

RESILIENT

NO.1 FOR BARRIER BREAKER NEWS

Melody S. Holt

**PRODUCER OF OWN'S
"LOVE & MARRIAGE":
HUNTSVILLE, HOST- OF
OWN'S "BEHIND EVERY
MAN", ENTREPRENEUR
AND HOMEBUILDER
SPEAKS ON BEING
RESILIENT.**

Resilience 2021

**NEW YEAR!!!
NEW GOALS!!
NEW YOU!**

Leadership & Leader Shift

**A SEAT AT THE TABLE WITH A
FEW LEADERS OF 2021**

ISSUE#8 | VOL.1 | JANUARY 2021

RESILIENT
MAGAZINE





BATH & BODY WORKS

WHITE JASMINE

SHEA + VITAMIN E
SHOWER GEL

10 fl oz / 295 mL

BATH & BODY WORKS

WHITE JASMINE

24 HR MOISTURE
ULTRA SHEA
BODY CREAM

8 oz / 226 g

BATH & BODY WORKS

WHITE JASMINE

FINE
FRAGRANCE
MIST

8 fl oz / 236 mL



Photo courtesy of Bryan Cole

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Resilient Magazine

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Resilient Magazine's mission is to highlight the resiliency of women, their work, their worth and their ability to weather the barriers that life may bring. The magazine also highlights entrepreneurs from all facets of life, while highlighting the exceptional roles African American women play in the prevalence and relevance of culture.

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RESILIENT
MAGAZINE



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Resilient

EMPOWER | IMPACT | GROW & GLOW

When I began this journey to **EMPOWER** women to feel great about themselves despite the barriers life brings, I did not realize that I would be apart of the journey as well. Having received the name **RESILIENT** from a good friend and business colleague at the 2nd Anniversary of one of my businesses, I had no idea the power of the word itself. I

always believed that **IMPACT** comes in the form of transparency. I believed that being vulnerable and honest helps others and heals the hurt in you. Being transparent enabled me to identify with the needs of women who were not only going through similar barriers, but were praying for a connection to a survivor. What many of them failed to realize was....so was I. I needed to see women climb from the ashes of the fires of life. I gained strength from watching women defeat cancer, survive divorce, raise children as a single mothers, become spiritual leaders, become political leaders, receive doctoral degrees, become entrepreneurs, eliminate debt, delete criminal records and become thriving citizens and ultimately live a self-rewarding life. After witnessing women succeed on all levels, it propelled me to **GROW** - up. The days of the "woe it's me" died. The days of complaining of what I did not have ceased and I rejoiced in what I did have. The **GLOW** that is revealed today is as a result of finding myself, establishing my own identity, deciding that I matter, acknowledging that I have purpose and deciding to go back, give back and get women to travel this amazing journey with me.

This is RESILIENCE.....

J.A. #Resilient

Teia Acker-Moore

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#GETNOTICED-The Podcast



*Throughout this issue, you will find stories of women who are **RESILIENT** in their walks, their thoughts and their actions. You will see advertisements from women in business. You will feel apart of something small in size but big in substance. You will identify with the stories, establish a new meaning of **RESILIENT** and aid in the positivity of inspiring women to **EMPOWER, IMPACT, GROW & GLOW.***

Photo courtesy of Bryan Cole

I am resilient because I
listen to God and move
when, and only when, he
says so.

~ Melody S. Holt



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SIT DOWN SISTA:



Chew & Chat Motivational Moment with Coach J Dianne Tribble

Embracing the New Year: It's Time for RESULTS

At the Table

Life Coaching & Motivational Speaking Services

The clock could not have struck midnight any faster, as we all were elated to get 2020 behind us! What a year – filled with a whirlwind of highs and lows, wins and losses. It is time now to look ahead.

“

What a year –
filled with a
whirlwind of
highs and
lows, wins and
losses

”

“Happy New Year!!!” We hear it repeatedly and we share the salutation over and over with others. Let's pause a moment. Is it merely a cliché? What do we mean when we use this salutation? What does it mean personally to us? Are we really looking to make 2021 happy and prosperous?

As we embark upon this New Year, I want to encourage you to avoid haphazardly living day by day or sharing New Year's resolutions, with no plan established to see your dreams, hopes, desires, and aspirations come to pass. It's a timeout for living an unfulfilled haphazard lifestyle. It's time for results. It's time to get busy living purposefully. The face of what we once knew as normal is not the same. It is time to accept the new norm and embrace change.

Year after year, resolutions are made (normally at the end of the year). It's not that resolutions are bad. Resolutions are just not good enough to bring about the change you desire.

So, what is a resolution? A resolution is a declaration or expression of something in

which you desire or recognize you need to change about your life. As a starting point, that's good. However, a resolution lacks key elements in order to see the desire or intention come to pass. A resolution could be best described as a good idea for your life. The idea may be good or great, but it's going to take much more than that to see the results you desire.

Recently, I was crossing one of the major bridges here in Jacksonville, Florida. As I ascended the bridge, I could clearly see the superstructure, which supports the bridge and provides safety boundaries. I immediately captured a visual of the difference between a resolution and a goal.

Let me explain. Resolutions are good ideas with good intentions, yet lack boundaries and specifics in order to come

to fruition. Imagine crossing a bridge with no superstructure or barriers on either side of the bridge. Several things could happen - greater impact from high winds; frequent accidents; or a suicide attempt could cause loss of life.

Resolutions without barriers are normally forgotten about or abandoned in a relatively short period of time. Statistics have consistently shown that by February annually, resolutions overall are broken.

To see our desires or intentions come to pass will require goal-setting and strategic planning. These two elements make up the superstructure to keep us on target to reaching our desired results.

Let's get started:

Begin by reflecting on your past performance but don't stay there.

- Assess your current status (How would I describe where I am now? What tools do I have at my exposure? What am I motivated to do?)
- Formulate your goals (What is your What, Where, and Why for 2021)
- Create the visual (Write out your goals; make a vision board; set end dates on a calendar, etc.)
- Share your goals with others for support and accountability.
- Celebrate your progress along the way.
- Establish a word or phrase to live by during the year to keep you motivated and moving forward (i.e. New Day Lets Slay!)
- Share your progress and your success story with others to encourage them. Set new goals as you reach previously set goals.
- It's time for R.E.S.U.L.T.S. – Commit to being Resourceful, Eager, Sincere, Upbeat, Loyal, Tenacious, and Successful.

Maybe this all sounds insurmountable. We can help. As a professional Health & Wellness, Business, & Life Coach, I have assisted numerous individuals and organizations in goal setting and reaching goals. I would be delighted to work with you. It's time for RESULTS.



Coach J Dianne Tribble, Award-Winning Health & Wellness and Business Coach, Motivational Speaker, Corporate Trainer, Business Consultant, and Published Author

Voted 2020 BEST MOTIVATIONAL SPEAKER by BEST Society and Best Coaching Services in Jacksonville, FL by EXPERTISE.COM three years in a row (2018-2020). 2019 award recipient of the Public Service Award by ACHI Magazine and 1st Place award recipient of Best Business Coach/ Consultant by BEST (Black Entrepreneur SisTer) Society. 2019 Woman of Influence nominee by the Jacksonville Business Journal. Awarded the 2018 Health & Wellness Award for her impact in the community by ACHI Magazine Awards, Coach J Dianne Tribble is the CEO and founder of At the Table Life Coaching & Motivational Speaking Services LLC. In 2018, she also received a Certificate of Recognition for Women Who Lead by VITAS Healthcare. In 2011 & 2015, she was the recipient of the Spirit of Service Award for her impact within the community by the University of Phoenix. She serves as the current President of the University of Phoenix Alumni (UOPX) North FL council.



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interior styling

tips from
professionals

Tip #1: Start your room
with a blank slate




Tip #2: Use modern or traditional pieces.



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Tip #3: Let
one piece
take center
stage

Tip #4: Accent pieces
are statement pieces



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A modern living room featuring a white staircase with a white railing and silver balusters. In the foreground, a white coffee table with a glass top and ornate legs holds a potted plant with white flowers. To the left, a grey armchair is visible. The room has a white ceiling with recessed lighting and a blue and white patterned rug. A dark blue built-in shelf is visible under the stairs.

Tip #5: Chose the best
- shade of white and
coordinate lighting to match

Tip #6: Identify your accent color and be very consistent in how that color flows throughout the flow of the room




Tip #7: Do not be afraid
to blend whites



Tip #8: If the goal is to reflect a clean look, the kitchen and bathroom are always the first rooms to begin the white effect.



A modern bedroom featuring a white upholstered bed with a matching ottoman. The bed is set against a wall with a white grid pattern. A large, cylindrical pendant light hangs above the bed. The room is lit with warm, ambient light from bedside lamps and the pendant light.

Tip #9: Do not shy away from white upholstery.

Tip #10: It's your
space...RELAX!



Tip #11: Mix furniture
and styles.....





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Shea Moisture
 & Acacia Senegal
 Hydrate & Soften
 ALL HAIR TYPES
 Sulfate Free
 & Color Safe
 384 mL

Shea Moisture
 Established 1912
 100% VIRGIN
 COCONUT OIL
 DAILY HYDRATION
 SHAMPOO
 w/ Coconut Milk & Acacia Senegal
 Cleanse & Nourish
 ALL HAIR TYPES
 Sulfate Free
 & Color Safe
 384 mL

Shea Moisture
 Established 1912
 100% VIRGIN
 COCONUT OIL
 LEAVE-IN
 TREATMENT
 w/ Coconut Milk & Acacia Senegal
 Detangle, Protect
 & Control Frizz
 ALL HAIR TYPES
 Sulfate Free
 & Color Safe
 237 mL

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“You may have to fight a battle more than once to win it.”— Margaret Thatcher

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Being Resilient

Resiliently Speaking with Melody Holt

Photo courtesy of Bryan Cole

Resiliently Speaking

With Melody S. Holt

Sitting with the brilliant mind of greatness - Melody S. Holt was nothing short of amazing.

Tell us about yourself? (who are you, where are you from, what do you do, etc.)

I'm from a small town in Alabama named Brundidge. While I was growing up there, I believe we only had one stoplight. However, because it was such a small town, "everybody knew everybody" which presented a great opportunity to really be part of a community. It was a great foundation for my life in college and beyond. Career-wise, I taught for a few years before resigning to go full time in the property preservation industry. Since then though, I've ventured into reality television as executive producer and cast member of *Love & Marriage: Huntsville* which airs on the Oprah Winfrey Network. I've also had the opportunity to act and have been in the recording studio. Now I'm teaching the property preservation business to others through the Holt Preservation Academy.

What makes you resilient?

What makes me resilient is my ability to weather the storm. I think people are usually surprised when they see me get knocked down and stand right back up. It's by the grace of God and my relationship with Him that I'm able to come back stronger. I know that sounds cliché but if you've ever survived and thrived in a situation that was clearly meant to break you, you'll understand. I am resilient because I listen to God and move when, and only when, He says so.

How do you deal with setbacks?

I deal with setbacks by being still. That means that I don't typically act from an emotional place but a strategic one. To do that I must be patient. When you're patient you really give yourself the opportunity to sit back, make a thorough

"What makes me resilient is my ability to weather the storm. It's by the grace of God and my relationship with Him that I'm able to come back stronger. I am resilient because I listen to God and move when, and only when, He says so."

~ Melody S. Holt

and thoughtful assessment, and then plan how to proceed. People say that a "setback is a set up for a comeback". It definitely can be if you allow yourself time to process and plan. I give myself that time regardless of what anyone thinks I should be doing or saying.



Photo courtesy of Melody S. Holt

How do you cope with the pressure?

I don't think I see it as coping with pressure as much as I have the idea that "life must go on". I learned really quickly after having my first child that I'd have to learn to juggle being a wife, new mom, and business owner. That was pressure! But each day, I thought about what needed to happen first and attacked that. I then moved on to the next thing and the next thing and eventually, as I knocked out those tasks that were contributing to the pressure, I began to feel some relief. I also think it's important for all of us to remember that we are human and sometimes we just can't do it all, all the time. That's okay too.

What has been your biggest failure to date and how did you deal with it?

I can't think of the biggest failure, but I have had plenty of things that didn't go quite as planned. They may have looked like failures on the outside and they may have even hurt me at the moment, but I've learned from each and every situation. I deal with perceived failures by looking for the lesson in them. When the smoke clears, what have I learned?

Describe a time when something didn't work out as well as you'd hoped. What did you do and what did you learn from it?

Once, very early in my business, I hired an employee who was perfect on paper. When she actually started working in the office around others, it became a nightmare. It was hard for me to reconcile that in my head because she just seemed, on paper at least, that she'd be a great fit. I gave her chance after chance after chance until it came to be too much and we had to part ways. What I learned from that experience is to hire slowly and fire quickly. We'll never get everything just right despite our best efforts. Once we realize it's going wrong though, don't be afraid to let it go.



Photo courtesy of Bryan Cole

"But each day, I thought about what needed to happen first and attacked that. I then moved on to the next thing and the next thing and eventually, as I knocked out those tasks that were contributing to the pressure, I began to feel some relief."

~ Melody S. Holt

Tell me about a time when you worked with someone you didn't agree with?

I've gotten negative feedback from customers before and my idea is to first always make it right. Secondly, I think about the feedback and whether it really applies to me or whether the person was just unhappy or angry. If they were just unhappy, I move right along. If there was actually a problem with something I did or the way I handled the situation then I do a self-assessment. We can't get so caught up in being right or perfect that we forget to be self-reflective. Self-reflection is how you learn and grow. So, when I receive negative feedback, I take it as an opportunity to examine myself.

So What's Next.....



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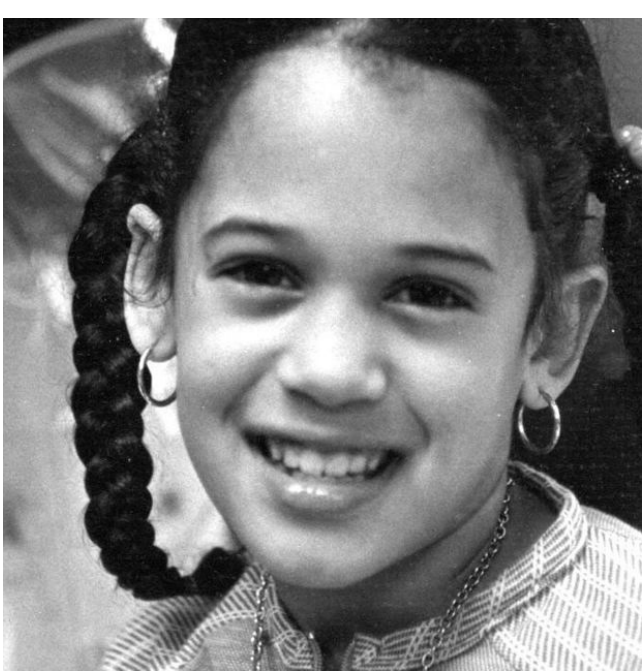
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#J20

Breaking Barriers Beyond Being Black

Kamala Harris, who became America's first female, first Black, and first South Asian vice president-elect, represents the face of political power, the advancement of women in color, and most importantly, a woman of RESILIENCE!

“My mother used to tell me – she would tell my sister – my mother would look at me and she’d say, ‘Kamala, you may be the first to do many things, but make sure you are not the last,’” Harris said during a speech at Spelman College in 2018. “And that’s why breaking those barriers is worth it. As much as anything else, it is also to create that path for those who will come after us.”

~ Kamala Harris

By Claudia Dasher

Photographs by Getty Images



Kamala Devi Harris is an American politician who is the vice president-elect of the United States and the junior United States senator from California. Prior to her election to the Senate, she served as the Attorney General of California.

Vice -President elect Harris has not only opened the door to success and dream building. She has opened the door to hope and possibility. She has made young ladies dream again. She has made opportunities endless and missions personified.

While this accomplishment is an incredible milestone, it serves as a pillar for women of color, women who believe in the value of education, women who stand for true democracy and women of resilience.

Vice-President elect Harris is the true definition of intuitiveness, persistence, patience and RESILIENCE.

Congratulations to the new beginning and the new face of the White House.





I AM RESILIENT

Custom Nail Polish

Available at www.teiaacker.com



Photo courtesy of Dr. Jackie Gilbert-Grant



Just Beautiful

MEET DR. JACKIE GILBERT-GRANT, HER AMAZING NEW VENTURE AND THE AMAZING WOMEN SHE TOOK WITH HER

By Teia Acker-Moore
Photo by Somi Benson-Jaja

She's known as the Bishop, Many know her from the Queens For Life Social Media segments, and most recently she's been known as a prolific Author, but know she is the face behind the newly created J'Zuri Brand Essential Body Oils, and other impressive skin care products.

Dr. Jackie Gilbert-Grant is a Georgia native, and as the world knows southerners love started in the kitchen, and that's where J'zuri Essential Body Oils got its start.

Formulated right at home in the kitchen. Yes, starting from

vision, to the kitchen! Connecting to one of the country's most profound hair care Chemist, certainly guided me in the right direction.

Tried and tested by some diverse women and men from across the country, I am excited to present J'zuri Essential Body Oils to you. I stand behind this product 100%. You will be pleased how it works, to make you soft, to rejuvenate the skin and make it beautiful to look at!!!



Left -To-Right: Carolyn Milton, Teia Acker-Moore, Brenda Jackson-Brown, Courtney Joyner, Victoria Baylor, Bernice Loman, Dr. Jackie Gilbert-Grant



Left -To-Right: Jeannie Webb, LaTeckā Early, April Cobb, Karen Alston, Tiffany Nelson-McCord, Tammy Stone and Comia Flynn



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THE RESILIENT TOP TEN!

Ten Women - Ten Questions

10 THINGS YOU DID NOT KNOW
ABOUT SOME OF THE MOST
RESILIENT WOMEN

One



DULUTH, GA

CARLA GASKINS



@CARLAGASKINS

1 - Who are you and what do you do?

My name is Carla Gaskins and I wear many hats. I am a mother to 4 amazing children ,grandmother to a very rambunctious little boy (insert HUGE smile here). I am a certified life coach and speaker. I am the author of Daughter of A King and Destiny Shaker. I have a publishing company One Dominion Publishing, Master Connector of The Prayer Clinic where I mentor intercessors in a lifestyle of strategic prayer. I also have a ministry Carla Gaskins International where I empower people through gospel of Jesus Christ.

2 - What is your favorite thing to do?

Anything that involves spending time with my kids.

3 - What is your favorite getaway?

My favorite getaway is St. Simons Island, Georgia

4 - What is your favorite restaurant?

My favorite restaurant is Ray's In The City (Atlanta, Georgia)

5 - Name a song you play daily or on the regular? Why?

The song play regularly is Jehovah Jireh by Jekalyn Carr. I play this song because it's a testament of how He has provided for me when I was at my lowest,He never fail in keeping me and my children.I never want to forget that he is my source no matter what I have or do not have.

6 - Who has the greatest impact on your life?

My mother,she was a young teen when she had me,I have seen my mother overcome many things and she shattered every statistic that stood before her.She had to drop out of high school to raise her 2 children at the time.Went on to get her GED with 4 kids as a single mom.Went back to school and became a nurse for over 30 years. She spent most of her life loving and caring for strangers and family without complaint even with all the traumas she had to overcome.Her strength and integrity has a huge impact on my life.

7 - What makes you cry?

Women and children trapped in human trafficking.

8 - Name something no one would ever guess about you?

Many people know me for my ability for networking and my outgoing personality but no one knows that I am an introvert at heart.I love my quiet times of being alone, I am at my happiest when I am alone in my space of creativity.

9 - What is the greatest gift you could give someone?

The revelation and power of prayer,It is the answer and foundation to everything. I absolutely love prayer.

10 - What is your greatest accomplishment?

My greatest accomplishment is being a mother, knowing that God trusted me with any human life after I made so many mistakes in my own life is amazing. I have the honor of imparting into and contributing to the world through my children is an honor.

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Two



SAVANNAH, GA

ANDREA HALL-HOUSTON



@ANDREAHALLHOUSTON

1 - Who are you and what do you do?

Who I am and what I do are totally different things. What I do is not who I am! I am a purpose driven woman of God who thrives on challenge and constantly set goals for myself so I have something to strive towards. I am Chief Executive Officer of Jus-Trin Consulting, LLC, a doctoral candidate in the Program of Public Health/Epidemiology, a COVID-19 Response Investigator, and an Instructor.

2 - What is your favorite thing to do?

My favorite thing to do is experiencing the joy of being still and being present. I do that by traveling near or around large bodies of water such as beaches, rivers, or lakes. The peacefulness of water soothes the soul, calms the most restless mind, and brings

instant serenity.

3 - What is your favorite getaway?

My favorite getaway are places that allow me to be alone with myself in the spirit. Places like the Poconos Mountains in Pennsylvania during the Fall and St. Simons Island in the Spring for its beautiful beaches are my preferred getaways.

4 - What is your favorite restaurant?

I enjoy dining near the river. So, many of my favorite restaurants are located at the JW Marriott Savannah Plant Riverside District. I particularly enjoy their rooftop and outdoor eateries.

5 - Name a song you play daily or on the regular? Why?

While I appreciate music from all genres, the song that plays over and over in my mind is a traditional gospel song called “Calling my Name”. This song reminds me that while my Christian walk may not be perfect, I am worthy of his grace and he’s still perfecting me.

6 - Who has the greatest impact on your life?

My father has the greatest impact on my life because he gave me life. He is whom I look up to with loving trust and pride – He is not just my Dad; he is my spiritual mentor, my confidant, and my voice of reason. He listens without judgment and always has the words I need to hear or comfortable silence I need to experience. He is the most influential moral force in my life.

7 - What makes you cry?

Pure authentic worship! Observing acts of selflessness, kind-heartedness, or listening to a song that resonates with my experience can also make me cry. Of course, the death of someone can certainly bring me to tears. Crying is an effective way of relieving the stress of the soul.

8 - Name something no one would ever guess about you?

I greatly identify with the cares of people without them knowing which is why I became involved as a clinical research coordinator in the past with one of the first FDA-approved prospective clinical trials for a cohort of HIV patients.

9 - What is the greatest gift you could give someone?

The greatest gift I can give someone is the gift of myself which is the very essence of who I am which includes trustworthiness and giving open and honest communication. Trust and open communication in any relationship or friendship is paramount and almost anything can be resolved with these two key factors.

10 - What is your greatest accomplishment?

My greatest achievement in life so far is learning how to accept my failures. It is my motivation. It makes me wiser in choosing actions that I need to take, and strive more to do better in my next steps in life. I’ve learned I can do anything with an attitude of faith and prayer including becoming Dr. Andrea Hall-Houston, Ph.D. I may be changed by what happens to me. But I refuse to be reduced by it. Resilient!

Three



SAVANNAH, GA

JORDAN RILES



@JOYWITHJORDAN.

1 - Who are you and what do you do?

I'm Jordan Riles, a native of Savannah, GA who grew up leaving no leaf unturned. I participated in everything as a child from dance, to vocal arts, theatre, piano and pageantry. I obtained my Bachelor in Mass Communications for Public Relations from Savannah State University and my Master in Professional Communication & Leadership from GA Southern Univ. I'm a former Miss Savannah State University 2010, Miss Black Georgia USA 2013 and directed the Miss Black Georgia Scholarship pageant for three years after serving as queen, awarding approx. \$4,500 in scholarships combined to a Teen and Miss each year. I own Impressum School of Social Graces, through which I teach

dining etiquette, modeling, acting, fitness/nutrition, personal and professional development. I own Riles Resumes Plus+ and serve as the Corporate Communications personnel for The Mike Hostilo Law Firm.

2 - What is your favorite thing to do?

I can't wait to get back to traveling. I got my passport at age 29, took off to Jamaica for my 30th then COVID-19 happened. I also enjoy reading and journaling.

3 - What is your favorite getaway?

Hmm, Jamaica has been my favorite and most fulfilling getaway recently but I also enjoy traveling to the town where my father is from- Thomasville, GA, which I have not visited in a while.

4 - What is your favorite restaurant?

I used to be a big fan of anything Italian but now I just appreciate any of the locally- owned and operated signature restaurants of my beloved hometown, Savannah.

5 - Name a song you play daily or on the regular? Why?

Well, I would provide the artist more so than the song(s) and surprisingly I like a mixture of soul, gospel, and R&B- so Erykah Badu with her timeless self. I enjoy Kem, Jhene Aiko, H.E.R., Summer Walker, Hillsong

6 - Who has the greatest impact on your life?

My parents definitely have undoubted influence over me and are credited for who and how I am today.

7 - What makes you cry?

Well, tears of joy inside- my one and only child, my three yr old daughter Bethany. Tears of sorrow, stagnation, ignorant racism that results in death and illness.

8 - Name something no one would ever guess about you?

Hmm, I like some trap music. I've been told I put ppl in the mindset of butterflies and rainbows, stars, sunflowers- things like that, but I like trap music too; Not all, but particular songs with good bass without a bunch of profanity, but also has a message.

9 - What is the greatest gift you could give someone?

My time. I've given a lot of my time pouring into youth through presentations on personal polishing, mentoring on career readiness, how to network and present themselves.

10 - What is your greatest accomplishment?

Being given the various platforms as a "Miss" to share my mind and life with people all across the southeast and coastal empire. Graduating with my Bachelors and Masters. Starting my LLC at age 23. My divorce and the birth of my child.

Four



RALEIGH, NC

YOLANDA D. MERCER



@YOLANDADMERCER

1 - Who are you and what do you do?

I am Yolanda D. Mercer of Raleigh, NC and a lover of ministry, consulting, and coaching individuals to discover their hidden gifts, define your goals, and demonstrate your growth. As a licensed educator, counselor, and minister; it is my passion to empower others and assist individuals to evolve as the best version of themselves! I am dedicated to my message to inspire and encourage others in their journey through life. I'm just a girl from a small town with big dreams. Dream with me!

2 - What is your favorite thing to do?

One of my passions is to write books that help others find peace

and purpose! I have written 2 manuals entitled, "She Serves" and "The King's Wife." I am also the author of "Hidden," a book designed to equip individuals in waiting as well as "Breaking Up With Comparison," a book designed to encourage confidence in God's plan for your life.

3 - What is your favorite getaway?

My favorite getaway is filled with shopping, relaxing, traveling, and fun! Vacation is truly a time to rejuvenate and pour back into yourself because an empty vessel is ineffective.

4 - What is your favorite restaurant?

My favorite restaurant is Pappadeaux. I love seafood and as a seafood lover, this is definitely a place that captures the epitome of my palette preferences.

5 - Name a song you play daily or on the regular? Why?

I usually play "He'll Find A Way" by Rich Tolbert Jr. on a weekly basis before my day starts because it is so encouraging to know that we were predestined to experience things that were designed to give God glory. When we face a circumstance that destabilizes us and forces us to depend on God, He gets the glory because our anointing can't be greater than our character.

6 - Who has the greatest impact on your life?

My mother definitely has the

greatest impact on my life and has truly been a support system built to last. With her strength and tenacity she has taught me the grace of breakthrough and bounceback as I've watched my mother achieve degrees, start businesses, adopt children, and grow her ministry.

7 - What makes you cry?

I would definitely say watching God meet my expectations continually brings me to tears because I always say that when we lower our expectations, we minimize God's execution.

8 - Name something no one would ever guess about you?

One thing people never guess about me is that I am an athlete and I've played sports all my life competitively from childhood until my 20's. Most think I'm very dainty and would never guess that I actually love playing sports thanks to having parents that invested in my passion and interests as a child.

9 - What is the greatest gift you could give someone?

The greatest gift I could give someone is birthing a miracle for them, which is one of my favorite stories in the Bible of Hagar and Sarah.

10 - What is your greatest accomplishment?

My greatest accomplishment has been thriving in 2020 while starting a ministry, starting a business, and writing 2 books.

Five



SAVANNAH, GA

MONIQUE SCOTT



@MONIQUE SCOTT

1 - Who are you and what do you do?

I'm Monique, a Warrior Woman, placed here on Earth to be an encourager for many people from different paths and walks of life. In addition, I am a Serial Entrepreneur, that specializes in strategic business marketing services for individuals that are seeking to build an empire and legacy while being fashionably eccentric at the same time!

2 - What is your favorite thing to do?

My favorite thing to do is draw and paint. I find art to be soothing and it allows me to release stress and focus on my creativity.

Learning it is important to find other things to channel positive

energy.

3 - What is your favorite getaway?

My favorite getaway is Jacksonville, Florida. That is where majority of my family resides and where my mother is laid to rest. Traveling there gives me peace.

4 - What is your favorite restaurant?

My favorite restaurant is Olive Garden! I love their salads and Zuppa Toscana Soup. There was a pasta they had on the menu long ago which was my favorite, shrimp primavera.

5 - Name a song you play daily or on the regular? Why?

The song I play on the regular is "Be Blessed" by Yolanda Adams. This song allows me to realize that although I may go through something I will continue to be blessed. God can change your situation in a minute!

6 - Who has the greatest impact on your life?

The greatest impact of my life is my children. If it were not for them, I have no idea where I would be. I'm so focused on leaving them a legacy that it is only right that I continue to pursue my dreams so that they can enjoy theirs!

7 - What makes you cry?

The thought of not having my mother by my side as I go through this journey of life. I know that she is helping me navigate from above. Silent cries are the worst.

8 - Name something no one would ever guess about you?

No one would ever guess that I listen to trap music. I like to rap on instrumental hooks from various artist. Trap music helps motivate me and adding my own creativity and lyrics keeps me inspired to keep going.

9 - What is the greatest gift you could give someone?

The greatest gift you can give someone is the gift of forgiveness. After living in unforgiveness for so long you will realize that giving the gift of forgiveness is not for the other person, but for you!

10 - What is your greatest accomplishment?

My greatest accomplishment is being able to help others create a better life for themselves in the pursuit of entrepreneurship. To be able to mentor, encourage, guide and lead others in the right direction is a strong passion of mine and gives great joy.

Six



SAVANNAH, GA

ANDRENA PHILLIPS



@ANDRENA PHILLIPS

1 - Who are you and what do you do?

Andrena Phillips, first and foremost a willing vessel showing up to impact the world in the most powerful and prosperous way possible. The other roles I am predestined to serve are Master Life Strategist (Personal Development Coach), Motivational Speaker & Published Author.

2 - What is your favorite thing to do?

It's hard to narrow down. I love to laugh. I am naturally funny and love to make others laugh as well. There are enough stressors in our daily lives we sometimes get caught up in the disturbances and forget to take it one day at a time.

3 - What is your favorite getaway?

Escaping everyday scenery. I love to travel the world. Jamaica is one of my spots. The culture is "don't worry" everything will be alright. Visiting a culture that deals with greater adversity but are carefree living, fun escapades and beautiful sceneries of beaches are definitely a joy to embrace.

4- What is your favorite restaurant?

This is hard because I consider myself a foodie. I love to eat, especially sweets. I love to go to all types of restaurants to gain the experience of different cultures and recipes. As for restaurants, this one is impossible to pinpoint because I have come across too many to place a limit.

5 - Name a song you play daily or on the regular? Why?

Chill by K-Jon. This song was introduced to me by my husband. I love this song because it has so many moving parts that represent and speak volumes about our love, commitment, respect and friendship we have for one another.

6 - Who has the greatest impact on your life?

My 3 children are my why's, accountability partners and an unconditional love. The drive I have is for them to make sure before I leave this earth, my

legacy will speak loud to represent them and they say "That Is Our Mother." The struggles they encounter with me is not in vain.

7 - What makes you cry?

This question can be good or bad so I want to express my answer in a positive way. I love love. I love the Lord. I think over my life in gratitude tears flow. How did I make it? With His infinity love these are my "happy tears." I cry for all good life changing events.

8 - Name something no one would ever guess about you?

Name something no one would ever guess about you? I am seen as an extrovert. I am bold, laughing and living out loud. Don't get me wrong it is who I am. People can misconstrue who I am but it's OK, I have balance. The surprise is I have more introverted ways, don't play all the time and I am not always turned up. I love my quiet life.

9 - What is the greatest gift you could give someone?

My authentic self: Genuine love, compassion and support by meeting people where they are with no judgment.

10 - What is your greatest accomplishment?

Besides being a mother, loving Andrena for everything she is and growing daily to become her best self.

Seven



BRONX, NY

TAKIMA HOWZE



@TAKIMA HOWZE

1 - Who are you and what do you do?

My name is Takima Howze and I am a Creative Writer and Story Development Strategist. I specialize in instructional design, content & copywriting, and teaching authors, bloggers and storytellers how to go Beyond The Book by creating their signature workshop, course or book by the power of their story.

2 - What is your favorite thing to do?

My favorite thing to do is write, design, and create workbooks and worksheets. I also love to teach!!!

3 - What is your favorite getaway?

My favorite getaway is someplace near water. I love the energy and the peace water has.

4- What is your favorite restaurant?

My favorite restaurant currently is Nino's in Atlanta, GA. Their food is so amazing!

5 - Name a song you play daily or on the regular? Why?

I have been playing "Blessings" by Lecrae and Ty \$ -Dollar sign . I play it daily because it reminds me of what God is doing and has done in my life.

6 - Who has the greatest impact on your life?

Not to sound conceited but I am my biggest impact. I have been through so much and because of my faith in God, I have not given up! Even when I wanted to. I have been knocked down so many times but I refuse to give up on my dreams and the gifts God has placed on the inside of me. Seeing how He loves me keeps me going.

7- What makes you cry?

My daughter. She is so amazing and talented and the way she cares about others really inspires me to be a better person to others as well. She is so strong and I love her with my whole life.

8 - Name something no one would ever guess about you?

I am a great crafter! I learned how

to make wreaths and various home goods from my mom.

9 - What is the greatest gift you can give someone?

The greatest gift I could give someone is my time and prayer. I know I am powerful with prayer and it's such an intimate act.

10 - What is your greatest accomplishment?

My greatest accomplishment has been writing and publishing my story. It has opened up so many doors for me and I am working and expecting more to happen because of it!

"I have been through so much and because of my faith in God, I have not given up! Even when I wanted to. I have been knocked down so many times but I refuse to give up on my dreams and the gifts God has placed on the inside of me. Seeing how He loves me keeps me going."

- Takima Howze

Eight



SAVANNAH, GA

WHITNEY P. SCOTT



@WHITNEYPARKERSCOTT

1 - Who are you and what do you do?

I am Whitney C. Parker, a specialized instruction high school teacher with Savannah Chatham County Schools as well as a high school cheer coach.

2 - What is your favorite thing to do?

My favorite thing to do is spend time with my children. My approach to parenting is very candid, so it allows for authentic connects with who they really are growing to be.

3 - What is your favorite getaway?

My favorite getaway would be a long off ride drive with great music and great company to

somewhere I've never been. Asking questions, laughing and making memories.

4- What is your favorite restaurant?

I don't have a favorite. I do love one of a kind, authentic spots that are low-key with great food and great service.

5 - Name a song you play daily or on the regular? Why?

A song I play daily is "The Miseducation of Lauryn Hill" from the album of the same title. The entire song speaks to my spirit, but the on stanza that defines where I am in life is "Deep in my heart the answer was in me, and I made up my mind to define my own destiny."

6 - Who has the greatest impact on your life?

My sons have the greatest impact in my life. They give purpose and reason for many decisions I make. I just want to make them proud.

7 - What makes you cry?

I have empathy for anything and anyone, so everything makes me cry! But you'll never see it, lol!

8 - Name something no one would ever guess about you?

One thing no one would ever guess about me is my extreme versatility in music. I've always been the different one in my circles of friends.

9 - What is the greatest gift you could give someone?

The greatest gift I could give someone is authenticity and the acceptance of their authentic self.

10 - What is your greatest accomplishment?

My greatest accomplishment is understanding I am a continuous student of life, and acknowledging that there is always more to learn in spite of any accolades.

"A song I play daily is "The Miseducation of Lauryn Hill" from the album of the same title. The entire song speaks to my spirit, but the on stanza that defines where I am in life is "Deep in my heart the answer was in me, and I made up my mind to define my own destiny."

~ Whitney Parker Scott

Nine



SAVANNAH, GA

IVORY SCOTT



@IVORYSCOTT

1 - Who are you and what do you do?

My name is Ivory Scott. I am a mother of 3 amazing children as well as a certified hemodialysis tech.

2 - What is your favorite thing to do?

I love spending time with my children & traveling.

3 - What is your favorite getaway?

My favorite getaway would have to be the Mountains. It's quiet & peaceful. Even during this pandemic I was able to allow my children to experience the mountains. It's my favorite place

to escape all of the background noise while enjoying family. I want my children to have fond memories of their childhood so having experienced this together was priceless.

4- What is your favorite restaurant?

I can't say that I actually have a favorite restaurant but I love Italian food so just about any Italian restaurant.

5 - Name a song you play daily or on the regular? Why?

No Weapon x Fred Hammond. This particular song has gotten me through a lot throughout my life & reassured me that no matter how things may look in that moment everything will eventually be just fine.

6 - Who has the greatest impact on your life?

My mother & my children have the greatest impact on my life. I witnessed my mother make so many sacrifices for her children without a complaint. She has helped me become the mother I am today. Before I make any moves in life I always consider my babies first. They motivate me to continue striving to accomplish all of my goals.

7 - What makes you cry?

I get emotional when I think about how far I've come & everything I've accomplished thus far. I'm blessed beyond measure & I can't

thank God enough.

8 - Name something no one would ever guess about you?

Although I laugh at just about everything I am extremely sensitive.

9 - What is the greatest gift you could give someone?

In this day & time I believe that TIME is the greatest gift I can give someone. Life has an unknown expiration date therefore it is vital to spend as much time as possible with those you love & cherish.

10 - What is your greatest accomplishment?

My greatest accomplishment thus far is not only becoming a mommy but giving my children a childhood they'll never have to recover from. I'm a hardworking mother before anything so I made it my first priority to become my children's role model. I strive daily to make them proud. They will know that no matter what happens in life mommy will always be there to support them. Enrolling in school & actually being able to apply for nursing school has been a major accomplishment for me as well.

"I love spending time with my children & traveling"

~ IVORY SCOTT

Ten



ATLANTA, GA

BRANDIN DAVIS



@BRANDIN DAVIS

1 - Who are you and what do you do?

I am a Registered Nurse at Crawford Long hospital. I am also a mother of one daughter, age 7- named amoni. Aside from being an RN, I am also studying to become a real estate agent.

2 - What is your favorite thing to do?

Lately, it has been saving lives. Covid-19 has done so much to impact the lives of others that my goal is to save as many as I can.

3 - What is your favorite getaway?

I absolutely love Cancun, Mexico.

4- What is your favorite restaurant?

McCormick & Schmick's Steakhouse is my favorite place. It's the vibe for me.

5 - Name a song you play daily or on the regular? Why?

Anything by beyonce channels me. I can't choose one song. They all speak to me.

6 - Who has the greatest impact on your life?

My mother. I am pretty sure she defines, lives and exudes resilience. I am who I am because of her.

7 - What makes you cry?

2020. Working in my field has been very emotional.

8 - Name something no one would ever guess about you?

I actually desired to be a dancer but it was very expensive. I decided to become a nurse after watching my dad battle so many comorbidities.

Sometimes, I wish I did both as I am sure dancing would relax me from my stressful days.

9 - What is the greatest gift you could give someone?

Honesty. Oftentimes, we tend to tell become dishonest in an effort to not help others feel bad. However, it does not help in the long run. I believe that honesty is therapy.

10 - What is your greatest accomplishment?

Getting over the opinions of people. This has been an ongoing battle for years. Finally, after much prayer, I did it and I feel amazing.

"Lately, it has been saving lives. Covid-19 has done so much to impact the lives of others that my goal is to save as many as I can."

~ BRANDIN DAVIS



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THE ULTIMATE DOPE LIST

TOP LISTINGS OF FEMALE MUSICIANS,
PODCASTERS AND AUTHORS

WRITTEN BY TEIA ACKER-MOORE



PARENTAL
ADVISORY
EXPLICIT CONTENT

THE ULTIMATE LIST OF

DOPE MUSIC

By Teia Acker-Moore



Good Morning Text
QUEEN NAIJA

You can probably imagine me sitting here in front of my computer listening to some lovely music while I seek for inspiration for next month's issue. Well, if you guessed that, you are correct.

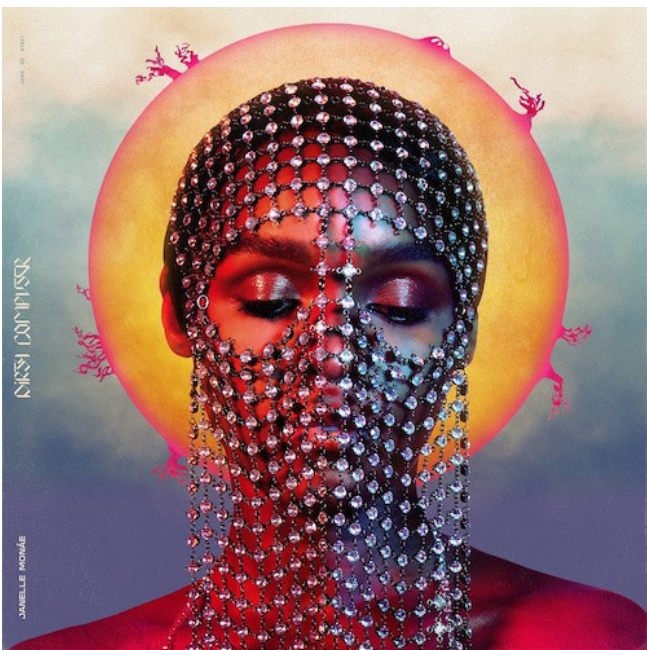
Music controls my day-to-day vibes. Depending on my mood, I have several female singers that I can connect with. Lately, as the time has changed and the holidays are approaching, my mood has shifted to that of love, peace, and positivity. I can only think of three women that have achieved all three of these aspects in one album.

At the moment I am

listening to music from Jhené Aiko, Ari Lennox, and H.E.R. I chose these artist because of the meaning of all the lyrics inside the song. Listen carefully to each word as you listen to the song. You will find the elements (as described earlier) - love, peace and positivity.

Here is this month's Top 3 female musicians.

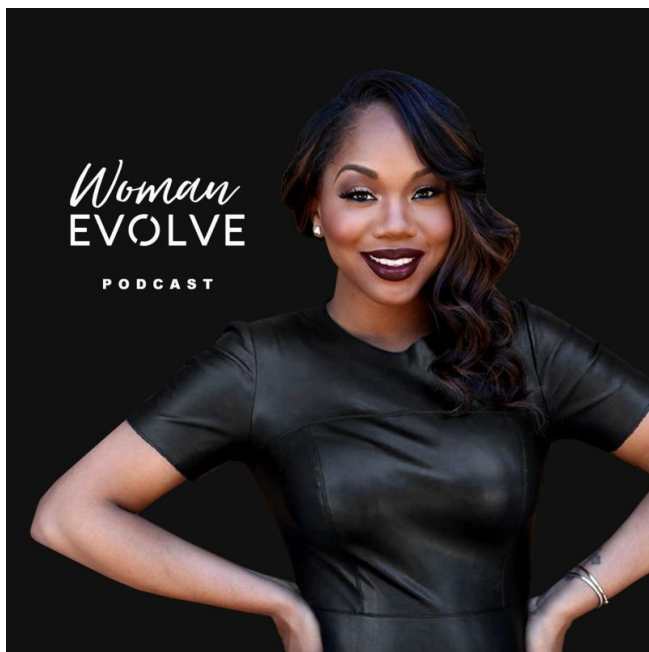
Stop, Look, and Listen!!!





THE ULTIMATE LIST OF

DOPE PODCASTS



By Teia Acker-Moore
of Getnoticed-The Podcast



As the world becomes busier, the podcast format has become incredibly popular. Audio content allows the listener to multitask. A recent study showed that while 49% of podcast listening happens at home, 22% happens while driving, 11% at work, and 8% while exercising.

Podcast audio content gives listeners the ability to dive into topics without having to set aside time to read or watch a video. Podcasts also offer articles in smaller bite-sized chunks perfect for daily

commutes or busy routines.

While I am an avid podcaster, I enjoy listening to these ladies from time to time. Their shows are electric, eccentric and much needed most days.

If you are into podcasting, I recommend you save the stations of these amazing women.

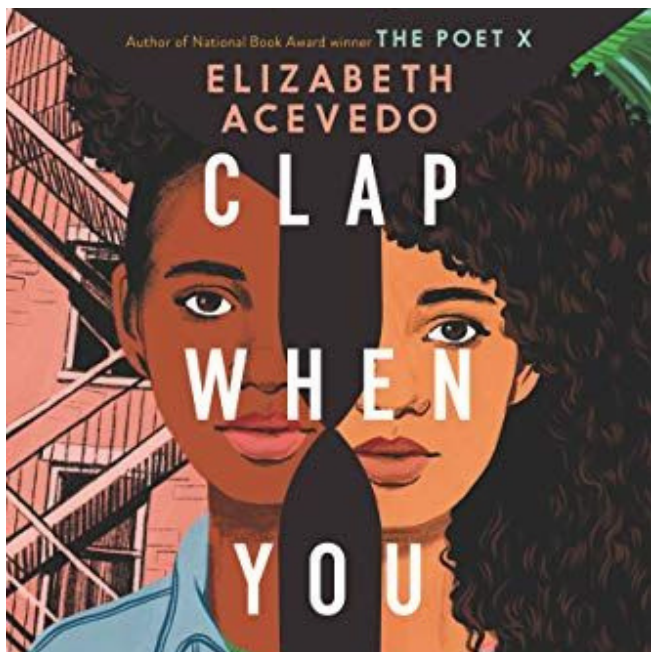
Here is this month's Top 3 female podcasts.

Stop, Look, and Listen!!!



THE ULTIMATE LIST OF

DOPE BOOKS



By Teia Acker-Moore
of MOORE BOOKS, LLC.



While I believe reading empowers people, I also believe it offers them empathy to live in the shadow of others while discovering themselves. Good books can provide an advancement in education and various methods to improving one's life. The goal of most authors is to provide affordable means for others to enjoy some of the greatest literary, contemporary and various genres of work our world has been awarded to have.

Most authors feel the same way. They want to ensure the message has been conveyed in an epic way.

While in quarantine or in your spare time, I encourage you to check out the following books by some of the most amazing black women.

Here is this month's Top 3 female authors.

Stop, Look, and READ!!

Being an author, I am always concerned with the readers take away from my work.



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Available at www.macys.com

“She stood in the storm and when
the wind did not blow her way,
she adjusted her sails.”
— Elizabeth Edwards



I Am Resilient.....

www.teiaacker.com

Model: Amber Thibedeaux; Sweater & Jeans: Forever 21; Jewelry: Claires; Make-up: Eyedolized by Kristin Mitchell; Hair: Kalin Kutz of Houston, Texas

“Resilience is very different from being numb. Resilience means you experience, you feel, you fail, you hurt. You fall. But, you keep going.”— Yasmin Mogahed



I Am Resilient.....

www.teiaacker.com

Resilient Thinking

3 STEPS TO FINDING AND KEEPING A GREAT MENTOR

Victoria Baylor, Mindset & Brand Brilliance Coach & TEDx Speaker



When I was young, like most girls I was enamored with Disney princesses. Although my interest in such things waned as I got much older, I was impressed when Disney changed its formula for female characters to exude greater strengths and courage. The traditional "princess prototype" took on a different look when characters such as Pocahontas, Mulan, and Merida from Brave arrived on the scene. These characters reminded us that even in the midst of their insecurities, doubt, and mounting obstacles they could embrace their "inner fierceness". Cartoons or not, you see, the reason we are drawn to such characters is we recognize their insecurities and we can see our own reflections in their doubts and fears. We cheer extra hard when they, despite their opposition, rise to the challenge and win. But there is something else we're also drawn to from these movies. We recognize that behind every reluctant hero that goes on to overcome great odds, there stands a necessary and important figure- a great Mentor.

If there's anything that 2020 has taught us is the need for the great support. And I couldn't think of a greater arena where wise guidance and expertise is needed to get any business professional or entrepreneur to the next level. A Business Mentor is one of the greatest assets you'll ever have. (For the record I encourage

you to have a coach and mentor each for your business and personal life.) A great mentor is the epitome of wisdom, experience, and connections that can help guide and shape the life of their mentee to their desired result. I dare not like to think about how the world would be a different place if Tony Robbins never encountered the wise teachings of Jim Rohn, if Bill Gates didn't connect with Warren Buffet and if Oprah Winfrey hadn't gleaned from the wisdom of Maya Angelou. For everyone's who's been insecure, not fully developed, green in their marketplace, and unsure of what to do, a business mentor will make all the difference in whether you fail or succeed.

1. Don't be a parasite

Although the Mentee often stands to gain the greatest benefit from the Mentor/Mentee relationship, it does not mean that the relationship is one-sided. Far from it! Mentees should work hard to provide value for their Mentors as well. Both parties should be open and honest about how they want to conduct their meetings, their expectations, and what they hope to accomplish. In addition, mentees should be vigilant in providing value for their mentor. What areas are you good at that your mentor isn't? In exchange for their guidance and help, offer to help your Mentor in these areas. Remember, mentorship is a symbiotic

relationship.

2. Apples to Apples and Oranges to Oranges

Be sure to connect with a Mentor that has successfully gone where you desire to end up. Be sure to do your homework ahead of time before reaching out to the individual. Ensure that both of you have similar philosophies on life and professional goals. You also want to make sure you have compatible personalities and communication styles. When you've done your homework be sure to reach out and make contact with the individual. If you share a mutual friend you can ask that friend to introduce you or you can send a message on LinkedIn or email them directly. In most cases, you have to establish rapport and a professional relationship before asking them to commit to mentoring you. Start by commenting and complimenting the individual on work they've done and you admire. When you do get to that point of making the ask, be sure, to be honest, and transparent about your intentions.

3. Stay in the Wheelhouse

On a boat, you will never learn the route to go if you don't watch and learn from how the Captain navigates. The same is true for the Mentor/Mentee relationship. There is no greater and more delicate time than the learning processes that occur when interacting with your mentor. You want to make sure you responsibly glean all of the pertinent information that you need to go to the next level. The beauty in being mentored is you don't have to do trial and error with everything. Mentors can save you thousands of dollars and years trying to achieve goals on your own. Their insights and experiences are invaluable.

It's because of the value of your mentor/mentee relationship that you treat all interactions as such. Make sure you are always punctual and responsibly undertake tasks you've committed to. Take advantage of the exposure they're able to give you and remember that you not only represent yourself you are representing them as well. Mentorship is an invaluable relationship between a Mentor and a Mentee that has graced movies and infiltrated the business world for decades. Although the concept is one that's familiar to most of us it's so important to not take it lightly. Nothing has the power to shift and guarantee your professional success. There is no better time than the present to look for a mentor if you don't have one. Following the above tips will help you gain the highest value from mentorship and allow you to blaze a trail of success for years to come

Visit www.victoriabaylor.com to connect and for added resources.



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I Am Resilient.....

www.tejaacker.com

RODRIKA BAILEY SCOTT

The Resilient ROCKSTAR!!

Photography: Andre Johnson
Styling: Madi Ross



Who Are You?

I am Rodrika Bailey Scott and I am truly a Rockstar. I am a wife of two years and a mother for 12 years! That's right, I am your neighborhood teen mom. I say that proudly as a reminder that you never know who someone may be. In High School, my senior quote was one of Shakespeare's, "We know what we are, not what we may be." I truly believe that set the standard for my life... the possibilities of what I can be... are endless.

I am a 2014 graduate of Armstrong Atlantic State University. With my degree in Gender and Women's Studies, I created a unique local business that caters to women's need for flexible hours, reasonable shifts, and fair pay. My business, Bailey's Belles LTD - a vacation rental cleaning company, serves Savannah's finest vacation homes in the Downtown Historic District. Aside from being a wife, mother, and business owner, my favorite title is a mentor. Bailey's Belles partners in mentorship with Shelter From The Rain, a local nonprofit serving community outreach and education to single mothers of the Savannah area. I am also proud to serve as a member of their Board of Directors.

What Do You Do?

We partner with homeowners to stage their homes for multiple streams of income. With Savannah being an International hub, residents have decided they also want a piece of the tourism pie. Through avenues such as Airbnb, VRBO, and HomeAway, homeowners are using their homes to make capital. However, they cannot do this alone and it is more than offering your space up for someone to sleep. These homeowners are competing with big hotel brands like Hilton and Marriott. To handle this, most head straight for property management companies. But the bold and the brave will self-manage, clean, and maintain their own properties until they find someone like me. We take the absolute biggest factor off homeowners' shoulders, cleanliness. When people think of home-sharing, they immediately imagine someone else's dirt. My job is to squash that right at the front door. With meticulous cleaning and proper staging, making guests feel like this is THEIR home is my specialty. We help provide the same ease and

and relaxation guests feel when they enter a hotel. This all leads to fabulous reviews and referrals to others, which encourages more revenue and exposure for homeowners. Seven years of experience specifically in vacation rentals allows me to make profitable recommendations not only on cleaning but anything from décor, linens, and appliances. Bailey's Belles LTD is well versed in knowing what the guests of this beautiful city want.

What Makes You Resilient?

My ability to still stand makes me resilient. From being ridiculed for being a teen mom, a gender studies major, and a cleaner. I have not only made all those things profitable, but I also made it inspiring. There's nothing more I can ask for of God. To be a blessing is the biggest blessing.

Website: <http://www.linkedin.com/in/rodrika-bailey-scott-545949139>

Email: BaileysBelles@outlook.com

Instagram: [@baileysbellesLTD](https://www.instagram.com/baileysbellesLTD)

CONTACT US TODAY!



Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good.”

— Elizabeth Edwards



I Am Resilient.....

www.teigacker.com

Model: Jenè Meadows; Shirt: Ann Taylor; Jeans: Old Navy; Watch: Michael Kors; Make-up: Eyedolized by Kristin Mitchell

Resilient Credit

New Year, New Focus!

Tonice Cooper, Credit Strategist

As soon as the sun comes out on the 1st of January, there ignites a little spark inside you that wants you to do better this year. A new year comes with new opportunities and hope. Let this be the year where you thrive for better credit and gain the financial independence that you have wished for. Here are some tips that can lead you in the right direction and help you to focus on striving for better credit and financial life.



Photo courtesy of Tonice Cooper

- **Make a budget**

A budget will provide you with control over your money. You will be able to track your spending as well as your financial goals. It is one of the most effective tools for money management.

- **Build an emergency fund**

Unexpected expenses can be detrimental if they are not prepared for. Learn what steps you can take this year to start and grow your emergency savings. Setting aside a little cash helps you avoid credit card debt when you need to get through everything from a flat tire to loss of income.

- **Pay off Debt**

Debt burns your money like wildfire. Start the new year with a clean slate by trying to pay off any debt you have. It is necessary to make a goal on how much debt you should get rid of this year, but strive as hard as you can to completely pay all the debt.

- **Focus on credit**

Your credit score can have a significant impact on your financial security and flexibility. The better your score, the better your options for mortgages, loans, and credit card offers. Many people have never had the chance to learn what a credit score is, what factors impact a credit score, and what actions to take to build a healthy credit score. Take a few minutes now to understand the factors that impact your credit score. Everyone has the ability to improve, build, and maintain a healthy credit score.

Wishing you happiness, health, and wealth this new year. We hope that our strategies help you to strive for better credit this year, and you can fulfill all your dreams that are on your bucket list for 2021. Start off your better financial journey with a proper aim and never lose focus. The road is not easy, but it is the destination that always keeps us moving and becoming a better version of ourselves.

Every month, in the RESILIENT magazine, look for credit and financial tips that will boost you in the right direction to financial freedom. If interested in a credit consultation, I am here to help you restore your credit and to put you in a better financial position.

Schedule your credit consultation with me at www.vantagepointcreditsolutions.com

Happy New Year!
Tonice Cooper, Credit Strategist
Vantage Point Credit Solutions

The Vantage Point Financial Wellness Planner...Your Gateway to Financial Freedom...The Vantage Point Financial Wellness Planner is so much more than just a planner. It includes 12 dateless months (so there's no wasted space in your planner) goal planning sheets, monthly affirmations, credit tips, debt management, space for notes and this is just to name a few.

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**EASY TIPS
FOR FITTING
SELF-CARE
INTO YOUR
SCHEDULE**

learn all about how to create your
own self-care routine!

1 - Take a warm bath.
Relax, Rejuvenate and Revive
your mind, body and spirit.

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2 - Take care of yourself.
Rest your mind from
your thoughts

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A close-up photograph of a woman with dark hair, wearing a white bathrobe and a white towel wrapped around her head. She has two white, crescent-shaped eye patches under her eyes and is resting her head against a dark brick wall. Her eyes are closed, and she has a peaceful expression. The lighting is soft and warm, highlighting the texture of the towel and the brick wall.

3 - Get some much-needed rest. Sleep well and often.

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A close-up photograph of a woman with dark hair, wearing a white bathrobe and a white towel wrapped around her head. She is looking slightly to the left of the camera. She is applying white, crescent-shaped eye patches to her under-eye area with her right hand. The background is softly blurred, showing what appears to be a bathroom setting with wooden paneling.

4 - Eliminate the toxins
consumed through food.
Change your diet.

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5 - Re-evaluate your friends list. Remove anyone who is toxic to your dreams, hopes and ambitions.

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6 - Stop asking for permission and simply ask for forgiveness. LIVE WELL!!

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7 - Be Intentional and purposeful



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8 - Love you more today than
you did yesterday.

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9 - Distance yourself
from the crowd..

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10 - Do not be afraid to fail. Failing is the first step towards success.

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Resiliently Fit

IT'S A LIFESTYLE CHANGE. YOU'RE WORTH IT! LET'S GET FIT TOGETHER.

with Tasha Devoe, Personal Trainer



RESILIENT HEALTH & FITNESS

You've done it!!!! You have made it into 2021 and you are making it look great already!! COVID hasn't gone away but we are more hopeful than ever so why not live your resilient life as you should pushing for greater. Let's start with investing in our physical well-being through exercise and eating.

LET'S GO, LET'S WORK QUICK 15 MINUTE WORKOUT

WARM-UP:

- STRETCH YOUR LEGS INDIVIDUALLY
- STRETCH THE ARMS
- ROLL THE SHOULDERS
- STRETCH THE BACK
- MARCH IN PLACE 1 MINUTE

LET'S GO TO WORK:

- 25 JUMPING JACKS
- 25 SQUAT TAPS
- 25 KNEE TO ELBOW
- 25 BUTT KICKS
- 25 WALL PUSH-UPS
- 30 TRICEP DIPS
- 30 SEC PLANK
- 30 SIT UPS
- 30 MOUNTAIN CLIMBERS
- 30 DONKEY KICKS (PER LEG)

REPEAT 2X - 45 sec rest between rounds

**FIT WITH TASHA OFFERS IN PERSON AND
VIRTUAL TRAINING MONDAY – FRIDAY
LET'S GET FIT TOGETHER!!**

So you've just killed this workout and you're feeling great!!! As you should!!! You're taking the time to do something for you that has immediate benefits. Now is the hardest part ever what do you eat or drink now that you're working out. No worries join me as I let you into the journey of my lifestyle change journey. Get this meal in anywhere between 30 - 60 minutes post-workout so that your food nutrients are properly absorbed and aid in your recovery. Just make sure you're not eating too late in the evening. So let's look at one of my quick go-to meals that taste great and don't take long to make.

SALMON STIR FRY

- 4 tbsp Tamari sauce or soy sauce
- 1 tbsp avocado oil
- 2 tsp sesame oil (can be homemade using olive oil and cooking sesame seeds)
- 4 minced garlic cloves 1 c chopped bell peppers
- 1 c chopped onion 2 c broccoli florets
- 1 tbsp minced ginger
- ¼ c chopped green onions
- 1 lb cubed salmon
- 1 tbsp sesame seeds
- Heat large skillet combining tamari sauce, avocado oil, & sesame oil
- Add garlic, onion, and bell peppers
- Continue cooking adding salmon to the pan
- Broccoli & ginger can now be added
- Once salmon is cooked top with w/sesame seeds and enjoy.
- Pairs great when served over brown rice or enjoy alone. Add more veggies if you like or red pepper flakes for a little spice.



SOLE TIES

WINTER WHITE &
EVERYTHING NICE

GOT TO BE THE SHOES



Available at www.stevemadden.com



Available at www.stevemadden.com



Available at www.stevemadden.com

CAPRICORN

Your personality will be very much at the forefront this month. You will be judged by your peers according to what you decide to project, and deception and illusion could be present.

AQUARIUS

Spirituality and perfection will rule your relationship with your spouse. There will be sunshine in the family surroundings. Career growth will be fabulous and health prospects are very much cheerful. Finances are very strong.

PISCES

Singles can find love in people of entirely different culture. Health will be encouraging but highly stressful. Career will progress further amid volatile environment. Financial growth is helped by associating with spiritual people.

ARIES

Aries people should be prepared for a highly chaotic month. Financial strategies require major overhaul. Health prospects are lively while career will face some challenges. Confirmed relationships will face hard decisions.

TAURUS

Love and financial matters will see long lasting changes. The possibility of marriage exists for committed relationships. Career and finances will see positive developments. Health and travel activities will be highly promising.

GEMINI

Singles can find love in people of entirely different culture. Health will be encouraging but highly stressful. Career will progress further amid volatile environment. Financial growth is helped by associating with spiritual people.

CANCER

Family affairs and social activities will see major changes. Singles will find love in the workplace or in cultural surroundings. Professionals can look forward to a change of job. Finances will face a few problems. Health prospects are quite cheerful.

LEO

Singles will find romantic partners if they can communicate their feelings well. The family atmosphere will be highly congenial. Career prospects are highly positive. Financial strategies will face many modifications. Health will be fabulous.

VIRGO

Problems in marital compatibility will require quite a few compromises. Singles will be forceful in forming love alliances. Profession and financial prospects will face some hardships. Educational growth and travel plans will be quite beneficial.

LIBRA

Spirituality and financial differences will spoil the harmony in marital relationships. Singles should not be in a hurry to get into love partnerships. Family relationships are very harmonious. Financial growth will be fabulous.

SCORPIO

Conjugal life will be splendid in spite of the chaotic conditions. Singles are able to find love with their charisma. Career growth will be delightful and health will be fantastic. Money matters will be very much promising.

SAGITARIUS

You will be keen on improving your personality and appearance. Holiday trips are a good hunting ground for love relationships of singles. Finances and career will have to overcome many challenges. Health conditions will not be promising.

CHANEL



CHA