



JULY 2025



NOTE TO SELF...

Do you realize how valuable and necessary YOU are?
Do you realize that you are uniquely and wonderfully created
to carry out a purpose like no other?
It is important that you consistently remind yourself that
regardless of the circumstance, I AM created to serve a
uniquely created purpose.

Intentional SPEAK words that uplift, encourage and inspire
you to be the best version of you everyday.

UPCOMING
EVENTS

MIRROR, MIRROR, THE
EMPOWERING IMAGE I SEE IS
ME

TBA JULY 2025



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BE INTENTIONAL WITH YOUR TIME, ENERGY & SPACE



GET CENTERED BY GETTING QUIET

Setting healthy boundaries are essential for your well-being. When you constantly give of yourself and find that you are not being replenished with nourishment to restore, and I am not speaking of food and water alone, you are left feeling depleted and drained.

Here are ways to be intentional with your time, energy and space:

1. Block time on your phone and calendar where you are not available to others so you can focus on yourself.
2. Make rest a daily priority. Detach from social media, the news, negative conversations, gossiping and complaining.
3. Be discerning of the things you watch, who and what you listen to and events that you participate in. Be sensitive to the atmosphere of the rooms you enter.
4. Read and listen to what edifies your mind, body and spirit.
5. Embrace the quiet as we are stimulated by noise around us. We become centered in the quiet spaces.
6. Express gratitude daily because gratitude changes our attitude.
7. Get out and enjoy your life by making meaningful memorable moments.

Psalm 4:8

In peace, I will lie down and sleep, for you alone, Lord, make me dwell in safety