

BE WELL



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Magazine

FLYING FIRST CLASS AND KNOWING YOUR

Worth

THE ESSENCE OF FIRST CLASS:
**WELCOME TO YOUR
UPGRADED WORLD**

LINDA MICHELLE TRAINER

YOU CAN'T FLY 1ST CLASS **SPEAKING TRASH**

DR. BRENETIA ADAMS-ROBINSON

SPRING
APRIL 1, 2022

ANITA BATES
CHIEF OPERATING OFFICER
She's Happy Hair



ON THE Cover



During our one-on-one, Anita shared that she has yet to know what her true legacy to the world will be; there is clearly still much that she will do and accomplish. Still, she believes that her determined work ethic sets her apart.

Crystal, Editor in Chief, Be Well Magazine



*“If there are failures,
I shake them off and
keep on moving.”*

ANITA BATES

is statuesque on the front page of Be Well Magazine's spring issue, commanding us all to notice the grind behind the shine.

She IS Anita Bates, COO of She's Happy Hair, Associate Director of the She's Happy Foundation, and Managing Partner of The PowerPlay PR.

She's Happy Hair is the **number one virgin hair supplier** in the US with 7 locations; store fronts located in Houston, Dallas/FT Worth, Atlanta, and Detroit, and online purchasing is also available.

Anita was raised in Milwaukee, Wisconsin. Now, as a powerful businesswoman, she makes a point of using every moment of her day to be productive in some way. When I asked about failures on her journey to success, she could not readily recall them. Anita stated, “If there are failures, I shake them off and keep on moving.” She stated that failure is simply a part of the process, as long as you FAIL FORWARD. This is the mindset that has catapulted her to over a decade of success with this powerhouse brand.

Be Well Magazine is so enamored with Anita Bates, not only because of her entrepreneurial spirit, but also because of her mission with the She's Happy Foundation's success in giving back to the inner city. We must also give kudos to the sisterhood and leadership she lends as a partner of The PowerPlay PR which seeks to mentor and support other companies on their road to winning.

My conversation with Ms. Anita Bates mirrored a cozy coffeehouse chat which made her humility glow. I extend congratulations to madam Bates, and the entire Be Well Magazine community wishes continued peace, love, and success!



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HEY Ladies

LETTER FROM THE PUBLISHER



It's our Spring issue!! Wow, this year is flying by! Be Well Magazine is here for it and ready to take flight with you... because I know our worth!!

Carmen Ray

Founder and Publisher

So, I must ask—Are you ready for first class seating in your business or are you content in cheap seats with your “buddy pass.”

Here's the deal, ladies, your buddy pass seats will no longer be enough. No more going to the flight desk asking, "Any availability yet?" The buddy pass seats are screaming to everyone who needs YOUR inspiration, your product, or your service, "I'll take whatever I can get, whenever I can get it"; sacrificing self worth to reach my destination.

As an entrepreneur for over 35 years, here is what I know—how you get to your destination and who you're riding with matters.

No more buddy passes. Let's be intentional, focused and positioned for our first class seating.

Our Contributors in this issue have delivered a collection of messages, reminding us that our business journey is about posture, confidence, positioning and knowing our worth.

First class flight passengers often remind me that people are always watching, even if they never make eye contact with those passing by. I watch people glance over at them but I never see them look up to watch people passing by. Hmmmm I wonder why?

FIRST CLASS IS FOCUSED!

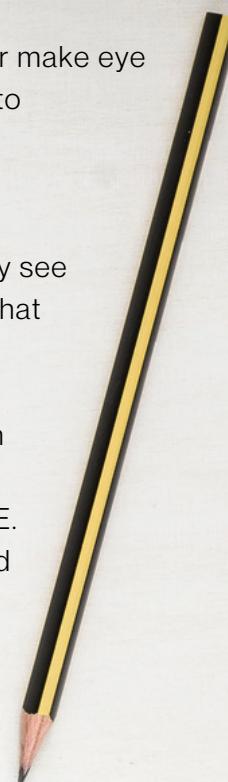
What do people see when they look at your brand, your proposition, or offer in business? Do they see cheap seats or you settling for low hanging fruit in the form of lackluster services and products that present like gimmicks? Are you compromising your value?

I also notice the first class passenger socializing, reading something of value, or exchanging with others in first class. They are present in their immediate area. They know their worth and will schedule a different flight before settling for the cheap seats. They make first class a LIFESTYLE. THIS is how we must be in business. Work that job while building your business, if necessary, and find strategic opportunities to collaborate while building.

Speaking of First Class, enjoy the debut of our Be Well Traveled section as we highlight travel advisors, upcoming vacation packages and our 2022 Be Well Retreat this fall.

I am beyond excited that you all will meet Anita Bates and She's Happy Hair, and see firsthand how Anita's mindset exemplifies what moving from Coach to First Class looks like in business.

Please write to me to let me know if you were able to Be Well Connected, Informed, and Inspired by any of our articles in Be Well Magazine, Spring Edition. Carmen@bewellnetwork.biz





SHARE YOUR
Thoughts

Readers, we're building something AMAZING here with Be Well Magazine!

We need YOU to assure we're building a publication and a brand that's adding value to you personally, AND to your business! Each quarter, we invite you to provide feedback. We commit to hearing you and considering your critique and suggestions. Thank you!

Submit your feedback at www.bewellforwomen.com/feedback.html



Carmen Ray
Founder
Be Well Magazine



Crystal Thompson
Editor in Chief
Be Well Magazine



Michael Damond
Creative Director
Be Well Magazine

SPRING 2022

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BE WELL



Magazine

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SPRING 2022 ISSUE ACKNOWLEDGEMENTS

Thank You

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Class (FIRST) IS IN SESSION

LETTER FROM THE EDITOR



You have stepped inside of the best-in-class Be Well Magazine, where you will be captivated by the multi-million dollar message of her majesty and COO, Anita Bates, of She's Happy Hair—stunning on the cover.

Crystal Thompson

Editor in Chief, Be Well Magazine

While you're here, stroll through to hear mighty words, wisdom, and priceless personal testimonies behind entrepreneurial efforts and execution. Don't forget to take in some advice from our new style advisor, DeLonda Owens Tucker, score Spring home decor style and sophistication from Shauna Witherspoon, and open your mind to the roadmaps in this issue. Our contributors have united to lift you off of the runway and into your purpose!

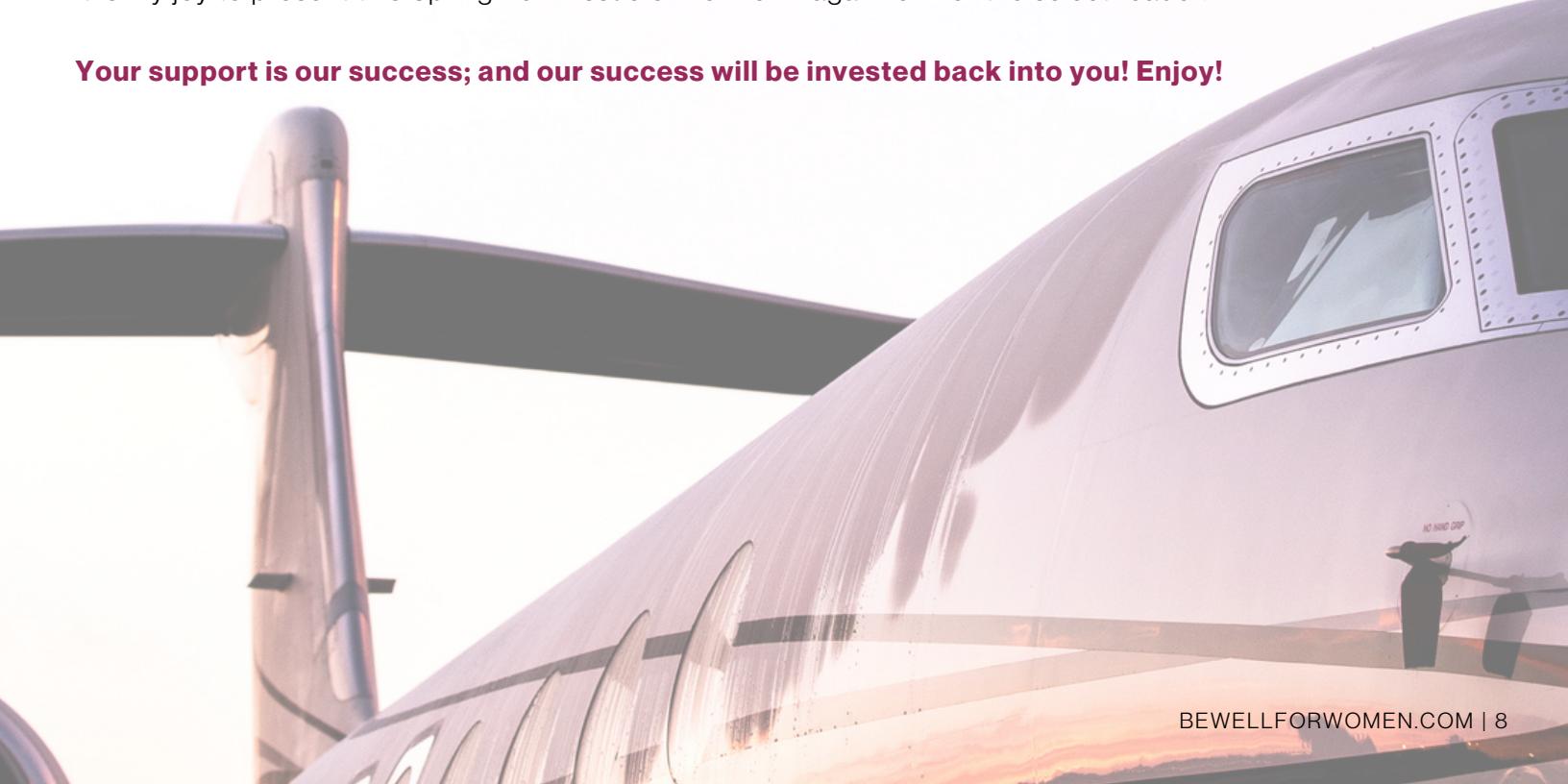
THESE PAGES are your SPRINGboard and your boarding pass to new insights, new resources, new faces, and newsworthy products and services that demand the attention of entrepreneurs and EVERYBODY!

Be Well Magazine is putting our readers on the spot this season by expecting each of you to choose first class on your journey. Whether planning a trip to the Caribbean or canvassing for customers and clients, choose first class options to channel the corporate-level confidence inside of you.

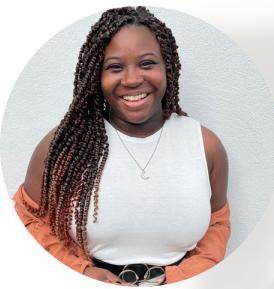
What is it that makes airplane passengers in first class unique? It is not their talent or their lineage. The most obvious distinction is the location of their seats. **POSITIONING**. Persons who choose first class have made a conscious decision to position themselves to be PUT ON first!! It truly is time to seize opportunities to SKIP THE LINE—set yourselves up in the proper position to be seen, to be heard, and to gain priority access to valuable intangibles and investments. Be Well Magazine seeks to provide you with the energy and foresight to get front-row positioning on your goals!

It is my joy to present this Spring 2022 issue of Be Well Magazine—for the select reader.

Your support is our success; and our success will be invested back into you! Enjoy!



YOU ARE THE *Definition* OF BEING WORTHY



LET'S FACE IT! You've been twisted, conflicted, and undecided on what you deserve and need!

Makayla Campbell

What you fail to remember is that your worth is everything you will ever need. Take that trip you've been wanting, dedicate time in your day for you; implement one thing each week that you see yourself doing in the future because you deserve first class treatment.

We've been living in the midst of a pandemic for two years now— let's not forget that. Now, in those two years, think about all the accomplishments you've achieved. I left a college that was not right for me and pursued teaching theater with a ton of amazing kids. I moved out from my parents and lived with roommates, which eventually led to moving into my own place. I switched career paths to truly pursue entrepreneurship and I wouldn't change a thing. Many people (including young adults) go through changes. Whether it's simple or more challenging, it's still a significant transition that you made; proving that you know how you should be treated, and you know what you will or will not put up with. You KNOW your worth is more important than anything! I know what it feels like to not believe you're worthy of anything, but I'm here to tell you now—that statement is the most incorrect statement to believe. It all begins with you and how you think. If you wake up each day not believing in yourself, you're setting yourself up for a life of negativity.

Here are 3 things I taught myself:

1 - WAKE UP!

When I wake up in the morning, I remind myself who I am and what I'm working for. I like to say this statement, "I am enough, I know what I deserve, I am beautiful, I am smart, and I am powerful." Throughout the day I remind myself that I'm giving my all early in life so that I can live life to the fullest now and always. I have been told that what I'm going for is a lot; that I need to be realistic. Everyone has a different definition of reality. My reality is having a 5- bedroom home that I built in a nice area. My reality is not working 9-5 to achieve my needs. My reality is living my boujee lifestyle with ease. We have to say what we want as declarations; no more casually saying "I wish" or "One day"; we say it as if we already have it because you do and will.

2 - FIGHT THROUGH!

I taught myself to take challenges/obstacles and prepare for them. Nothing is perfect and there will be roadblocks in the way that need to be overcome to avoid slowing down the process. Sometimes you can guess what obstacles may appear by the situation. For example college was my situation, and the obstacle was figuring out what I would do after I left. I knew I wanted to work and stay involved in teaching, so the issue was finding the job that fit in a field I was still learning. Luckily, I remained calm and embarked positively on the journey of job searching—until I made it. You can also learn from others and hear about other similar obstacles.

Sometimes, you just have to think a little bit into the future to make predictions; but don't go too deep in, you still want to be present with what you're doing. It's just good to be prepared and keep what you want aligned with your own values.

3 - ME TIME!

3. Last but not least, I take time for myself. Over the past two years I learned to just be with myself. I moved to Phoenix so I had to make friends on top of working from home. This made it challenging to meet new people. I was fortunate to live somewhere that hosted events, and I met some amazing people who are now my friends! That being said, I had become comfortable being with myself so I still spend time doing my own things to make sure I don't forget who I am and my growth. I enjoy going to some places alone and having self-care sessions. Taking time for yourself allows you to learn more about yourself. I used to think my friends knew more about me than I know about myself, but now I know that's far from true. I learned that I enjoy connecting with my thoughts and thinking about what my thoughts mean. I enjoy a quiet night with flickering candles and music—and just being. I still spend time with family and friends, but I make sure to implement things in my life that are just for me.

Those are key things I've done to grow, and they are tips I think everyone should practice. Young adults, especially, may feel pressure to carry the world. They often feel, with so much happening, they are not seen, but I promise you are; you're doing your absolute best, and you are worthy of greatness. Take your time to learn more about you, then refocus. You're not alone in this journey of life that we're all figuring out everyday. **Remember, you are the definition of being worthy.**

**"BETTER TO SEE
SOMETHING ONCE
THAN HEAR ABOUT IT
A THOUSAND TIMES."**

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Mrs. Deniece Russell
(314) 922-9577

KNOWING YOUR *Worth*



I became wiser as I got older, like most people do. And I realized that I allowed others to value me based on what I was to them. I didn't realize the value I was to myself. What was it about me that I liked? That I valued? For a long time I didn't know.

Wendy Campbell

People would never think that I was a shy person when I was younger. Some people have actually told me they don't believe it. I wouldn't voice my disagreement or difference of opinion, nor would I tell someone they were wrong. I would just let them figure it out. At the same time, I was known for keeping others' secrets, being loyal, dependable, fair, kind, and maybe even a pushover. At the time, I thought it was ok. I found value in knowing people could rely on those things about me.

I found value in being a great mother, employee, daughter, wife, and friend. It was important to me to uphold the attributes that were valuable to other people; thinking that It was OK to put my needs and what I thought about myself on the back-burner. I did not realize I was sacrificing who I am for what others thought I should be. I lived much of my life thinking that way.

My daughters and I were going over our family tree, and I mentioned a letter my mom had from my great grandmother. It was a short letter but it mentioned that my great grandmother was the Chief's daughter which made her a princess. My daughters immediately started calling themselves a Princess—descendants of royalty. I thought it was cute and didn't think anything of it at the time. But as I look back on it now, they understood their worth. And believe me, you couldn't tell them any different. Still can't.

In 2018 after my 2nd divorce, my theme for the year was **Restoration Wendy 2018**. I began a journey to find myself and figure out who I was, what I wanted, and who God created me to be. The marriage that ended that year allowed me to really see that I put far too much value on what people thought of me. I did not think about what God thought of me or what I thought of myself. That year and the years since then have been years of self discovery, self worth, and an elevated way of thinking.

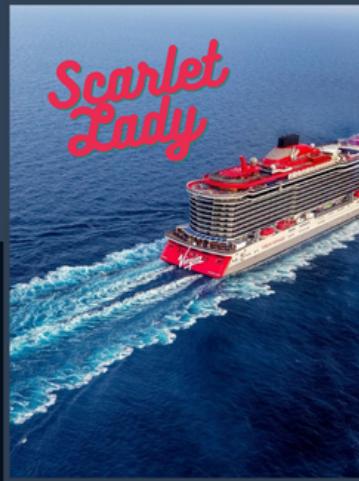
I stopped the 'stinking thinking' and began to imagine my life on MY TERMS.

That opened up a new way of thinking for me. I began to ask myself, "Why not me? The dreams put on my heart are for me. God told me to speak out loud what I desired. Only then, will He be able to make it happen. These are some of the affirmations I say to myself to become greater and greater everyday.

I have the Power to be Happy!
I can make a difference in the world!
I believe in myself and my goals!
Today I am going to be my best self!
I am prepared to be successful!
I like myself for who I am!
I am building a Legacy!
I can do all things through Christ who strengthens me!
I am God's Precious Daughter. It can't get any better than that!

What are you telling yourself? Stop all stinking thinking; AND stinking speaking. It matters what you say about yourself. It may take time, but with practice...you will see your life change.

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VELMA FORDE'S GUIDE TO

First Class

IT'S YOUR TURN



I want to let you know that your self-worth is not determined by the significance of others compared to yourself but is determined by how you view yourself.

Velma S. Forde

Have you ever had a flight to catch and notice people boarding before you? When it was finally your turn to board the plane, you stepped on and noticed that the first several seats were reserved for first-class ticket holders. Did you wonder if those people used a travel agent to get those seats?

Have you ever pulled up to a stop sign and had a luxury or exotic vehicle pull up next to you? Did you wonder if it was a rental vehicle and if you could have access to one as well?

Have you ever gone to an establishment and had to wait to be seated while others were called by name and immediately welcomed into a VIP Section? How did that happen? Did they have a personal concierge book reservations for them?

What about the person in line ahead of you being checked into his or her 10,000 sq. ft. penthouse suite? Did you ever wonder if they had a discount code or some special rate to be able to afford that room?

In all these scenarios, perhaps you felt like your worth was questioned or that you deserved more! I want to let you know that your self-worth is not determined by the significance of others compared to yourself but is determined by how you view yourself. I'm here to tell you how special, wonderful, and beautiful you are!

It frustrates me to see when others don't know and understand their worth. You deserve what your heart desires, including a first-class airplane seat, an awesome car, a seat at the VIP table, a night in that penthouse suite, and on top of that an amazing vacation!!

That's what we strive to accomplish at Toujous Travel. My husband and I have a passion for travel, and we work hard to make sure our customers feel valued and cared for from the onset of our interactions. We want to help make dreams come true. Our goal is to always make them feel special. We love putting together amazing adventures, and we want the best possible experience for our customers! When they book with us, we want them to remember their vacations as experiences they will never forget; vacations that are brag-worthy for many years to come!! We aim to make sure they are completely satisfied. Why? Because they have invested their hard-earned dollars and have entrusted Toujous Travel to provide a memorable vacation experience for them. Our customers deserve it, and they are worthy.

We all deserve a wonderful vacation, whether we work in a factory, work for ourselves, work in a grocery store, or work in an office environment. Our job is to help our patrons feel excited about seeing the world outside their four walls.

One of the things we love to do is group cruises! It gives us great pleasure to provide our groups with tokens of our appreciation. Our customers need to know that they are more than well-deserving of the very best in service and experiences. We celebrate them, and we celebrate WITH them! We love seeing others genuinely happy, and it gives us satisfaction seeing the smiles on their faces. We aim to place a mental bookmark on an experience making it easier to remember in the future and serving as triggers to relive pleasant moments for years to come.

Each group cruise includes a booklet, which is a colorful synopsis of our group's daily activities, including highlights of the corresponding ports, celebration shoutouts, and a group cabin directory. It also includes a vibrant t-shirt so that we can represent our entire group in style and a travel gift.

During our group cruises, we incorporate activities that encourage the participation of everyone. One thing we always do is Bible Buffet. This is a time when we come together as a group and feast on the bible or some sort of devotional that connects us spiritually. We also have group activities. Some of the past activities have been line dancing, t-shirt decorating, mission outreach projects, exercise and aerobic classes, birthday, anniversary, and graduation celebrations, cooking classes, private concerts, and comedy hours, to name a few.

When our customers are on our watch, our mission is clear—to make sure they feel important, acknowledged, and celebrated.

No matter where you sit on the plane, you are worthy! No matter what car you drive, you are important! No matter what table you're sitting at or what hotel room you've been assigned, your value is not measured by the dollars you spend but by the love you have for God, yourself, and others.

You are the designer of your own happiness and realizing your worth is the first step to transforming your life and turning it into an exciting voyage! Toujous Travel is always here as a vehicle to enhance your journey and ensure that your travel experience is first-class all the way!



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# *First Class:*

## TUNE OUT THE NOISE



The Late James Brown stated, "This is a man's world, but it wouldn't be nothing without a woman or a girl". Although we are living in the twenty-first century, it is still considered a male-dominated business world. However, there are so many powerful women that are striving daily to have a voice, to have a place, and to make their own footprints and mark in this world.

*We are no longer living in a time where a woman is only capable of performing so-called “female” roles such as nurses, teachers, cooks and seamstresses. We are now living in a world where the Vice President of the United States is a woman. Everyday, women are filling the roles of doctors, lawyers, accountants and c-suites, just to name a few.*

---

**This didn't just happen overnight, but it happened because in order to be a successful woman and move forward in the business world, you must know your worth.**

One of the struggles some women have is that we feel obligated to prove ourselves. We have been taught over the years that the criteria for success is to outwork and outshine.

I hate to be the bearer of bad news but that is still very true! Although this is a new day and it's not 1980, you still have to work hard to prove your worth.

It's one thing to know your worth; it's another thing to exude the confidence that goes along with the knowledge and experience you have. Being a woman comes with having an emotional and sensitive side, but actually, it is important to keep that separate from your work life. Unfortunately, it can be viewed as a sign of weakness.

I have learned to tune out the noise; the negative thoughts, the naysayers, and the what if's. Regardless of what I have happening in my world, I don't take it with me into that room. I walk into the room fully dressed for success; standing tall, walking with confidence and making sure my conversations are purposeful and will leave a lasting impression. The goal is to look it, walk it, and definitely to talk it.

One take away I would like for you to have is to believe in yourself, know your own worth, and demand that others acknowledge it as well. Never, ever let anyone place their estimated value on you. You are first class and never coach!



# New Age BUSINESS MODEL



*The Great Resignation is evidence that humans are waking up to the fact that we are not machines, and money can't buy us love or happiness.*

*Jojopahmaria Nsoroma*

## TRANSFORMING COMPETITION INTO CONNECTION, COMMUNION, & CO-CREATION

In the United States, the unethical business practices of the late nineteenth century captains of industry, also pejoratively called the 'Robber Barons', gave birth to the most prosperous economy since the Declaration of Independence, the Gilded Age. Men like Andrew Carnegie of US Steel, John D. Rockefeller of Standard Oil, Henry Ford of Ford Motor Company, and J.P. Morgan of Wall Street banking, were among the first titans of American industry who set unethical and immoral business strategies as the standards for success. Their ultimate goal was to create and hold onto wealth by any means necessary.

**As a result, unethical business practices have become quite common and accepted.** I recently came across an article written in 2018 entitled, "5 Extremely Common But Very Distasteful Unethical Business Practices," (1). The article gives contemporary examples of misleading product information, unfair competition, mistreatment of employees, manipulating accounts, and bribery by large corporations, including Facebook, Volkswagen, Pepsi-Cola, and Toshiba, who resorted to dishonest and devious activities because they fear their competition and dread the loss of consumers.

The following quote from another business article written in 2017, clearly demonstrates how fear-mentality and victim-consciousness are still alive and kicking when it comes to doing business:

*"It is cut-throat competition out there. You have to be better than the others not just to survive but thrive and succeed. You must understand that it is a cruel world that will not care for you and you must care for yourself. For this reason, it becomes essential to understand your competitors and their strategies. You must be creative and competitive so that you can improve your sales and be in the good books of the customers."*

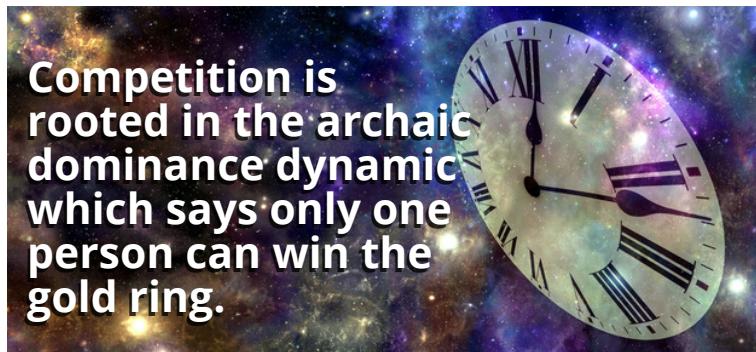
-- Nirdesh Singh (2)

It is this kind of degenerative thinking that has greatly contributed to **The Great Resignation** that broke out in 2020, fueled by the global pandemic. In January of 2022, 4.3 million Americans voluntarily left their jobs (3), and this trend is a continuation from November of 2021 when 4.5 million Americans quit.(4)

We have evolved to a time period where emotional intelligence, spiritual intelligence, and moral intelligence matter more than ever. The computer and internet, in combination with digital and virtual technologies, have freed up our time and minds to consider our authentic purpose in life. We are seriously questioning what family and society has conditioned us to believe about who and what we are. In our New Age, we are more socially conscious and inclusive, and more aware that we are a global community connected by economics, Netflix, ecology, climate change, and a virus that is a perfect transmitter. Here at the beginning of the 21st century, we are open to going beyond the way things have always been and onto how things can and must be for the benefit of all.

In our New Age, we are more socially conscious and inclusive, and more aware that we are a global community connected by economics, Netflix, ecology, climate change, and a virus that is a perfect transmitter. Here at the beginning of the 21st century, we are open to going beyond the way things have always been and onto how things can and must be for the benefit of all.

In my article, *"Becoming the Best Version of You in 2022,"* for the Winter 2022 issue of Be Well Magazine, I shared how the current evolutionary radical shift in human consciousness is calling for the establishment of new ways of having, doing, and being that are respectfully responsive to the New Age that has been born. As New Age entrepreneurs, I suggest that we eliminate the 'Robber Barron' business approach by first having our ultimate goal be the responsible and appropriate contribution of our gifts, talents, and genius to make our world better for everyone. Second, I suggest that we embrace a love-centered mentality and transform competition into connection, communion, and co-creation. Third, I suggest that we stop using the word "work" for nonfarm or manual labor, and instead use the phrase "contributing my gifts, talents and genius."



The existence of a global economy means that there is an abundance of diverse customers, and the world-wide-web gives you access to more of them than you could ever need to be financially fit. Competition in this New Age is a sign of vacant self-esteem, not believing you are enough or able to value your uniqueness.

Competition requires you to compare yourself to someone or something that is not you, and the consequence is that you will always come up as less than.

**So, instead of competing, go for connecting with like-minded people, with whom you can commune (authentically share thoughts and feelings), and co-create more than what you can do by yourself. As Carmen Ray, owner of Be Well Magazine effectively promotes, "Collaboration is the new currency!"**

In closing, I want to emphasize that the paradigm shift I'm suggesting is essential for eliminating unethical and immoral business practices. I invite you to join me in this movement toward a better world by taking just one action to transform competition into connecting, communing, and co-creating. Identify someone you could see as a competitor, and instead of trying to beat them, set an intention to have an authentic conversation with them about how the two of you could benefit from a collaboration, or co-create something new. Remember, you are not working anymore. You are contributing your gifts, talents, and genius responsibly and appropriately to make the world better for everyone.

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## About Jojopahmaria Nsoroma

Jojopahmaria Nsoroma, owner and steward of *Higher Expectations Consulting Collaborative*, is a shamanic healer and innovator/influencer of human and organizational change. In addition to her organizational and professional development work, Jojopah also provides spiritual coaching and guidance to individuals, broadcasts a weekly internet radio program (*Wisdom Walk Talk*), is a YouTube influencer (*Wisdom Walk to Self-Mastery*), and an author, (*Wisdom Walk to Self-Mastery: ancient wisdom for transforming pain*). She currently resides in Santa Monica, CA where she can easily walk to the ocean, practice her skills as a classical pianist, and visit restored movie palaces in Hollywood. Email: [higherexpectationsconsulting@gmail.com](mailto:higherexpectationsconsulting@gmail.com)

# The Essence OF FIRST CLASS:



The truth is that you are the essence of First Class; you were “**fearfully and wonderfully made**” in the image of the Creator of Creation.

*Linda Michelle Trainer*

## WELCOME TO YOUR UPGRADED WORLD

**The original concept of the first class cabin on commercial airplanes was to position passengers away from the noise of the engine and propeller.** In today's society, the function of the First Class cabin is to create more space to relax and renew, away from the hustle and bustle of the leisure traveler, providing an atmosphere of luxurious peace and calm for experienced “Destiny Movers and Shakers.”

Amenities were added to attract and enhance your experience, and to allow you to rest interrupted while on your journey. Hot towels to re-fresh your face and hands; eye masks, sound proof headphones, cooling pillows, private suites, and lay down flat seats may be offered. Not to mention, Sax Fifth Avenue brand down comforters, and pajamas and slippers (on long haul flights), allowing you to arrive with your clothes unwrinkled and your body fully rested.

You deserve it— warm nuts and hot food served on real china, champagne or orange juice (or both) bubbling in a crystal flute, and a wide range of entertainment; from the latest blockbuster movies, podcasts, and audio books to just about every genre of music you can imagine, if you so desire.

You have put in the work. You have pressed into your purpose in one way or another, and you are reaping the reward of your faith in action. You have been granted the opportunity to rest, relax and renew in extreme comfort, because you deserve it.

Whether it is your first flight or your one hundredth, you deserve it or else you would not be here. Even if it were a complimentary upgrade, you received it because your name was on the list and you were in motion; determined to move from where you were to where you desire to be. You were next on the list; you received the upgrade because you showed up. You showed up in time to make the flight, and received the status change.

Marisa Murgatroyd, a phenomenal sister and living proof of this principle, once stated, “Our potential as humans is truly infinite... and we hold ourselves back in so many ways because we learn to focus on our challenges and limitations, instead of our greatness.”

You deserve First Class because you were created – the essence of you, before time began – for such a time as this. You deserve it because of the Creator’s love for you. Receive it. Fully experience the awe and wonder of the gift of it. Be inspired to continue to fulfill your mission, taking responsibility, believing that you will reap the rewards of giving it your very best.

Keep showing up. Never give up, “...For you have need of steadfast patience and endurance, so that you may perform and fully accomplish the will of God, and thus receive and carry away (and enjoy to the full) what is promised.” (Hebrews 10:36 AMPC). The promise is life more abundant. The observation is that, “YOU were designed for accomplishment, engineered for success, and endowed with the seed of greatness.” (Zig Ziglar) The encouragement is that you are “clothed with strength and dignity and you laugh without fear of the future.” (Proverbs 31:25).

**You are the essence of First Class, not because of where you are positioned on an aircraft, but because of what is present inside of you:** resiliency, passionate purpose, hope for your future, belief in the possibilities, trust in the promises of the Creator of Creation who has orchestrated your every step from the beginning, and only invites your cooperation—no pressure, simply pleasure to enjoy the fresh fruits of His love.

Push pass the doubts. What other people think of you is none of your business. The only thing that matters is what you think of yourself. You did not quit. “Success is a matter of not quitting and failure is a matter of giving up too soon.” You showed up! You’re here answering when your name is being called. Receive the gift. Sit back, relax, be comfortable and enjoy the First Class journey. Be **IN** Courage, precious one.



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# GETTING INTO *Spring Bloom* SW LIVING STYLE!



You'd be amazed at what an old fashioned deep cleaning & a fresh coat of paint can do for your space mentally, physically & spiritually.

*Shauna L. Weatherspoon*

We are finally approaching a new season! So, Darlings.... let's get ready to BLOOM together & spring forward!

When we think about transitioning from one season to the next, it should be all about RENEWAL throughout your space; doing the things you enjoy with your family & friends & finding more ways to bring more JOY to your world.

There's simply no better time of year to refresh your living space. Our creative tips shared in this issue will inspire you to transform your home from your front doorstep to the backyard with just a few easy actionable steps & home design tips!

## Get Your Spring Cleaning & Decluttering Done FIRST!

You'd be amazed at what an old fashioned deep cleaning & a fresh coat of paint can do for your space mentally, physically & spiritually. Throwing out some items no longer needed or desired, or donating items will empower you & your home in ways you could never even imagine until after the project is completed! Grab some boxes & let's get this party started.

## *Start where you are, Darlings, with Your Home Décor items that already bring you JOY!*

### Not all Easter decor is pastel!

Create bold & bright Easter decorations as pictured here that all will love to gather around & enjoy a good meal together. I highly suggest going "shopping" throughout your home to identify great finds you already have. Sometimes, it's just a matter of moving a few home good items from one room to the next to appreciate them more, & make them feel new.

In the photos shared, I took an existing China set we've had for years in the pantry that we rarely ever use, and accented them with some other home décor selections we already had; next, I pulled out some spray paint to add more gold touches & drama to my artificial flowers, added a couple of new bargain items to tie our look together. And to say the least...I love the look, & hope you all do too lol!



*Shop throughout your home to identify great finds*



*Spray painted artificial flowers to add drama*

# *Set the Stage Six*

Create a plan to think through your entertainment spaces throughout your home ahead of time to envision your home décor look. This will help you discover the best ways to decorate & “wow” guests you are entreating in your home. For example, are you entertaining in the kitchen, living room, dining room or outdoor patio? Select pieces that “speak to you”, & the Spring vibes you are creating that will invite others in.

## **Now, Let's Give Them Something To Talk About!**

The table scape design should be the attention-getter to spark conversations while entertaining them upon entering your space. Mix-and-match your creative ideas for your Spring & Easter table display for your table scaping inspiration. Pre-select your menu items ahead of time to prepare for the occasion, so it's as hassle & stress-free as possible by serving some of your favorite recipes.

Easter table decorations & centerpieces are the perfect way to prepare for any spring meal & can be displayed throughout the spring season - NOT just on Easter Sunday.



**We wish you all a wonderful spring season!**

[www.shaunawatherspoon.com](http://www.shaunawatherspoon.com)

*All My Best,  
-SW*

# IN THE *Middle*

---



*What kept me glued to this corner of Netflix was a particular thought pattern that climbers and business owners share. "Yeah, it happens. But it won't happen to me."*

*Kim Flynn*

As humans, we love a story of redemption. The hero falls, and then after brushing herself off while music plays through a montage, she gets a pep talk from her friends, tries again, and heroically rises to unparalleled success.

My story unfortunately doesn't have this storybook ending. My story instead reflects what life actually feels like after failure; bumbling around with missteps and self-doubt. Even though I don't have an "ending", **maybe being in the middle and sharing what it is like to be in the middle is also valuable.**

In 2020 my business of 10M revenue, 3 locations, and a team of 60+ closed its doors due to Covid. It was devastating. It felt like a death; I grieved and processed it like a death.

In the months that followed, my drug of choice was watching documentaries. Climbing documentaries. There is an entire genre of films interviewing climbers about why they climb, what they climb, and who they know who has died climbing. At the end of one of the documentaries, the filmmakers reveal that the star of the film himself had died during post-production. **A lot of people die climbing.**

Climbers don't expect to slip. They don't expect to fall into a crevasse. They don't expect to die in an avalanche. But they frequently do. They don't fully accept that they can fall, in fact, until they are in mid-air.

***Similarly, I thought that with enough talent and gumption I could pull my business through any situation. I didn't expect Covid. I didn't expect to close my company doors and go through bankruptcy. I didn't expect to try to cover Christmas for a family of six with a single Amazon gift card. I didn't expect to have to borrow money from my 15 year old son to buy groceries.***

Fast forward a bit and we can again pay the mortgage and even go on modest vacations. From the outside it may seem that I have recovered, but I have not found my way, yet. I am in the middle of the journey, not the end. I have fallen into a crevasse, lost my water bottle and broke a rib, but I am on my feet. Not limping back to safety, but limping back onto the mountain to try again.

One year to the date of the close of my previous company I launched a new business, *Card Salad*. This is my first product-based company. I have learned how to set up manufacturing, what supply chain issues look like, and now, I have a basement stacked full of inventory. While I used to have a large team and a corner office, today I work on an IKEA desk with my dog. My story as it is now isn't heroic, redemptive, or montage worthy. But **this** girl will rise again.

---

Kim Flynn currently hosts the podcast *Habits for Humans* and is attempting to be successful with her new business venture *Card Salad*. She lives in Salt Lake City with her hubby and four kids. Follow her journey at [CardSalad.com](http://CardSalad.com)



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# The Power IN A POWER SUIT



*There is nothing more defeating than that of a woman wearing an ill-fitted suit.*

*DeLonda Owens Tucker*

I'm not sure if you've noticed but "Suiting" has made a comeback with a vengeance! To be honest, I have always loved a good suit and have had the pleasure of having several in my wardrobe. But over the years, because I am an avid closet purger, I simply threw out all of my suits when the style faded. Thanks to the pandemic, we all got comfortable working from home, and the "dressing from the waist-up" trend. Fast forward to now as the world re-opens; this Spring 2022, the trend for women is Suits. In reality, a good suit was never completely out of fashion thanks to Gabrielle (CoCo) Chanel. She introduced the iconic Chanel Business suit in 1925. It is said, that launched what would become a fashion revolution for women. Her garments helped women who worked to project a sophisticated image.

The best clothing choice for women has always included a suit. We've worn them to job interviews in the classic colors of Black and Navy Blue to look professional and poised. But the truth is pant suits have always been fashionable for every woman no matter her size. The power in a Power Suit literally works wonders! We feel like we can conquer the world and are capable of handling anything that is thrown at us. We feel empowered and most importantly we feel like a **First-Class Boss!**

The most fashionable suit for business women for Spring /Summer 2022 is definitely a well-tailored suit. It must fit like it was made especially for you. Trust me, this is critical in your overall presentation.



DeLonda is a Milwaukee, WI native who realized her fashion consciousness as a pre-teen. She recalls her mother grooming her to take pride in her appearance, and also guiding her to take fashion and style seriously. DeLonda is a Certified Marriage and Life Coach, an author, and a motivational speaker. She dedicates time and energy to uplift, teach, and encourage women to be confident and to live within the display of the best versions of themselves. Although she gains inspiration from style icons such as Karl Lagerfeld and Gianni Versace, Be Well Magazine recognizes Mrs. DeLonda Owens Tucker as a true inspiration in her own right—taking on the role of our Fashion Advisor and Tipster! Thank you, DeLonda for sharing style and swag with BE WELL!

## A Few Tips To Scoring The Perfect Power Suit:

- Look for material that fits and drapes well on your body type. Popular Spring fabrics are Linen, Silk blends, Satin, or a Cotton or Twill blend.
- Pick the right color that complements you, while considering the latest trends.
- Purchase the right suit for your size to ensure a tailored fit. Look for and utilize specific sizing including Petite, Tall, or Plus Sized suits as necessary.
- Favorite Stores to purchase suits: Macy's, Nordstrom, JCrew, Zara, FashionNova, SHEIN.

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# YOU CAN'T FLY 1ST CLASS

# Speaking Trash



Stop clicking your tongue without counting the cost of what comes from your lips.

*Dr. Brenetia Adams-Robinson*

The tongue is one of the most powerful parts of your body. According to the book of James in the Bible, it is a fire full of deadly poison that can corrupt the whole person. Like a fire, when managed it can bring warmth and comfort that produces a sense of well-being in the midst of cold and uncomfortable situations. However, also like a fire, if not controlled, the tongue can become an inferno that consumes and destroys all in its path...including your destiny.

The book of Mark tells us that our words have the power to cast entire mountains into the sea and wither fig trees. That's a promise that through our words, we have the power of manifestation. Every promise in God's Word is the assurance that we have the power to manifest what we desire in life; or we can undermine the very thing we want through what we speak. That is a power that should not be ignored. However, most people regularly misuse and abuse that power through speaking the negative over the positive.

Matthew explains that your words are an outward expression of what's going on inside, and confirms that what you pray (speak) in faith, you will have. In other words, the life you live now is an outward expression of the words spoken in your past and, if not managed, will create the life you don't want tomorrow. Rather than speak what's desired, most people speak what they see and experience in the moment. That simple mistake can derail plans to live a **1st class life**. Are you speaking the life you desire, or is your speech encouraging the chaos you complain about every day?

If you had a gun for protection, you would not wave it around without forethought or care because you know the potential to kill and destroy. Your tongue is just as powerful when it comes to the life you live. Proverbs says that the power of life and death lies in your tongue. Death can literally be brought about as a result of speaking wrong words at the wrong time to the wrong person, whether intentional or otherwise. Parents can speak death to the spirit of a child; a spouse can speak death that ends a marriage; a friend can speak death that breaks relationships; a leader can speak death that destroys employee engagement.

You can speak death to your purpose and your inner beliefs in the words you say to yourself.

Proverbs further says that unkind words can destroy your soul, and that a person who does not guard his mouth brings on his own ruin. Ephesians cautions that one should not allow corrupt or immoral words to pass your lips as this will result in detriment to your environment. Matthew reveals that the wrong words coming from your mouth actually diminishes you as a person.

If you ever desire to live a 1st class life and soar into your destiny, you must watch the trash that comes from your lips! Trash is any wrong words that undermine you and your value; negativity that demeans or puts others down; lies or mistruths spoken to do harm; profanity or obscenities that subject you to God's judgement; or any words of doubt, limitation, or stinking thinking that sets you up to fail.

To **fly first class** in this thing called life, each time you open your mouth, remember the incredible power that lies between your lips. You possess the power to condemn yourself to live a "less-than" life, or to soar **1st class** with unlimited possibilities!

***The choice is completely yours!***

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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.

EXPLORE YOU EXPLORE US

# Starting the Journey FROM WITHIN PART 3



A search for the soul begins our new journey. Seek to answer, "From whence comest thee, and whither dost thou goest?"

*Exploreustr*

Our final piece on, "Starting the Journey from Within" focuses on finding what it is that makes us whole. Wisdom through the ages is passed down in stories and proverbs; one which states, "No one can be whole without a link to the past." We discover that nature itself does not change, but those individuals and societies within nature do. How does inward change occur? How is self valued?

Today's world makes comparisons and bases our worth upon an unknown metric to determine if we are smart enough, emotionally intelligent, good enough, dressed well enough, love enough, give enough, or are spiritual enough, etc... This train of thought causes us to wonder about our value, knowledge, gifts, and what we can offer society with our talents, time, and energy. The eventual means is that we trade our abilities and self for a dollar amount placed on us by someone else. But is it enough? Are you in the right cornfield at the right time?

Take an ancestral journey around the world. It is said that a traveler knows a great deal. A search for the soul begins our new journey. Seek to answer, "From whence comest thee, and whither dost thou goest?" During this journey, consider not only that which is written or spoken, but that which is unspoken accompanied by that which is between written lines. What is reflected in the inner conversations, thoughts, feelings and values?

With that in mind, we ask, "Do you know the meaning of your name?" Does your name tell your path, values, and from where you come and where you are headed?

**1. Know your name.** What does it mean in various languages? Does it mark your path in life? Are you living according to your purpose?

**2. Connect to the past.** No one can be made whole without a link to the past. Our story reveals the accomplishments of our ancestors and the undeterminable heights of our inherited skills and knowledge. Learn it and you will begin to heal and become whole.

**3. Build your spiritual self.** In this you will become familiar with your true source of life. We find that diving into the depths of your soul will help you find your purpose. What is it that your soul desires? Which mentor, set of books, individuals, and portion of your bloodline makes your soul leap. Follow it.

**4. Dream and feed yourself positive thoughts and redirections.** For every negative, find a positive. Here are a few examples:

- My car was totaled. **Positive:** I walked away alive without a scratch and everyone's alive.
- It's raining outside. **Positive:** Now, we will have some pretty grass, and the flowers will grow.
- It is hard to do this. **Positive:** It is not hard, it is just new.

*These simple steps will place you on the path to wholeness. Explore you as you Explore us!*

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# Know Your Worth AND LIVE A FIRST-CLASS LIFE



Amazing things happen once you finally realize your self-worth.

*Cheryl Garrison*  
50SOMETHING LIFESTYLE

Last year, I released a training on confidence for women over 50 called Bring Her Back. While researching the different ways women can regain confidence, I came across this quote, "Know your worth, then add tax." It resonated with me because it embodied the essence of what it means to live a "first class" life filled with self-worth. First class living is not only about knowing your worth, but also about knowing it so well that you are bold enough to demand the BEST out of everything that you do and having the confidence to push your skills and expertise to the next level.

How do you find your self-worth? The short answer is to improve your self-confidence. When you have self-confidence or high self-esteem, you know your worth and trust that others will recognize your value. Having **confidence** can help you to take on the world with more energy and determination, resulting in better relationships, quality work and a feeling of **being** connected with your surroundings. Self-**confident** people usually can influence others more easily, as well as control their own emotions and behaviors more responsibly.

## Improving your self-confidence and ultimately knowing your worth requires that you...

**Invest in yourself** – When you have confidence and know your worth, you know the importance of investing in improving your skills and knowledge. You are not afraid to explore new things because you know that the more you know, the more you grow! Personal growth is an important part of living a "first-class" life. Invest the time and money it takes to hone in on your skills as an entrepreneur or in your specific career. There are also many opportunities to increase your life skills such as being more organized, keeping a calendar, balancing work and family, and studying for spiritual growth.

**Trust your decisions** – Knowing your worth affects every area of your life, especially the decisions you make regarding family, career, business, faith... every area. When you know your worth, you trust yourself and the decisions you make. You are not afraid to take a chance because you know that no matter what, it will all work out for your good. You will be able to seize opportunities that lead to more success, more happiness... a "first-class" life.

**Embrace your failures and move forward** – We all fail. Some failures are bigger or more significant than others, but if you are "doing", you are subject to failing. J.K. Rowling, bestselling author of the Harry Potter series, wrote "It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all—in which case, you fail by default." People who know their worth and live a "first-class" life fail forward.

They know that a failure is a singular incident that defines a singular act. It simply means in a certain instance they did not reach their goal. Remember, failure is one event that doesn't define you. Embrace your failures, learn from them and then move forward to a successful conclusion.

**Surround yourself with positive people** – This one is a no-brainer! Positive people exude positive energy and make everyone around them better. As you pursue a "first-class" life, be sure to hang out with positive people. Negative people help you find the negatives all around you. They pride themselves in bringing you down. When you know your worth, you know that for you to achieve your goals and aspirations you MUST keep positive people in your circle of influence.

Amazing things happen once you finally realize your self-worth. Your relationships will become more stable, your business (if you have one) will be more prosperous and you will attract more clients, and your career will soar to unimaginable heights. This is the key to first-class living.

Cheryl Garrison  
CEO and Founder 50Something Lifestyle  
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# YOUR COMFORT ZONE

# Get Out



A search for the soul begins our new journey. Seek to answer, "From whence comest thee, and whither dost thou goest?"

Conchetta Jones

We're safe in our comfort zones. We know everything in our comfort zones. We maneuver very well in our comfort zones. But do you know what else we do in our comfort zones?

We die in our comfort zones. Yep. We may feel safe and secure — like we got it going on—but our dreams are often dying while we are in our comfort zones.

Fear stops us from stepping out there; from giving life a big,  
“Hello, I am here World, watch out!”



**How many of you know you should be doing something different? You know that you're not satisfied with what's happening now in your life? You know that your dreams are not being realized?**

If that's you, then you are in the right place. Because after reading this you will make the decision to do something different. You are going to rise; rise above your present situation and circumstances, and do something different!

First, I want you to think about all areas of your life. Are you satisfied? Should some changes be made? Only you can say. Often we just roll with the flow because it's not really that bad. Other people are surely worse off than we are.

We tell ourselves, "At least I have a job, so many people are looking for work. I'll just stay on this job where they overwork me, mistreat me, and pay me poorly. It's okay...really." Have you had that conversation with yourself because you are comfortable where you are? Too lazy, scared, and complacent to make a move.

**In what other areas of your life are you making do?**

- Relationships? Are you being treated well? Are you being taken advantage of?
  - Are you just bored?
  - Spiritually? Do you have a spiritual life or are you just running wild?
  - What about your self-care?

You know the areas in which you have done nothing. You have become lazy; idle. Stepping out of your comfort zone is all about stepping up and stepping out; taking risks, being bold; following your dreams and unleashing breakthroughs. Doing something different; meeting new people. Are you ready? Are you excited?

I can feel the excitement. I am excited about the things happening in my life and I'm on a mission to have as many women as I can to step out of their comfort zones and move to the next level. Need a push? Feel free to reach out to me and let's get you started on a life outside of your comfort zone.

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# LIVE Boldly AND KNOW YOUR WORTH!



If you continue to think the way you have always thought, you'll continue to get what you've always got. Is it enough?"

- Paul Meyer

*Cyrena Martin*

Many of us are comfortable traveling in Coach; not just flying in an airplane from city to city—living our best lives—but also in our everyday lives. We have settled, and often we don't even recognize we are settling. We live each day, casually accepting what happens, if we are not pushed outside of our comfort zone. We are doing better than some of our friends and family, but not living up to our full potential. Many of us have conditioned ourselves to think that the only way we will become worthy of enjoying the finer things, is if we win the Powerball. NOT True!

Do you want to live a First-Class lifestyle? If so, why aren't you making first-class decisions?

***These are just a few reasons we have not yet decided to live a first-class lifestyle:***

**1. Just Going With The Flow.** Never taking risks or learning a new skill or allowing yourself the opportunity to grow.

**2. Not Believing In Yourself** - Doubt, accepting uniqueness, and realizing you do not have anything to prove to anyone. Living life just to please others; Pleasing our employer, our families, our friends, significant others and doing just enough to be comfortable.

**3. Inability To Take Responsibility For Your Own Life** - It's ok, you may not get it exactly right the first time as long as you learn from it and keep going. Don't give up on goals and dreams you know you are passionate about.

**4. Broken** - We have not yet healed from the past. We still carry the baggage of past relationships, generational trauma, grief, and trying to live up to the expectations of others.

**5. FEAR** - Instead of **Facing Everything And Rising**, we tend to **Forget Everything And Run!** Seriously, we overlook how amazing we are. Forgetting how we were born with gifts and talents already inside of us, all we must do is be unapologetic in developing and utilizing these gifts and talents to the best of our abilities.

Knowing your worth is not defined by dollars. Your worth is loving ALL of you -strengths and weaknesses; no longer worrying about what others think or feel about you; choosing to surround yourself with positivity, and involving yourself in only healthy relationships.

The time is now! Let's live First Class! Start living your life intentionally—show up and shout out! Be authentic and unapologetic in becoming better than you were yesterday, and striving to be even better tomorrow. Create happiness, live boldly, and know your worth.

# April is Sexual Assault Awareness month

JOIN US IN SUPPORTING SURVIVORS OF SEXUAL ASSAULT



These custom teal and black butterfly awareness ribbon earrings are just \$13/per pair ([the average age of a Human Trafficking Victim is 13](#)). Please use this link to purchase

<https://linktr.ee/MahoganyCARES>

Wear teal in April in support of Survivors!



\*PROCEEDS GO TO TEEN SEXUAL ASSAULT SURVIVORS PURSUING COLLEGE

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**THURSDAY @ 6:30pm CST**



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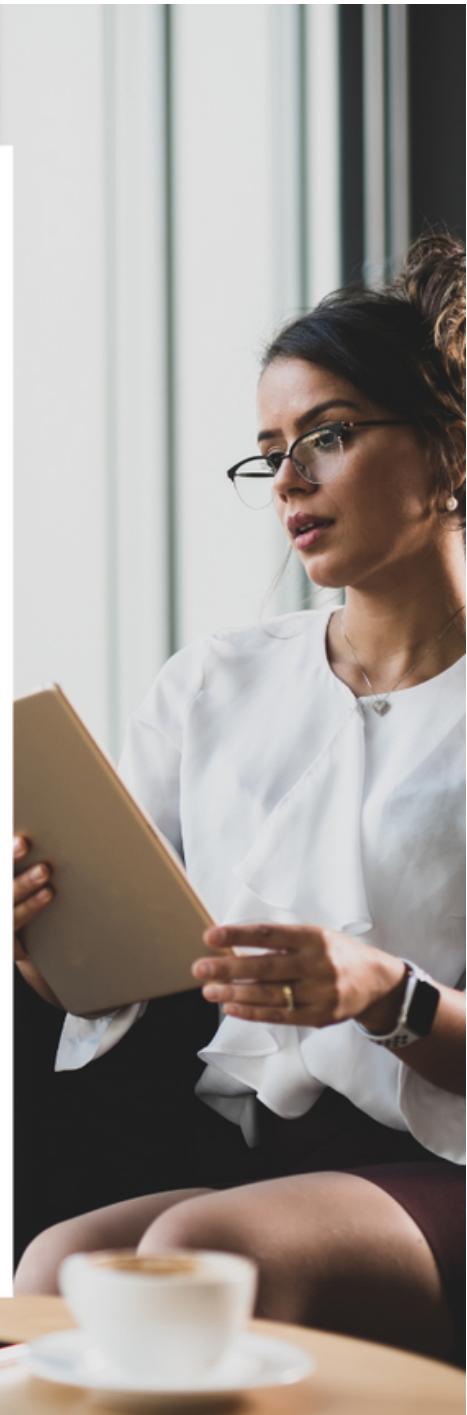
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