

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



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BUILDING YOUR TEMPLE

Happy & Blessed New Year to You and Your Family!

How did your year start? Did you jump right on your list of resolutions, goals and To Do list for 2021 or did you make a decision to do things differently this year? Typically, this time of year causes us to reflect on what we can do better or what we can do more or less of. We may also map out our goals or create a Vision Board so that when the clock strikes midnight on January 1st, we are clear on our vision and are ready and set to GO and carry them out. But that's not always necessary because there may still be things on our list or in our minds from the prior year that still need to be addressed.

Who is willing to admit that as their story? Ok - I will - ME!

So rather than jump first into creating a list of To Do's and assign completion dates to them, I decided to start my year with setting intentions that I desire to see Manifest in 2021 instead. At the top of that List of Intentions was the need to get more deliberate and consistent REST.

Rest is the area of focus for the Community during the month of January. Are you interested in getting more rest this year? Join us as we explore various devotionals from the You Version Bible App and connect with us in the Private Community as we discuss the topics collectively.

I also would highly recommend this book which was shared with me by multiple individuals: Sacred Rest by Sandra Dalton Smith, MD. I Love a good book Recommendation! This book is eye-opening and a MUST read! When you purchase and read it, let me know how you like it.

Speaking of Rest, did you know that there is a difference between Rest and Stillness? Keep reading as we to learn more.

GOD LEADS

She Prospers

SPOTLIGHT



Mae Golden

Owner of *Curvy Girl Accessories*, Jewelry line *Golden Business Processes*, a training and development company

On a bad day I tend to eat an abundance of sugar. I know, I know. That's not good! I agree. When it comes to Wellness of Body, Soul and Spirit I try not to have too many bad days. I have a lot of responsibilities. I am trying to build two businesses plus I'm a caregiver. In order to maintain life balance, I make it a point to monitor what I eat, try to get to bed at a decent hour and mind my own business. Sounds harsh I know, but here's why I say that.

I have spent the last couple of years in reflective mode. In an attempt to restore what was missing in me by caring so much for others, I started to create a list of things I needed to do for me.

My list became my Seven Promises of Self Care to myself. The new challenge then became, "Can I keep a promise to myself?" I still use the list. But, let me tell you, the easiest person to break a promise to is yourself. That is until you prioritize your wellness, before that of others.

@Curvy Girl Accessories, LLC

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Rest vs Stillness

According to the Merriam Webster Dictionary, **Rest** is defined as "To Cease from action of motion; to refrain from labor or exertion. To give rest by lying down" and the **Stillness** is defined as "the near or complete absence of sound; incapacity for or restraint from speaking and the state of freedom from storm or disturbance. "

As we shared in conversation recently, a dear friend mentioned to me that "just because we're sitting down watching tv with the intention of being still doesn't mean that we are practicing true Rest or Stillness." Listen! That comment was an AHA moment for me which led to me studying and reflecting more on the topics. She was right! Although I was sitting in one place and somewhat watching television, my Mind and Spirit were racing all over the place - from the need to update the grocery list and schedule the delivery to identifying the bills that I forgot to pay online, and also the need to finalize this newsletter. In short, while I wasn't physically multi-tasking, my Mind and Emotions were certainly doing their own thing. This was definitely a teachable moment.

I learned that there are some measures that have to be put in place if one desires to enjoy a true time of Rest or Stillness. I'll share a few of my personal ones:

- **Create a Peaceful and Distraction free environment.**
- **Infuse your environment with your favorite things for relaxation - like lighting Candles or Diffusing Essential Oils.**
- **Set you devices to Do Not Disturb.**
- **Reduce or turn out any light that is not needed.**
- **Meditate on the Word of God and practice being still.**

I hope that you get the just of what I'm saying. Bottom line is that every human being on the planet deserves REST and Stillness especially in today's climate and we must be intentional about making sure that we engage in the true definition of both on a regular basis -
By Any Means Necessary, My Friend.

ATTENTION, ATTENTION, ATTENTION!!!

YOU ARE INVITED!

Join the It IS Well with ME! Community each Monday from January 11, 2021 to February 15, 2021 as we participate in "Meatless Monday's".

Guidelines: No Chicken, Pork, or Beef. Fish and Seafood is permitted.

Whether it's your goal is to get more Rest, Practice Stillness, De-Clutter your home, Go back to school, Get more Exercise, Change your Eating habits, etc. **It all takes Commitment, Focus and Determination.**

Some ways to effectively make change in our lives, create a new habit or Lifestyle include:

- 1. PRAY for God's Strength and Direction.**
- 2. DEVELOP a clear and reasonable plan.**
- 3. SPEAK LIFE & believe in yourself.**
- 4. Set S.M.A.R.T. GOALS to help you move through the plan.**
- 5. NEVER COMPARE yourself to others.**
- 6. Be UNAPOLOGETIC about your priorities.**
- 7. Have SUPPORT & ACCOUNTABILITY.**
- 8. PACE YOURSELF.**

And while you're walking through and carrying out your plans, remember most of all to do so from a place of Rest.

"There remains, then, a Sabbath-Rest for the people of God; For anyone who enters God's Rest also rests from their works, just as God did from His. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience." Hebrews 4:9-11 - NIV

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.

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