stand behind, or encourage. Or so I thought. I had Me. I could be all those things for ME. I just didn’t know how. I had been living a life of self sacrifice and now I had to recreate my identity.

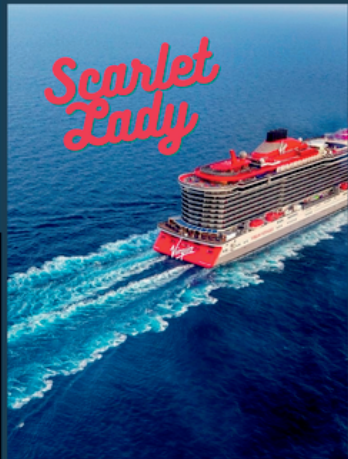
In 2018 after my 2nd divorce, I started **Restoration Wendy 2018**. I started doing things that I wanted to do—dream my own dreams, and follow my own heart. At this point, I had my Travel Business for 2 years, but I wasn’t fully functioning in the business like I wanted. That was, in part, due to being one of the people I created—“Mrs. Being-A-Good-Wife”. When I decided I was going to travel more, I started out traveling as the girls’ Mom; making sure they had everything they needed for our trips. Now, I travel every year for my Birthday and Thanksgiving whether anyone goes with me or not.

I started to see where I needed to make some real changes in my thinking so I could change my life. This meant understanding that I am not a selfish person, and it is okay for me to put Wendy first. Getting rid of the guilt I felt when I didn’t consider my daughters’ needs and the needs of others before my own. I began to define what self care means to me, and what steps I can take towards prioritizing it on a more consistent basis.

I was becoming my own WHY, and it felt amazing.

I realized this person was here all along. I just needed to set her free. Free from the “What-If’s”, “Just -In-Case’s”, worry, guilt, and condemnation. My WHY now mirrors **Recreation Wendy 2022**. I will never let her go.

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DISCOVERING
YOUR

Uncharted Island

by ExploreUs TV

"You are gifted and the world is waiting on you!"

Some of the most beautiful places on earth have remained untouched, uninhabited, and unexplored by humans. Is it because they are hidden or possess special qualities that even humans cannot discover? Maybe they hold special qualities of their own. Perhaps it is similar to our own human nature, in that the beauty and ability we possess is not hidden but untapped. Our genius awaits us just like those skilled architects who designed and built pyramids, temples, and unknown cities. Discovering your uncharted territory comes with the recognition that you are gifted and the world is waiting on you.

Shhh! Here is the secret.

It is already staring you in the face. However, that "man of our dreams", wealth, fame, and glory hides it from our view. At other times, it's the daily grind, problems, and other life circumstances that crowd our minds. But, your unique power already lives in you. It may have shown itself in a dream or through a word.

Perform a deep dive and ask, "What does my soul desire?" Your answer points toward your uncharted territory: Your special **WHY** and **POWER**. The answer will manifest right before your eyes.

To further enhance your abilities, conduct the following special searches:

- An internet search of the most beautiful uninhabited/chartered islands or places in the world;
- Journal about your ideal country;
- Describe the living environment that you would create.

Ensure that this all matches what your soul desires. This project will aid in your journey to find your gift to the world.

The above will help you identify your role in the world. Treasure those moments and unleash the power within. Similarly, visiting the uncharted places and bringing your supplies will prepare you for bringing your light to the world.

Perhaps, one of the ways to do this is to travel to the most beautiful places in the United States or the country in which you reside. **Time alone allows you to find your true purpose and special ways of delivery.**

Looking forward to hearing about your journeys and discoveries.



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HOW IS YOUR WHY

Your Superpower

by Shauna Weatherspoon



Like so many other women I know, I understand firsthand what it's like to take care of everybody else & neglect our own self care over periods of time.

We pour, pour & then pour some more into everything & everyone we love & care about, & then have the audacity to be upset & not understand why we are not showing up in our best lights (if barely at all).

Can anybody else relate to that, or is that just me?

So, I must give FULL disclosure to all of the Be Well community before you all read another word...

When Carmen & I connected about this amazing opportunity—if I am being completely honest about it—I struggled to write about a few things I'm about to share now with you all. I "tried" very hard to talk myself out of this several times; I am literally praying about this as I type; even now, in this very moment while attending a conference, questioning if I am making the right decision to share this part of MY story. As beautiful as I know this ENTIRE issue is prepped to be by the time it comes into fruition, this past year of my life has not been so "pretty" at all; but, I must admit- in the midst of taking care of the rest of the world -I stopped watering my own grass that is, indeed, very green.

So before I share more or talk myself out of doing this...let be 100 % with you all.



Sis, life handed me a whole lot of lemons over this past year, & quite frankly I found myself in a very dark place in my life. I could not shake it for a while. I could not understand it, nor explain to anyone who loved & cared about me during that season of my life. I had NO fight left in me for anything else—at all—during this time.

Yes, ME!

The sister that wakes up everyday to motivate the masses; the woman who puts up the "good fight" for her family, friends, clients, animals, birds, crickets, hell even a rock at times lol-

Yes, ME!

I was dead beat— tired, both mentally & spiritually, far more than I ever even realized.

My battles with my depression & unhealthy habits began to show up more frequently, last longer & became much more intense. My past trauma that took place over my teenage years were literally haunting me down & were on my heels in the most horrible of ways. For the first time, I couldn't figure out what was happening to me.



The storms in my life kept showing up & my emotions were all over the place. Although I was trying really hard to mentally overcome & break through so many things that occurred over my life, there were a few situations that were literally sucking the life out of me. The hard parts of my past began to “hold me hostage”.

I found myself so disappointed about so many things, but more than anything else, I was disappointed with MYSELF. I started to “unsee ” all of the good that already existed in me & my family's world, and I honestly didn't know why this was all happening, NOW! My family was doing better than good at that time, but my anxiety, worrying, and all of this old stuff that still hurts like hell (that I thought I handled years ago) was now getting the best of me. It was UGLY. I found myself exhausted & I was completely on “E”!

Finally, I decided with the support of my loved ones to seek professional help, & through the process I gained Godly wisdom along the way from the people I trusted to help me do this work.

I recall waking up one morning & this profound voice within me finally understood & accepted that:

No one but God & me alone are coming to save ME...and that is where, in my brokenness, I discovered my REAL superpowers!!!

I was hurting those I love & cherish the most unintentionally, & *man*, was that so HARD on my husband, our children, & some of the people who I know love me to my core. I thank God they didn't throw in the towel on me, even when, at times, I willingly threw it in on myself!

I was experiencing *one too many* hard situations with my family & friends—more often than usual. I discovered later on (for a while), that I was operating out of a place of pain.

***I was dying inside. And I don't mean that haphazardly.
Then God spoke to me & granted me full permission to HEAL.***



“



”

***Here I stand Lord with my arms WIDE OPEN
ready to receive all you have for me! Your
favor chases me down EVERYWHERE I go...***

This sister needed healing for her soul. I let go & gave it ALL to God in order for me to keep going, gain clarity, & make peace with my past.

Deciding to heal is now the greatest of my SUPERPOWERS because that is directly connected to my greatest WHY & my purpose—which is our family & our legacy.

In order to create the best lives for them, I first had to commit to loving myself more, embracing all of my flaws & shortcomings, & I had to own all of my stuff! I had to do my work & my God, that was A LOT, to say the least.

But, God! He stepped right on in, put the light back into my path to guide and redirect me. He blessed me with the time, grace & the space I needed (right in our own backyard) to really do this during my journey to self discovery. I sat & dealt with the hard stuff, & in return, it restored my soul. He spoke LIFE back into me & confirmed to one of his dearest daughters that HE has so much more for me & you to do, indeed.

What I want to impress upon each & every one of you laying eyes on this summer issue is to get still for a moment to position yourself in a place by creating a space that allows you all the permission you will ever need to evolve and attend to EVERYTHING God has assigned you to do. Get excited again by ONLY doing things that speak to your heart, soul, and purpose and watch while it fuels every bone in your bodies.

This summer's Be Well Magazine 2022 issue goes out to every woman who knows what it's like to be the "super shero" for everyone else. To every reader who is down & out & just tired, read on if you are sick of suffering in silence.

Do you ever feel like life is just beating you down no matter how hard you try to get back up?

Well, this issue is especially for YOU. To every little girl who dreamed of growing up to have "BIG GIRL" plans-then BOOM! Life happened. This is your friendly reminder to KNOW it's never too late to start again. You can still live out EVERY one of your heart's greatest desires that fulfill your destiny.

It's simply OUR time, sisters, to refresh, restructure, renew our minds, bodies & souls, and make up our MINDS to keep GLOWING!!!

So from our front steps to your doorsteps, I hope & pray you heal, evolve, & create every space in your Universe that your heart desires—**that you do, indeed, deserve.**

Go forward my sister...we need you!

-SW

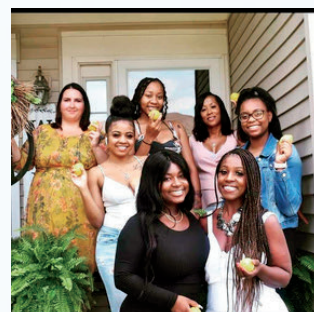
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ABOUT ROD FOUNDATION

Raising Our Daughters Foundation is hosting our 3rd annual "Life Handed Us Lemons" Brunch Event to empower and support women to become the best version of themselves.

Shauna Weatherspoon
Founder and President



Event Details

Date: Saturday, July 30, 2022
Time: 11:00 AM to 1:00 PM

Location: 27755 Diehl Road | Suite 100
Warrenville, IL 50555

Cost: Early Bird \$75/each
After 7/15 \$95/each



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Honored Speaker, Mickell Daniels, will facilitate an important conversation about mental obstacles and overcoming traumas to break generational curses.



LET'S CREATE YOUR *Summer Oasis*

SHAUNA WEATHERSPOON



Our homes are so much more than where we live. It is our canvas filled with spaces that tell our stories. What is your space saying to you & your spirit? What is it "speaking" to others that you invite and welcome inside?

Create your sacred spaces to be your happy places & your work of art, Darlings. Discover (in depth) what "love language" you are feeding your soul? Ask yourself during challenging times if "the juice" is worth the squeeze? If not, learn to let them lemons go a lot faster & drop them lemons like it's hot!

Kick up your heels, relax, & let's create a plan that opens the door, greets you, & welcomes you & yours to become the best & ultimate version of yourselves.

Indulge, cook up & create some new family traditions that you & your loved ones enjoy together!

Exterior Decor:

Whether it's your front or backyard, patio space, or your balcony, let's get inspired together to create an oasis that you all can enjoy everyday.

- **Make sure the front & back yards are cleaned;** Even if they are currently in immaculate shape, a few more planters to add a pop of color would be nice to have.
- **Curb appeal matters!** Put down a fresh welcome mat on the top step of the front entrance.
- **Add a small patio set or bistro set** on the patio & at least 2 big planters to create more ambiance.
- **Power-wash** the entire perimeter of the home & exterior.
- **Clean up/remove** all old landscaping.



Interior Decor:

First impressions, as we all know, are EVERYTHING & by far the most lasting! We want each of our guests to walk in, feel very welcome & make themselves right at home. Create experiences & curate your heart out to entertain & spend time with the special people in your lives.

Place a nice rug in the front entrance that greets your guests before they even ring your doorbells, Darlings!

Deep clean from room to room, freshly paint & touch up the trim & the interior throughout so your home shows in its best light. (I highly suggest tackling this project one room at a time, Sis)

Do not let this part of the process overwhelm you or leave you feeling stuck! It's easy to feel defeated and depleted when we have so much going on in our busy lives & then we become overwhelmed by merely thinking through the process. We end up doing nothing but beating ourselves down, or we decide to throw in the towel & quit altogether. This is literally not the time to fold!

Don't be afraid to mix & match chairs & to add pops of color throughout that flow with your theme.



Other suggested items to add/update to create your sacred spaces:

- **Bring in modern artwork;** print & frame your favorite family photos, find home furnishings & accent pieces that speak directly to your soul & speak volumes. Plants, both live & artificial add beautiful ambiance! They can make you feel cozy & are very calming when added to any space.
- **Grant yourself permission** to only choose selections that work best for you & your lifestyles! No exceptions can be made on this matter FYI...

Be more intentional about the colors you FLOW with moving forward:

- **Think about your favorite color** or theme during this season or year-round that brings you pure JOY. My summer color is no secret to anyone these days & that's just how I like it lol! Yes, you guessed it! It's all about the yellow for ME...lemons give me life nowadays. It was also one of my mother's favorite colors & seeing her happy always brought me pure JOY.
- **Make sure we show off your beautiful flooring** throughout by cleaning & mopping the floors with nice scents that spark good vibes only throughout your space.



Now, we all know how much Carmen Ray loves a good candle being lit, so while re-igniting burning desires within your life, let's get those aromatherapy vibes burning from within you & your four walls!

Front Room:

These rooms set the stage & “paint the picture” for your entire home- keep this area tight so you can manage whatever else you are about to literally walk into after a long day in the office. Be sure to highlight the focal point of each room & work from there to create designs your spaces deserve.

Kitchen:



Declutter counter spaces as much as possible & clear off items on & around the kitchen sink area.



Add a few accent pieces with pops of color on the counter tops.



Consider laying fresh matching hand towels on the oven handle & on your island.

Living Room:

The objective for this area is to show how nicely the home flows as well as to visualize the functionality of the space while staying organized; yet still allowing you to LIVE in the room. It's not supposed to be perfect lol, FYI it's to be lived in...that's why we call it a “living room” lol! So, go LIVE it up however your heart desires!

Bedrooms & Guest Rooms:

These areas should truly be treated & cherished as your sanctuaries. Regardless of how the day went, you want to feel a calm sense of peace & relaxation. This is where you want to create the space that feels like you are on a 5-star retreat away from home, but you are literally laying down right at home lol!

Bathrooms:



- Bring in your favorite candles, fresh new towels, artificial plants & flowers, & some artwork/home accent selections.
- Deep clean shower/tub area.
- Keep it cute, classy, sassy & very well organized. This is your home spa/retreat area Darlings...so please treat it as such.

Surround yourself in your sacred spaces with **ONLY** people & things you like; experiences that excite you, bring you peace & that you love! Set & enforce healthier boundaries for yourself & others. Protect your **GREATEST** assets (**YOU, your sanity & peace of mind**) like never before. Develop the ability to become more self-aware to better recognize your feelings & behaviors as they occur. Be mindful of what & who you give your **ENERGY** to; **energy is EXPENSIVE!**

Challenge yourself to ask the hard questions in these moments to ensure the situation at hand is in alignment with your life's purpose.

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The Recipe **FOR LIFE'S LEMONADE**

by Therapist Mickell Daniels, MickellDaniels.com

We often hear the term "When life hands you lemons, make lemonade." But not often are we told the recipe for the lemonade.

Your lemonade can be made with whatever ingredients you choose to add. But what if you don't know the type of ingredients, to begin with? Here are a few steps for identifying components needed to produce the best Lemonade out of the lemons life gives you.

(Writing your response to steps 1-5 may add an extra flavor to your lemonade).

1. Identify the lemon (What is the issue?)
2. What emotion do you have as a result of the issue?
3. Take a moment to acknowledge your current feeling and accept it. What did you accept about it?
4. Ask, "How does this situation impact me?" Please write it down or think it through.
5. List two alternative positive ways to view the impact.
6. Think of the lemon again (But this time, think of the two positive alternatives while thinking of the issue).
7. Say the positive alternatives out loud until you "feel" it.
8. Take a deep breath and smile as you slowly exhale. (repeat two more times).
9. Tell yourself aloud, "I just made a batch of lemonade out of a lemon."

Moral of the story: The secret ingredient for Lemonade is Mindset. You can begin to create the other components by following these suggested steps.

I challenge you to make the perfect lemonade batch for YOU by starting today.





PERFECTING YOUR PURPOSE=

Pouring Into You!

by Jacquelyn DeLane

When I think about having a “Super Power”

my mind goes to something or someone that is extremely influential, very dominant, intentional, and beyond powerful. As I look back over my life, my mind wanders to what my actual purpose is and I conclude that my purpose is so much bigger than anything I could ever want personally for myself.

Besides my purpose being to glorify God, I am convinced that my purpose involves more than leaving a legacy for my own child who passed 27 years ago, or my husband, or my parents as they have passed and are resting in paradise. My purpose has evolved over the years, or so I thought. Looking back, I see how I was destined for my purpose long before I understood anything about having a purpose.

My purpose entails living my best life so that I can show generations behind me that life is really worth living, enjoying, and sacrificing for. Being connected to so many Millennials and Generation X adults illuminates how life has changed so drastically for them compared to my own time as a young adult. I'm here to testify that you can be anything you want to be.

Focus,

be intentional, don't compare your life to others,

and go after what you want; do not live in your regrets and remain true to who YOU are.

If you didn't get something right the first time, (that was me many times) do it over. Don't give up and don't give in. Use a different strategy, or maybe you need to shut out all the noise. It's possible that you need to unlearn some habits that cloud your purpose, or you could benefit from having a mentor; **or** do a self assessment which might reveal that **you are getting in your own way**. Whatever the obstacle, make adjustments until you're sure you are walking in your purposeful life.

Enjoy your journey along the way, live the life you dream of, and don't forget to TRAVEL as it opens up doors for you and often helps bring **clarity** to your life.

Follow the simple rules in life, for only then will you **perfect your purpose!**



You've Got This!

GO GET YOUR DESTINY!

by Linda Michelle Trainer

I recently heard one of the “Sharks” on “Shark Tank” make this statement, “...People that succeed in life tend to have a need for something greater than themselves...” That is how I define a passionate WHY— the reason you do what you do.

Having an electric reason at the core of your being is the fuel that burns bright, illuminating your path forward.

We are all fueled by *something* which motivates us to get out of bed each day. The propeller behind those who go from their bed to the active, manifestation of their dreams— in vibrant, living color— is the WHY behind their movement.

My WHY involves the heart of my family and the families of those who are caring with their hearts. Legacy and living life out loud to the fullest; on purpose, with purpose, as the Creator of Creation has purposed, and encouraging others to do the same globally is also a part of my WHY.

If you are not clear on your personal WHY consider these 3 steps:

1. **GET STILL. ASK. PRESS IN.** Hear God confirm your heart's true desire; that which makes your heart pump with joy, giving your life exciting meaning;
2. **Write down that heart joy;** that which energizes you, even in your exhaustion;
3. **Run with it.** Take your dreams seriously. Read and review them every day. Live as if you have everything you need to make it happen, realizing that you actually do!

This is a process and we exercise our WHY with each new challenge that we face. Visualize this: Keeping your focus on your WHY, continuing in forward motion, staying in faith, believing and trusting God, even when it is hard to believe and to trust = You are succeeding! Consider the wisdom of this quote: **“Remember, most of your stress comes from the way you respond, not the way life is. Adjust your attitude. Change how you see things. Look for the good in all situations. Take lessons and find new opportunities to grow. Let all of the extra stress, worrying and overthinking go.”** (Author Unknown.)

Let your WHY lead the way. Be laser-focused on it. Take your time and do what you know you must do. Believe and proceed, consistently taking time to assess where you are, where you are headed, confirming your objective and your reason WHY.

YOU

CAN

Make this happen!

Get up, my sister! Align with your destiny.

“Set your gaze on the path before you. With fixed purpose, looking straight ahead, ignore life's distractions. Watch where you're going! Stick to the path of truth, and the road will be safe and smooth before you. Don't allow yourself to be sidetracked for even a moment or take the detour that leads to darkness.” (Proverbs 4:25-27 TPT).

Activate, refresh and implement your WHY today. It is truly your **Superpower**. Be IN Courage, precious one. You've got this!

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Isaiah 49:15-16

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My Passion is My Purpose

A MESSAGE TO THE WOMAN ASSIGNED TO ME

By Conchetta Jones

What is my WHY? What is my Purpose? Why do I press on?

I'm 64 years old. God has prepared me for such a time as this.

Over the years I have looked back over my life and often wondered why certain things happened to me. I think about how decisions I've made, (often unwise), have gotten me to this point. I think about how if I had just made even one or two different choices my entire life would have ended up differently. Sometimes I daydream about that different life. But mostly I think about the lessons I have learned over these 64 years and just what is my purpose in life.

That leads me to writing this article. As I thought about what to write, I had to consider my life. What is my WHY? What is my Purpose? Why do I press on? What motivates me to do the things I do? Why do I share my personal business? Why am I so transparent? Why do I look for ways to support women? Well, I'll tell you. I feel that everything I have gone through and have experienced in my life was not just for me; but for the woman assigned to me. The woman I have not even met yet, but who is waiting to hear my story and to hear how I made it through all of the things I have; to hear how I wore a mask for many years and realize that— just like I made it through, so can she. I took my mask off. SO. CAN. SHE.



To the woman who thinks that life has passed her by...

...I am here to remind her that **age is nothing but a number**. It's the mindset that matters. Those limiting beliefs have got to go. Being too concerned about what other people think or say has got to go. I want her to know: Sis, you can do whatever you put your mind to, and your age is not the deciding factor. It is time to step up and step out.

I go so hard because this teen mom, twice-divorced, finished-college-in-my-50's woman wants to motivate, inspire and empower women to step out of the box that they have been placed into, and to live out loud. Be Bold. Be Fearless. Do it.

Whatever "it" is.

I did it and so can you.



Listening to the Legacy

YOUR WHY COMES FROM WISDOM

By Sandy Malone

Life is too short to not use the gifts and talents that we've been blessed with.

When I look back over my years growing up I realize how truly blessed I am to be an entrepreneur. I grew up with two parents (Thomas and Gloria) whose families migrated from the south to Milwaukee when they were young, where there were more employment opportunities; especially in factory jobs. Over the years, these high school sweethearts would meet while attending Lincoln High School and raise six children: four boys and two girls! My father worked at a local factory, A.O. Smith, (as did many African-Americans), after graduating from Bradley Tech.

My Grandfather, Roosevelt Malone also had a grocery store in the neighborhood while working at A. O. Smith to support his family. While working, my dad decided he wanted to get into real estate and had his own business for many years. My dad was a young man in his twenties when he was mentored by a real estate owner in the community who helped him learn the business while he attended real estate school. He obtained his license, my mom followed by getting her license, and they opened up their own agency.

While growing up I was always reminded of the hard work and sacrifices they made for us to have a good education and opportunities that they never had. We all pitched in cleaning the office after school, learning how to speak to customers, and answering the phone.

My desire to travel and see the world grew as I got older and attended Spelman College. I was able to meet people from other countries and other parts of the US who were willing to work hard to achieve their dreams for the generation.

My parents are now both deceased. My Mother's death occurred in November, 2020 forcing me to witness the devastating impact COVID-19 has had on a personal and global perspective. I know that now is my time to take the baton and run with it. My reasons are simple:



**PERSONAL
FREEDOM**



**TIME
FREEDOM**



**FINANCIAL
FREEDOM**

I want my nieces and nephews to know that they don't have to be stuck in a job they don't enjoy because they have bills to pay. I tell them that life is too short not to use the gifts and talents that they have been blessed with. Now, my nephew wants to become a carpenter and have his own business, and my niece just started a business applying eyelashes! I am hosting family meetings now where we are planning our first family vacation since COVID-19. I am also sharing options and strategies to teach them how to travel more. It's all about planting seeds.... And with hard work and perseverance, watching those seeds GROW!



YOU HAVE TO LOSE YOUR MIND IN ORDER TO

Follow Your Heart

By Beverly Brown, Consultant, Dreamsteerer

You literally (not figuratively) have to lose your mind in order to follow your heart...

Your 'mind' will try to block EVERY possible thought you possess that goes against the 'comfortable brain' that it's striving to be. Your 'comfortable' thoughts; your relaxed and settled mind wants nothing to do with the 'different' or complicated existence that your heart is fighting to sustain. Attaining that newness will disrupt the brain's "normal" comfort zone. It wants to remain complacent and relaxed without exerting any extra energy, or providing any thought to do anything extra beyond what it's already doing.

Your brain is hardwired to perform simple and non-taxing processes, often due to the limits of our thinking. Suddenly, you're telling your brain you want to do something different like start your own business or new enterprise, or present a more creative idea (or an even better way) to accomplish or enhance something that will make a good service or product better. Immediately it's questioning how this is going to happen, however, it has no instruction for construction. Your brain gives various, random thoughts and scenarios of what that goal, dream or vision is that you've instructed it to think about, causing a disturbance from what it does "normally. Therefore, it gives you multiple random thoughts to see which one connects the best (or so you think).

Start by writing down the plethora of information that your mind is feeding you. The brain doesn't know how to start, thus giving it to you randomly; you have to figure it out. How do you figure it out? You lose your mind and its thoughts by writing them down and making them plain on paper (or your phone/tablet for the techies) like the familiar scripture, Habakkuk 2:2.

Writing it down assists with disconnecting from the same-as-usual-mindset you are now losing. Writing those random thoughts down also allows you to see your 'thoughts' on paper which empowers your mind to consider new possibilities and connect with the actual thoughts and you gradually lose the old mind.

Once you do this, you can literally ask your 'heart' and 'spirit' in what direction you should proceed. The brain can then begin to focus on each individual thought and lead you in the best direction to pursue. Pursuit usually requires someone else's help; which it should, because no one can pursue everything on their own; not completely. It's not how God intended.

You can now operate in your Superpower—being different—which leads you closer to perfecting your purpose.

[Taken from Chapter 6 of my new book - Dare To Be Different - Dare To Be You!]

Beverly Brown is a #1 Best Selling Author

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Superpower: UNCOVERING THE WONDER OF WOMEN

By Cyrena Martin



Shero is defined as a woman admired or idealized for her courage, outstanding achievements, or noble qualities; a heroine.

When I think about why I have chosen the path that I am currently on, I think about all my WHYS-
God! My daughters! My mothers! My aunties! My sisters! My new grandson! My nieces! Black women! Our youth!

I am often asked why I do the work I do in domestic violence and sexual assault advocacy. My answer remains the same every single time, **"Why not?"** What if no one was there during a time of need for a victim/survivor?

God 1st, Family, then everything else. God's plan is the #1 reason why I do anything and everything I do. He is the planner, navigator, and the provider for all my goals, and dreams. My family, beginning with my two daughters, is in focus honoring the significance women's wellness is in our lives. In 2009 I was invited to host a Bosom Buddies Breast Cancer Awareness Event. I didn't know anyone that had breast cancer nor had I ever had a public conversation about women's health. Immediately after that event I became passionate and intentional about women's health issues and advocating for women's wellness.

My superpower is being an advocate/liason.

In 2010 I founded an organization that has afforded me a platform to be a voice for those if/when they are unable. I now advocate for women's wellness, educating families about their health and other issues affecting their wellbeing. I focus on those who look like me- African American women and families because of all the disparities and challenges we face when working with the many different systems.

My superpower, **ADVOCACY**, is modeled around the "each one, teach one" motto. I've now chosen to become a leader by teaching others, being transparent with my own testimony, and annually honoring survivors. Our organization honors women for their courage and willingness to share their stories to save lives. I refer to these honorees as My Sheroes.

Over the last five years, we have supported at least 500 women in scheduling their mammograms through our 100 mammogram challenge. **Our motto: The best protection is early detection.**

We have also celebrated more than 50 Breast Cancer Survivors in their journey toward healing and wellness. Proudly we assist Domestic Violence & Sexual Assault Survivors in our Embrace!Empower!Employ(ment)! program with their goals as they begin reintegrating back into the community; feeling empowered and prepared physically, mentally, and spiritually.

For me, a superpower is being able to do what I am passionate about and doing it naturally; waking up each day feeling inspired, never giving up or worrying about the next opportunity to serve; staying faithful to the mission of providing resources, advocacy, and love to those in need. Remembering each person is an individual with very specific personal needs. Being able to be kind and thoughtful as I partner with others in their time of need.

I was recently asked what education is needed in my line of work and I answered, "My clients teach me how to treat them and tell me what they need from me." Prayer is powerful and necessary as I continue to perfect my superpower.

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BUY FROM A *Black Woman*



"Black women and their contributions are often overlooked, which is why it's crucial for us to come together to build, strengthen and create our own opportunities for success." ~ Tracee Ellis Ross



(Nikki Porcher, BFABW Founder and Tracee Ellis Ross at H&M's Los Angeles showroom)

Buy From a Black Woman is a non-profit organization founded in 2016 by Nikki Porcher that connects hundreds of Black Woman owned businesses across the United States and provides a community of support with the goal of helping their businesses flourish. Throughout 2021, H&M sponsored events like the Buy From A Black Woman Inspire Tour and the BFABW Holiday Market which ran November through December 2021 at H&M's Times Square location. These events, which saw products from over 50 Black Woman owned businesses sold at H&M locations across the country, exposed new customers to these Buy From a Black Woman member businesses and business owners.

"It's hard to describe in words what it means to have Tracee Ellis Ross as an ambassador for Buy From A Black Woman. This year we are celebrating and showing the world that Black Women are living examples. I couldn't think of a better example to help us spread our message of just how important it is to buy from and support Black Women Business Owners better than Ms. Ross. We are truly honoured to work with her and to continue our partnership with H&M," says Nikki Porcher, Founder of Buy From a Black Woman.

This summer, H&M USA will again sponsor the organization's Buy From a Black Woman Inspire Tour, leveraging H&M USA's channels and brick and mortar locations to highlight Black Woman owned businesses across the country.

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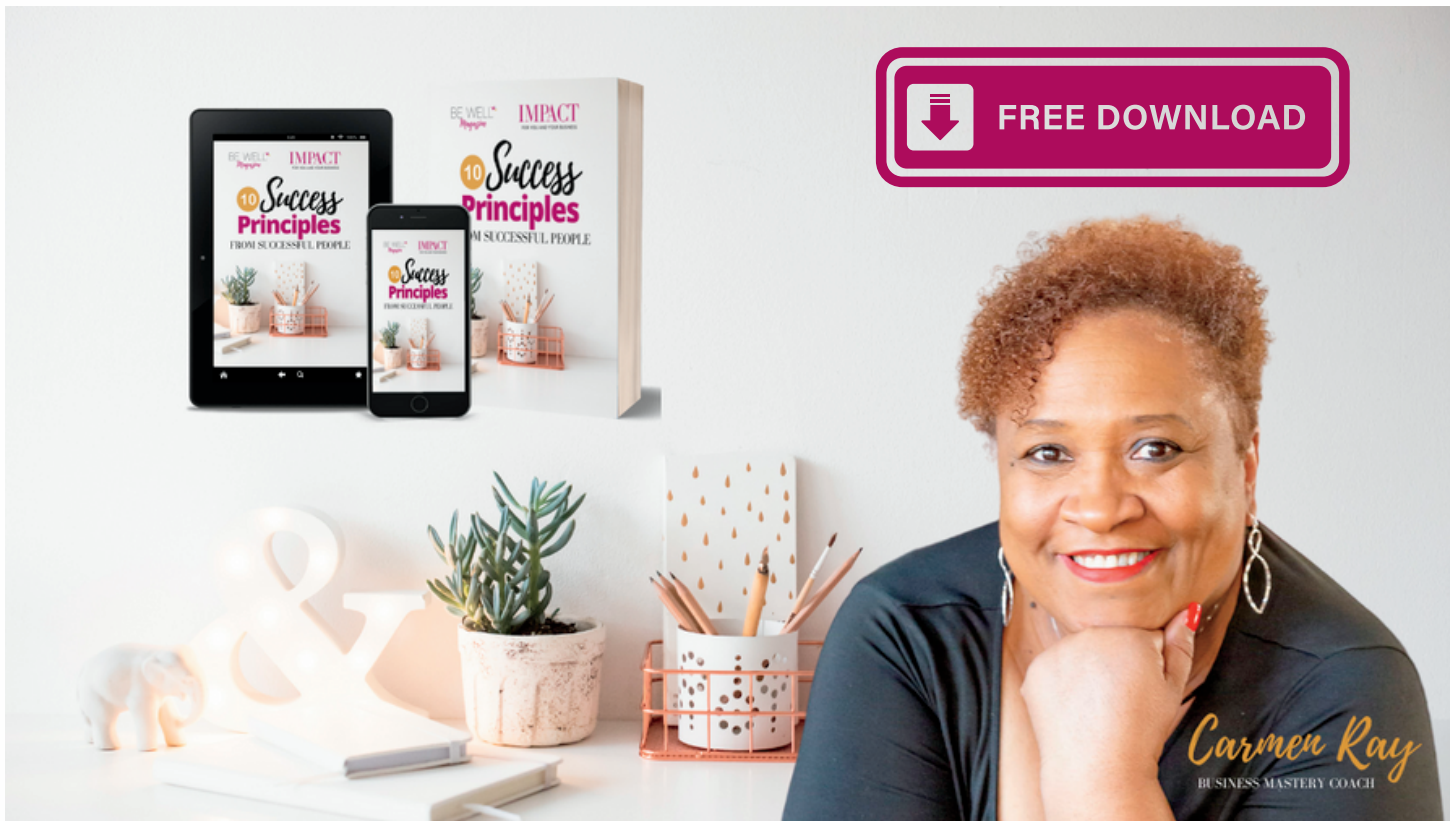
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FOR YOU AND YOUR BUSINESS

Isn't it time to stop being dominated by what other people think?

Truly JOYFUL, happy people are those who build lives they love. They strive to be WINNERS in life, love, family, and career.

From the time we're young, we're told what we can and can't do. It's too hard to do that. Only a few people manage to achieve success like that. Wealth is only possible for the select few. You CAN'T be the next Steve Jobs or Oprah Winfrey.

It's like living in a cage. We desperately want to break out. To be free. To put our fears aside and go all-out for our dreams.

Well, let me tell you something, I'm not wasting any more time and I suggest you don't either.

[Join me on Spotify!](#)



Every morning, take 5-10 minutes to review and reflect upon these principles.

These ideas may be simple, but they're profound.

Put these to work in your own life and watch the success appear before you.

- 1 **Always keep moving**
Forward
- 2 **Give up good things to**
achieve great things
- 3 **Always Take** *Action*
- 4 **Run hard after your**
Passions
- 5 **Chart your own**
Unique Path
- 6 **Move outside your**
Comfort Zone
- 7 **Stick with your**
Dreams
- 8 **Focus, Focus, Focus**
- 9 **Stop being a**
People Pleaser
- 10 **Believe in your** *Dreams*



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