

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.

WWW.DEELIFMENTOR.COM

FOOD FOR THE SOUL

In the Merriam-Webster dictionary, Love is defined as “a strong affection for another arising out of kinship or personal ties. An attraction based on sexual desire. An affection based on admiration, benevolence or common interests”. Loving someone or being loved by someone in return is truly a Beautiful thing, but there’s a major responsibility that comes along with it. It’s a commitment that is not for the faint at heart and it’s one of the greatest life experiences that we could ever have. Song of Solomon 3:5 reminds us to “Do not arouse or awaken love until the time is right.” It’s important for us to view Love as God does. Not based on sexual desire or lust, but on the characteristics described in I Corinthians 13:4-8 “Love is Patient, love is kind, it does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

God’s Love NEVER fails.

Songwriter, Oscar Hammerstein once wrote and sang this line “Love in your heart wasn’t put there to stay - Love isn’t love until you give it away.” In short, God’s Love should permeate our hearts and lives so much so that it flows freely from us onto others. So never keep Love in your heart hidden away or shield yourself from pouring it out onto others.

Remember:

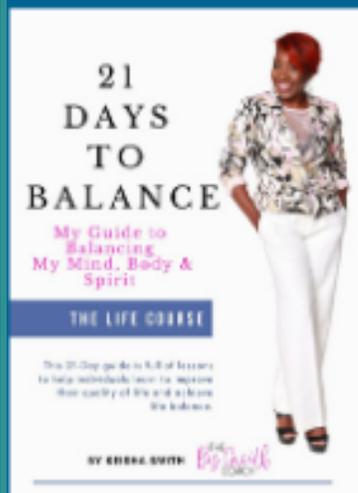
“Love isn’t love until you give it away.” Let’s spread it around like wild flowers.

To all my fellow Single Ladies and Gents in Waiting, I leave you with this. “Above all else, guard your heart, for everything you do flows from it.” - Proverbs 4:23. Seek God and Trust Him to lead you to the people and places your heart was designed to occupy, be nurtured and well cared for. The pathway to that place begins with developing a personal relationship with Him and everything else will, in time, be added.

This is Food for your Soul. It’s also a vital and foundational part of Wellness, Beloved.

GOD LEADS

She Prospers
SPOTLIGHT



As a Teacher, Trainer, Balance Coach and Business Coach, Keisha continuously pours into her clients and students, so it is priority that she does whatever necessary to maintain a healthy lifestyle. She prepares to have successful weeks with her planner as she incorporates activities that allow her to maintain her mental, emotional and physical health. Her balance routine consists of getting up between 5am & 6am (Mon-Sat), Saturday meal planning/shopping, Sunday meal prepping, Sunday clothes prep, daily smoothies for breakfast, working out twice a week (6am-7am), attending Wednesday night Zumba, supplements and Friday self-care days.

Keisha Smith
Biz Growth Coach &
CEO of the Business Office of SC

Instagram: @thebizgrowthcoach
Website: www.bizgrowthcoach.com

Happy Celebration of LOVE Month!

Yes, I know that Valentine's Day is usually just one day per year on February 14th, but I challenge you to celebrate the Gift of Love all month long! Well start with this month at least. In all actuality we should be Celebrating Love each and every day, but since a habit is generally perfected in 21 days, let's just round that up to 30 days and look to increasing it thereafter. Let's Get Started!

First and foremost, we must never forget that God is LOVE. I Corinthians 13:7-10, His Love is Unconditional. It has no limit to its endurance, no end to its trust, no fading of its hope. It can outlast ANYTHING! In short, there's no place we can run to hide from His Love, there's nothing we can do to lose His Love, and most of all there's nothing that we can do to prove that we deserve His Love. Love NEVER Fails! YOU are LOVED! Always have been and always will be. Meditate on this scripture as you reflect on God's Love toward you personally: Jeremiah 31:3 - "I have Loved you with an Everlasting Love; I have drawn you with unfailing kindness."

Next to God's Love is Self-Love. Self-Care and Self-Love must be Trending at #1 these days. I Love the fact that on most days, one isn't able to scroll more than three posts on Social Media before coming across a reminder to take care of yourself or what I like to say "To Thine own Self BE True!" Sometimes we attempt to Love others without fully knowing how to Love ourselves or fully Knowing ourselves. Let's take intentional time to truly "Know ourselves" - who we are in Christ and who he uniquely designed us to be so that we can Love others Better, Stronger and Wiser. Remember Beloved, "We deserve the Love that we so freely Give to other people. We too, are worthy of Love." Author Unknown

Join the It IS Well with ME! Community February 15th- March 15th as we will be honoring our bodies with the Let's Get Moving Challenge by walking at least 20 minutes per day. It's your choice to use a treadmill, walking videos, walk outside, etc. along with your favorite playlist. Keep us updated in the Private Group of your Progress.

Let's keep each other motivated as we continue this Wellness Journey by Intentionally and unapologetically Loving on ourselves one day and in one area at a time.

Many years ago, I ran to purchase a book called "Working with Difficult People" so that I could gain some helpful tips on how to "deal with others". This is so funny to me now because over time I have learned that we each have something within us that is perceived as "Unlovable" to someone else. But we must be careful not to point out the "speck in our brothers eye, "when all the time there is a plank in your own eye." - Matthew 7:3-5. I remember years ago when we sang this song on the Praise Team "The Jesus in me Loves the Jesus in you, The Jesus in me loves the Jesus in You - It's so Easy, so easy to Love." But the real, honest truth is that it's not always easy to love our neighbor, Beloved. Perhaps this is why this commandment is echoed multiple times in scripture because it was deemed that we would need to be reminded of this often. Thank God for reminders.

Amen.

We were instructed to Love regardless of whether the other person is difficult, proven themselves to be an enemy, curses or spitefully uses us - Matthew 5:44. {inserts - Help Jesus!} And most importantly, were reminded in John 4:11-12 NIV- "Dear Friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us." We are all lovable in God's sight. Let's Love God, Learn to Love ourselves wholeheartedly, and then we can begin to Love our neighbor as ourselves - Matthew 22:39. It's not easy in our own strength, but God's strength is made perfect in our weakness. Father, give us Strength.

Dear Heavenly Father, please strengthen us, teach us and help us to Love those that "we see" without condition the way that you Love us and we Love you - whom we have never seen. 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



Subscribe to It IS Well with Me Community updates, Inspiration and Empowerment by texting: ITISWELLWME to the number: (410) 953-9108.

Follow the "Open" It IS Well with ME Community page on Instagram: <https://www.instagram.com/itiswellwme>

Listen, Subscribe and Share - Dee Life Mentor Coach "Let's Talk Wellness Beloved" Show on YouTube

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 with the subject line: "Let's Talk Wellness Beloved" Partnership" or "God Leads & She Prospers Spotlight." Copyright @ www.deelifmentor.com.

We Love Feedback. Did you Enjoy this Newsletter?

Send us your thoughts to: info@deelifmentor.com. And remember that sharing is caring - Share this Newsletter with a Friend and encourage them to Subscribe to Future Issues - www.deelifmentor.com/getconnected.