

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. -3 JOHN 1:2



BE WELL - BODY, SOUL & SPIRIT

# IT IS WELL WITH ME!

*Newsletter*



PUBLISHED BY: DEBRAYTA SALLEY ENTERPRISES, L.L.C.

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## BUILDING YOUR TEMPLE

How was your Thanksgiving? Did you enjoy it solo or fellowship with Family and Friends (either in person or virtually?) Did you incorporate a "Healthier Dish" to your menu? Were you able to try out the recipe from the November Newsletter?

I know, I know, so many questions (smile). But we really are Looking forward to your responses.

Our Founder, Ms. Salley, shared that she made the decision to cook some traditional menu items: Slow-Baked Turkey Wings, Collards/Kale with smoked turkey necks, Penne-Pasta Mac & Cheese, and even baked Homemade Sweet Potato Pies for the first time. Yummy, Yummy - Get in my Tummy! She was so grateful that her Kitchen Angels Blessed them and her son couldn't get enough of them.

She shared on Social Media that "When it's in your blood to cook with Love, you can cook anything. Not bad for my first attempt." Amen to that and to God Be the Glory for stepping out of "the comfort zone" to try something new. Sometimes we just have to "Take the Leap".

As it relates to eating healthier after so many years of eating a certain way, it can seem to be an unattainable goal. Let me put you at ease and encourage you to Grant yourself the

Grace to make gradual changes. Here's a few recommendations: Reduce your sugar intake, bake your meats instead of frying them, Use Salt-Free seasonings, Reduce the amount of pasta you eat or switch it out for a Wheat, Chick-Pea or Gluten-Free option, Drink more water daily.

**Remember, Life is a Journey and Change is a Process. Take the first step and you will gradually see the changes that you desire. - Dee Life Mentor Coach**

# GOD LEADS

*She Prospers*

## SPOTLIGHT



**Janine Canaday, LPC, LCPC**  
*Licensed Clinical Therapist*

I am very intentional about scheduling time to engage in self-care and meaningful activities that help me to feel centered and balanced such as reading, hot showers, and crafts. It is important for me to take good care of my body through consuming fruits, vegetables, lean meats and water daily as well as scheduling at least 15 minutes a few days a week to walk, stretch, dance, or go bike riding. I tap into my spiritual guide as a source of strength daily, the Trinity, through prayer and meditation on His Word.



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### **Clutter, Clutter, A New Year and A New You are approaching and you've Got to Go!**

As previous mentioned, our Soul is our Mind, Will and Emotions. In order to function and be successful in any of these areas, we have to be intentional about ensuring that our environment both Internally & Externally are Clutter-Free so we must make it a habit to actively De-Clutter.

What does it mean to De-Clutter? A Google search returned the definition as "To remove unnecessary items from an untidy or overcrowded place."

Have you ever moved several times and suddenly realized that you were carrying the same box from place to place and never utilizing the contents?

Consistently moving something from room to room just because you thought that it had some unknown value that you were determined to explore in the future but never seem to get around to it? Held onto to a relationship that you knew serves no purpose or adds any value because you didn't know how to cut the ties? Constantly taken into your Mind, Will and Emotions - words from others that didn't Uplift, Encourage and Empower you due to a lack of Set boundaries?

No Guilt, Shame or Condemnation my Friend, we have ALL been there, still there, or taking steps to BREAK FREE or "De-Clutter" from "THERE". There is a New Year quickly approaching and it's a Great opportunity for us to reflect upon What's Working, What's not Working and What/Who has added value to us and invest more in those areas. Whether you recognize a need to De-Clutter your Relationships, the space in your Home, your purse, your thoughts, your emotions, your Spirit, your health regimen, or anything that you intake daily (Body, Soul, and Spirit). Do it for YOU! You will not regret it.

**Take a pause here in reading to take 30 minutes to map out your action plan for getting rid of anything that needs to be removed from your life.**

**A New Year and A New YOU are approaching and it's time to say: "So Long, Bye, Bye" to the "Clutter" that wants to stop you from seeing it manifest.**

Did you take part in the "Drink Your Water Challenge" that the Community took part in during the month of November? We supported one another in drinking up to 1 Gallon of water each day. If you missed it, you missed a great time of Community in Action. Each day wasn't a "perfect" water drinking day, but it's effort that matters, not Perfection. Stay connected to stay abreast of upcoming Group Challenges & Virtual Events.

**Have a Blessed, Safe and Enjoyable CHRISTmas & New Year!**

**Declutter**- "To remove unnecessary items from an untidy or overcrowded place."

### **Prayer of Strength, Focus & Clarity as you De-Clutter**

Dear Heavenly Father Thank you for Life, Health and Strength.

Thank you for Blessing me with an Abundance of Your Grace & Mercy, and Provision Daily especially throughout the year of 2020. I've seen your hand at work in my Life despite all that has transpired within the world. I am Grateful for your presence in my Life and the Blessing of having an Intimate and Personal Relationship with you.

I come humbly before your throne of Grace today to request your Guidance in identifying the "unnecessary items, and the untidy or overcrowded places" in my Body, Soul or Spirit that no longer add value or may be hindering my progress. Open my eyes to see your Divine and Perfect Will.

And although the Year of 2020 is drawing to a close, I ask that you continually Grant me and those I Love 2020 VISION - so that we may see and discern your will in every area of our Lives. Grant me Courage Father, when I am hesitant or fearful, Peace when frustration or conflict is present, Freedom when limitations or shackles try to bind me, strength in times of weakness, Clarity when confusion or indecisiveness attempts to take root in my mind.

And most of all, Order my steps accordingly to your Divine Will and Purpose. In Jesus Name.  
Amen.

# GET TO KNOW THE PUBLISHER

Debrayta (Dee) Salley aka Dee Life Mentor Coach is the Founder of Debrayta Salley Enterprises, LLC. Also known as, "The Life Coach Who Writes", her mission is to "Empower Paths, Support Growth and Inspire Change" using Writing, Speaking, Inspirational products, Workshops and Events. She has been a Certified Life Coach since 2010 and became an Author in 2011. As a Life Transition Specialist, "Dee" seeks to Empower and Support others in Gracefully journeying through the various Seasons of Life. Her passion for All Things Wellness is why she began publishing this newsletter. One of her favorite scriptures is: 3 John 1:2 - "Beloved, I wish above all things that you may prosper and be in good health, even as your soul prospers." Debrayta says, "God calls us his "Beloved" He Deeply Loves us so much that He gave His Son as the sacrificial lamb so that we would not only have life, but have Life More Abundantly. Isn't that awesome! He wants us to know that it is his desire that we not only have Healthy Temples but also that our souls are free from the "debris" that can form from the cares of Life. We just need to be in agreement with Him by being determined to BE Well in Body, Soul and Spirit by any means necessary."

**Visit: <https://www.deelifmentor.com> to learn more about Ms. Salley and all of her endeavors.**

## STAY CONNECTED



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### Partnership Opportunities:

Are you passionate about Wellness and/or active in the Wellness Industry? We are looking to lock arms with YOU! Starting in 2021, the publisher will periodically have guests join her for "Let's Talk Wellness" conversations. We will also have a partnership opportunity for Women Entrepreneurs who are interested in sharing their products with our Newsletter Audience.

*If interested in either opportunity, send an email to: [info@deelifmentor.com](mailto:info@deelifmentor.com) with the subject line: "Let's Talk Wellness Beloved" Partnership" or "God Leads & She Prospers Spotlight." Copyright @ [www.deelifmentor.com](http://www.deelifmentor.com).*

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