

# RESILIENT

NO.1 FOR BARRIER BREAKER NEWS

**KIMBERLA  
LAWSON ROBY**

*New York Times*  
**BESTSELLING  
AUTHOR SPEAKS  
ON BEING  
RESILIENT  
WHILE  
PUBLISHING  
28 BOOKS**

**READ-WRITE-THINK**  
**10 STEPS TO  
OVERCOMING  
WRITER'S  
BLOCK**

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Photo courtesy of Kimberla Lawson-Roby

# RESILIENT MAGAZINE

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## Resilient Magazine

*Established June 1, 2020*

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

EMPOWER | IMPACT | GROW & GLOW

**W**hen 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

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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.***





**WHISTLES**



# SIT DOWN SISTA

## Chew & Chat Motivational Moment

*with Coach J Dianne Tribble*

Welcome to Spring 2021 Sistas! Spring has sprung! Let's chat about seasons today. Let's chat both literally and metaphorically.

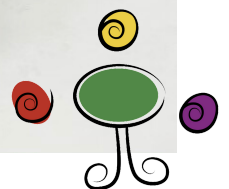
### The Winter:

By the grace of God, we have navigated a year of uncertainties filled with untimely deaths (exceeding 534, 000 according to the CDC); racial unrest; political unrest; unemployment; food drives; shutdowns; new ways of doing life; and the re-purposing of our homes (work, school, worship, entertainment, gyms, etc.). I am sure you would agree with me that we have proven to be resilient! With every blow, we have managed to rise to the occasion.

We embraced change, which sometimes caused us to yell "Ouch"! There were times when we were probably bent by the circumstances of life, but we did not break! We adapted and

did what was necessary to bring us to this place in our journey today. Not only have we survived, look around Sistas, we have thrived through the Winter into the Spring!

There were great wins along the way. In the midst of adversity, blessings in disguise were right there waiting for us. Think about it. Did you slow down, at least temporarily to rest? Wasn't it nice to skip the commute to work, school, and other activities (at least for a while)? Less commutes put us in a position to save money on fuel for our vehicles. Did you thin out or organize your closets or the garage? Did you work on personal and professional development? Let's not forget about our relationships. Did you work on relationship building? How many Netflix series did you watch? Did you put any time and focus on your hobbies? I know I did and I can only imagine you did also.



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### The Spring:

The tide is changing. We are moving into the face of our new normal as we navigate our way out of the winter. Avoid regret. Maximize each day. I want to encourage you to start a

***I am sure you would agree with me that we have proven to be resilient! With every blow, we have managed to rise to the occasion.***

*- J. Dianne Tribble*



gratitude journal or list. List those things in which you are thankful for and which work in your favor daily.

Grace has gotten you to the point where you are now. The point of grace was never designed to be the final destination. The point of grace was designed to be the launching pad to your “NEXT”. An appointed length of time was assigned to your point of grace.

Grace becomes frustrated when we overstay our visit. In a frustrated status, grace loses its luster and productivity decreases, and can eventually stall. An invisible wall, brakes, and restraints will have you in a holding pattern, in which you seemingly cannot break free.

It is time to ignite your possibility. It is time to dream again. It’s Spring! It is time to do something different in order to drive different results – desired results. It is time to ignite the fire of passion in order to get moving once again.

***Passion will supply the energy you need, in order to get up and make things happen.***

What is it that you want? What is it that you know you are called to do or that you should be doing at this time in your life? Close your eyes and envision it! Imagine your future possibility. Can you see it? If so, it is time to passionately pursue it. Passion creates a

hunger and thirst which must be fed. Are you hungry? Are you thirsty?

Let me share an example. Let’s say you are graced to help others find their dream home and you decide to become a realtor. As a realtor, maybe you sell a house or two per month. You manage to make ends meet but you never seem to really get ahead.

Turn the Dreamer on! Maybe you once dreamed of being a Top Realtor, with all the recognition and benefits. However, somewhere along the way, you lost your fire and settled with being just another realtor. Your dream will never come to pass as long as you lack vision and you continue to do the same things the same way, month after month.

You must step up your game. You must become one in name, aim, and purpose with your passion. Passion causes you to take ownership of your desire. Be assertive and proactive.

It’s timeout for mediocrity, excuses, and apologies. It’s time to excel, advance, and absolutely slay your goals. Time is of the essence and it’s not slowing down for anyone. Beyonce said, “Slaying your goals is your ability to dream it, work hard, and grind ‘til you own it.”

Shift. Renew your mind and your outlook. Pivot. Take ownership of your dreams and desires. Just start. Do something. Take the plunge. It’s Spring. It’s time for the fresh and the new!

Be willing to ask for help if you know this is too much for you to tackle on your own. Support increases the likelihood of you sticking it out to fruition. We have been told, “There is strength in numbers.” This is a true statement. Help is available. Make your need known.

Here’s to your continued success. I believe in you Sistas! I’m cheering you on!

**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.

*read more at [www.atthetableinc.com](http://www.atthetableinc.com)*



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# READ-WRITE-THINK



## 10-STEPS TO OVERCOMING WRITER'S BLOCK

By Claudia Dasher



By definition, Writer's block is defined as a "condition, primarily associated with writing, in which an author is unable to produce new work or experiences a creative slowdown"(Webster, 2021). This creative hurdle is not a result of commitment issues or the lack of writing skills. The issue varies from difficulty in coming up with original ideas to being unable to create a work for years. In fact, writer's block "is not solely measured by time passing without writing. It is measured by time passing without productivity in the task at hand" (Webster, 2021).

While the issue is very difficult for an author or poet seeking to perfect their craft, there are ways to reverse it. Every writer has a sense of purpose and something that brings forth excitement. With that in mind, it is easier to channel those aspects into a healthier style of writing and motivation.

**1 - Develop a routine.** Ask yourself. "Do I need to write daily to become familiar with the idea of writing? Place yourself on a schedule. Identify the best times to write and do not force yourself to write outside of that time.

**2 - Freewrite.** Sometimes our immediate thoughts do not make sense. In fact, it often has no destination. However, it important to just write. It's just that simple.

**3 - Relax.** Being in a completely relaxed state is a perfect way to begin writing. Regardless of your goal, putting your mind at ease is the most important.

**4- Don't start at the beginning.** Give yourself permission to start

anywhere you desire. This eliminates pressure and the need to keep things in order. As the the author, you control what's what.

**5- Ignore your inner critic.**

Oftentimes, we allow self-doubt to sabotage our work as a writer. Control your thinking and continue in the flow of positivity. It is so important to make peace with your inner critic. The two of you can make literary magic when you work together.

**6 - Map out your story.** Outlines are always helpful and aid in keeping your story on target.

**7- Stop writing for readers.** It is so important that you tell your story in your way. Writing for others brings unnecessary pressure. It also takes the joy of accomplishment away as you may feel you have not expressed your ideas, but the ideas of someone else.

**8- Utilize visuals.** Many authors begin with diagrams, charts or drawings. The ideas that are created through visuals are important. Try sticky notes. They are the perfect way to express thoughts through visuals.

**9- Let the words find you.** You are a writer. You are not perfect. Meditate and reflect on what you want to say and simply say it.

**10- Don't quit.** No matter what, do not quit. Instead, focus on something else that excites you until the desire to write returns.

..... *Claudia D.* 





**OLD NAVY**









# JUST JESSICA

Houston Native, Business Owner, Personal Stylist, Christian Counselor, and Worship Leader Speaks to Being **Resilient** While Being Obedient to the Many Gifts God Has Rewarded Her

By: Teia Acker-Moore

*Photo Courtesy of Jessica Harrison*

Jessica Harrison known as the Millennial Esther has been called for such a time as this! With her platform, she shares her purpose and passion for Faith + Fashion to reach those God has called and assigned her to.

As the youngest daughter of a Pastor, Jessica acknowledged her calling at an early age. She serves as Worship Leader and Administrator in the church her parents founded and she is also a licensed Minister of the Gospel.

After getting the attention of many with her unique fashion sense, *Styled By Jess* was

created in 2015 to empower women with understanding that bold style has NO size. Jessica inspires women through her styling services that no matter their body type, they can still be FIERCE!





In 2019, Jessica pursued purpose even more and became a Certified Christian Counselor. She believes in realistic strategies while going through life & applying the Word of God. 2020 was the year the hinges came off the door & Jess Fashion Boutique was birthed providing chic & diverse styles for all women! Although it may seem as if Jess has arrived, HERstory is still being written.

*..... on being Resilient.*

"I choose (because it is definitely a choice) not to allow anything to keep me from progress and purpose. Life can throw some of the most traumatic blows, but I'll always bounce back and recover. My Faith makes me resilient: I'm grounded and rooted in it. My family makes me resilient: a great support system and tribe could never be replaced. My Father in Heaven literally makes me resilient: His plans are to see me prosper and with His guidance, I may fall but I cannot fail"

*..... on What's Next!*

Jess Fashion is expanding! "I believe that God is allowing me to make my mark here on the Earth and the world will soon know who Jess Fashion is! It's more than just clothes, it's a way of life! With faith and fashion combined, I only pray to keep inspiring others to show up and be their authentic self! As for the future, you can expect it to include slaying with sizes Small-3x, a few ministry moments, and I always say Herstory is still being written...just stay tuned"...



<http://www.shopjessfashion.com/> | [shopjessfashion@gmail.com](mailto:shopjessfashion@gmail.com)



# THE OTHER SIDE

## Building Brilliance Through Resilience

By: Brandy Simpkins  
*Journalist, Freelance Writer & Publicist*



When I tell people I live downtown they say, “you’re so lucky.” I prefer the term blessed, and I agree with them, but not for the reasons they think. “I wish I could afford to live downtown.” And I pause. I think about who I’m speaking to before I proceed. “Well, I don’t have such worries,” I reply. “I live in Hitch Village Fred Wessels. I don’t know the new name.” Pause, again. Silence. I wait for the judgment. The perceptions. The ideas of the other side.

There are invisible lines drawn through city maps and zoning ordinances that separate the “haves” from the “have-nots.” For example, on one side of East Broad Street, I am chic and classy. I may even be a SCAD student. On the other side, in the same outfit and skin, I am impoverished and ill-mannered. It is unspoken until it’s not.

One day I was walking around the block in a circle outside of my apartment. I do this often when I talk



*Photo courtesy of Brandy Simpkins*

I live in downtown Savannah, GA. I absolutely love it. I often take walks along River Street and catch myself thinking of how the bricks were handmade by the slaves that were brought over on ships that sailed through the Savannah River. I enjoy the ferry rides from the boardwalk to the Savannah Convention Center and back. I stop into the candy kitchens for praline because I know the staff always gives the samples away so freely and sweetly. I do yoga or run in the city’s planned squares on the mornings that I wake up early enough to catch the sunrise. I spend one, two, three too many dollars on matcha and caramel lattes. Sometimes, I sit in City Market and time slips away as I sit on the phone with my favorite masterminds.



on the phone. A car passed by and a man inside whistled for me to come over. I rejected him and he yelled, “Well you’re the one circling a corner!” before speeding off. It took me a few minutes to process his words, but once I did, I got sick to my stomach. In his mind, me walking around as a young, black woman in this neighborhood must make me a sex worker. Brushing off his ignorance, I continued to walk. From the spot I was standing I walked north one block, then west another block, then north one more block, and I found myself in Greene Square. People were happily walking their dogs and catching fresh air. On the other side, I was safe.

On another day, I met a gentleman while I was out with a friend handling some business for work. A mutual friend of mine asked him where he lived, and in return, he asked me. I said “Fred Wessels.” “Really? He answered facetiously. “I heard that it is so bad out there that you can’t buy cable. Is that true? They say if those people that live out there can afford cable, they can afford real rent.” The shame that I felt in that moment made me want to ball up in a corner... or curse him out, but then I would just be perpetuating a stereotype, right?

The truth is, I live there with a family member because it is difficult to afford rent in Savannah as a single, young woman with no dependents (not so) fresh out of college. Soon, I will be moving on, but Fred Wessels will still be there. The perception placed upon the people that reside there will still be there, also.

This isn’t my first Fred Wessels experience. That’s part of the reason why it’s difficult for me to call it its new name (River Pointe Apartments). It was my mom’s first place of her own. She, my little sister, my little brother, and I lived there for about 2 years, almost 2 decades ago, while I was kindergarten-aged. With her EBT card, she brought us the healthiest food she could afford. Of course, I remember the snacks the most— ants on a

log prepared with celery, peanut butter, and raisins, ginger snaps, bananas. We had a shelf full of books like *Olivia* and *Where the Wild Things Are* that I could read fluently by the age of four-years-old, and we had fun times at the park, but not the park in the neighborhood that needed remodeling. My mother would walk us across the street, across the unspoken line where we wouldn’t be harassed or judged before we even knew what it meant (or what people thought it meant) to live in income-based homes.

This isn’t an in-depth essay about red-lining or the economy or what it means to be black or a woman or any other conversations that would lead us into a rabbit hole too deep to find the end. It’s a piece about mindfulness. I challenge you to analyze your own perceptions about the people and the world around you— about how if you walk to the edge of a street like East Broad, it can be a whole different world on the other side.



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# Being Resilient

Resiliently Speaking with Kimberla Lawson-Roby

Photographer: Paul Crave



# Resiliently Speaking

With Kimberla Lawson Roby

**Sitting with the brilliant mind of greatness - Kimberla Lawson Roby was nothing short of amazing.**

*New York Times Bestselling Author, Podcast Host, and Speaker, Kimberla Lawson Roby, has published 28 books which include her faith-based, nonfiction title, THE WOMAN GOD CREATED YOU TO BE: Finding Success Through Faith—Spiritually, Personally, and Professionally, as well as her novels, such as BETTER LATE THAN NEVER, SIN OF A WOMAN, A SINFUL CALLING, BEST FRIENDS FOREVER, THE ULTIMATE BETRAYAL, A CHRISTMAS PRAYER, THE PRODIGAL SON, THE PERFECT MARRIAGE, THE REVEREND'S WIFE, BE CAREFUL WHAT YOU PRAY FOR, SIN NO MORE, CASTING THE FIRST STONE, and her debut title, BEHIND CLOSED DOORS, which was originally self-published through her own company, Lenox Press. She has sold nearly 3 million copies of her books, and they have frequented numerous bestseller lists, including The New York Times, USA Today, The Washington Post, Publishers Weekly, Essence, Upscale, Black Christian News, AALBC.com, Barnes and Noble, Amazon.com, Wal-Mart, The Dallas Morning News, The Austin Chronicle and many others.*

*Over the years, Kimberla has spoken to thousands of women at conferences, churches, expos, workshops, luncheons, libraries, colleges, universities, and bookstores. She shares her own personal journey straight from her heart and has a strong passion for helping women become all whom God created them to be.*

*Kimberla is the 2013 NAACP Image Award Winner for Outstanding Literary Work – Fiction, the recipient of the 2017 SOAR Radio Trailblazer of Honor award, the 2017 Southwest Florida Reading Festival Distinguished Author Award, the 2017 AAMBC Christian Fiction Author of the Year award, and the 2014 AAMBC Female Author of the Year award, the 2006, 2007, 2009, 2010, 2011 and 2013 African-American Literary Awards Show (New York, NY) Female Author of the Year award, the Blackboard Fiction Book of the Year Award in 2001 for CASTING THE FIRST STONE, and in 2001, Kimberla was inducted into the Rock Valley College Alumni Hall of Fame (Rockford, IL). Additionally, in 2020, she was named by USA Today as one of the 100 black novelists you should read. Kimberla's books deal with very real issues, including women empowerment, sexual harassment, racial and gender*

***"My strong belief and faith in God are what sustain me. This also gives me everything I need to remain resilient—even in the worst of times."***

*~ Kimberla Lawson Roby*

*discrimination in the workplace, problems within the church (and the consequences), Christian/family/moral values, drug and gambling addiction, marriage, infidelity, single motherhood, breast cancer, infertility, sibling rivalry, domestic violence, childhood sexual abuse, mental illness, and the care-giving of a parent to name a few. In addition, Kimberla's books offer a message of redemption, forgiveness, and the realities of everyday life.*

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

I am a *New York Times* and the *USA Today* bestselling author of 28 books, public speaker, and podcast host of The Woman God Created You to Be Podcast. I was born and raised in Illinois, and I still reside there with my husband, Will.

**What makes you resilient?**

My strong belief and faith in God are what sustain me. This also gives me everything I need to remain resilient—even in the worst of times.

**How do you deal with setbacks?**

I try my best to remember that everything happens for a reason and that God always



has a plan in place for us—even when we don't understand it. Additionally, although my mom passed away more than nineteen years ago, I still keep her words at the forefront of my mind, which are: "For everything bad, something good always comes out of it."

### **How do you cope with the pressure?**

There used to be a time when I allowed the expectations of others to weigh pretty heavily on my decision-making and my daily schedule—partly because, from a business standpoint, I found it hard to say no to them. I said, yes, to almost everyone because I didn't want anyone to become disappointed or angry with me. But this sort of thinking—this whole philosophy of people-pleasing—is also the reason I began having anxiety attacks, which ultimately turned into a panic attack. So much so, that the panic attack sent me to the emergency room. Now, though, I make self-care a huge priority in my life, and I am so at peace about doing that.

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

For me, none of my failures are bigger than the others because all of them taught me valuable lessons. I also believe that when we fail at something, what's most important is that we find the courage to try again or to try something totally different. Either way, though, the key is to keep moving forward, no matter what.

### **Tell me about a time when you had to deal with a major crisis.**

When my mom became terminally ill, I literally wanted to die. I also, for the first time in my life, became angry with God, and my faith was shaken in a way like never before. But thankfully, because my mom and maternal grandmother—from the time I was a very small girl—taught me to love, trust and honor God, it wasn't long before my faith in Him was fully restored, and I was able to be there for my mom in



*Photo courtesy of Kimberla Lawson Roby*

***"None of my failures are bigger than the others because all of them taught me valuable lessons. I also believe that when we fail at something, what's most important is that we find the courage to try again or to try something totally different"***

*~ Kimberla Lawson Roby*



the way she needed me to be. I also became much more prayerful, and best of all, my relationship with God grew to a whole new level. The other thing, too, is that although losing my mom is still the most heartbreaking and most devastating thing that has ever happened in my life, I am happy she is no longer suffering and that she is resting peacefully with God.

### **How would you respond if you received negative feedback from your manager?**

Because I have been self-employed as an author for more than two decades, I don't report to a manager, but I do sometimes receive negative feedback about my books. And when that feedback falls into the category of constructive criticism, I think long and hard about whether there really is something more I can do to make my overall writing a lot better.

*For more information on Kimberla Lawson Roby, follow her @Kimberlalawsonrobby*

## *What's Next?*



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MUA: Ruth Shepherd  
IG: @sincerelyrue

Hairstylist: Nellie Bestman  
Livv Younique  
@livvyounique

Stylist: Alberto Barrera  
IG: @mr.barrera7

# Resiliently Living

NATIVE NEW YORKER SHARES HER  
RESILIENCE AS A MODEL, HEART DISEASE  
SURVIVOR, POET, AND WOMAN OF FAITH

*A brief conversation with Cheri Glover*

*Photographer: Tony Tren'l Brunson*



# Cheri Glover

#ModelMotivator

IG: @cheri\_glover

My name is Cheri Glover and I am a native New Yorker. I am a woman of faith and an overcomer. Most of all I am a woman of God. He orders my steps. In 2016, I overcame my fear and pursued my childhood dream to become a fashion model. I walked in my first fashion show two days before my 35th birthday.

Since then, I have participated in several fashion shows, became a promotional model for a clothing brand called Makishi Apparel, and joined two modeling companies. One company that I joined was the New Jersey-based non-profit organization, The Living Dolls Project (TLDP), where I became a Model Mentor. TLDP is a boot camp that gives back to the youth. Pre-teens, teens, and young adults are trained in modeling etiquette, they gain self-esteem/self-confidence and they learn how to become role models in their own communities.

The second company that I joined was KatLady Productions, where I became a Model and Marketing Assistant. Both companies gave me the opportunity to do what I love, which is helping and serving others. Also, I was on the covers of Beautiful & Dauntless and She Is E-Magazine.

Besides being a freelance fashion model, I've worked in the non-profit sector for over 10 years as a Trainer. I've developed relationships with hiring managers to assist people with disabilities in finding employment.

..... on being Resilient



Photo courtesy of Tony Tren'l Brunson



I believe what makes me resilient is my faith in God. I've seen what my faith can do when I put it into action. Also, knowing that God is in control of my life helps me to be at ease. In 2009, due to a congenital heart murmur, I had to get open-heart surgery at the age of 27. When I heard the news I was in complete shock!

Heart surgery was NOT on my list of things to do. It took me a while to deal with the reality that I needed surgery and to schedule the appointment to have it done. Afterward, I was advised by the doctor to be on bed rest for three months. However, by God's grace, I was up and getting around in five weeks! I believed in a speedy recovery and that is what I received.

As a result of being a Heart Disease survivor, I was chosen as 1 of 12 survivors to be honored by the American Heart Association's national campaign, Go Red for Women. As an Honoree, I had the opportunity to share my "Heart Story" and raise funds for the organization by spreading awareness of Heart Disease.

### *..... on What's Next?*

What is next for me is I intend to completely soar! I am in the process of writing my first book. I am also known as the #ModelMotivator and I've been able to dive into the space of motivational speaking by sharing my heart story and modeling journey with others. As the Model Motivator, I motivate others to go after their dreams despite their circumstances and achieve their goals. My hope is that I will inspire people to live their lives to the fullest.



*Photo courtesy of Tony Tren'l Brunson*





*allbirds*





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**THE  
RESILIENT  
FIVE & TEN  
HOUSTON EDITION**

Five Women - Ten Questions

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



# One



HOUSTON, TX

DANA WALSH



@DANAWALSH

## 1 - Who are you and what do you do?

My name is Dana Walsh. I am personal trainer. I graduated from Texas Southern University in 2010 with a major in Physical Education and minor in Health Science. I achieved my personal training certificate in 2014. In addition, I am a graduate student with Walden University. I am pursuing a Masters Degree in Public Health.

## 2 - What is your favorite thing to do?

My favorite thing to do is spend shop and exercising. I enjoy both equally. I prefer comfy workout attire.

## 3 - What is your favorite getaway?

Miami is actually my hangout spot with my friends during the summer months.

## 4 - What is your favorite restaurant?

Slutty Vegan in Atlanta. OMG!! It is EVERYTHING!

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

Lately, my muse has been Jazmine Sullivan's latest release. Her voice is so sultry and her lyrics are soul stirring.

## 6 - Who has the greatest impact on your life?

My parents are my angels. They have always supported me and my dreams without question. My father would have prefer I become a nurse but equally supports me as a personal trainer. My mother is happy I chose a career that makes me smile. They are the absolute best parents.

## 7 - What makes you cry?

The thought of losing one of my parents, or both. While I understand the process of life, I don't think I will ever be ready to let them go.

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

I love dance battles. I secretly want to challenge Ciara, lol.

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

The greatest gift I could give someone is my attention. I love people in general so when the focus is on you, it is truly on you. I will listen, cry, share, basically do whatever is needed while in your presence.

## 10 - What is your greatest accomplishment?

My greatest accomplishment is learning to deal with my frustrations. Apart of reading this monthly publication is to gain strength in resiliency. Of course everyday isn't perfect, but such is life. I have learned how to adapt in the most difficult moments and I feel that, in itself, is my greatest accomplishment.

*" My parents are my angels. They have always supported me and my dreams without question. My father would have prefer I become a nurse but equally supports me as a personal trainer. My mother is happy I chose a career that makes me smile. They are the absolute best parents. "*

~ Dana Walsh

Connect With Dana Walsh At:

FB/IG @danawalsh



# Two



HOUSTON, TX

RHONNIKA CLIFTON



@RHONNIKACLIFTON

## 1 - Who are you and what do you do?

My name is Rhonnika Clifton and I'm the Owner & Principal Designer of R J Clifton Designs, LLC. As a boutique interior design firm, R J Clifton Designs, LLC is a recognized expert in bringing the best of art and function to your living spaces. Our interior design solutions and value-added services seek to create, change, and cultivate your living experience.

## 2 - What is your favorite thing to do?

I have many things that I love to do, but one of my favorite things is to socialize with family & friends.

## 3 - What is your favorite getaway?

My favorite getaway is one that will allow me a mental break. So, that could mean a week-long vacation or an afternoon watching my favorite movies or TV shows.

## 4 - What is your favorite restaurant?

One of my favorite restaurants is Grand Lux in Houston, TX. I'm a foodie, so I love that Grand Lux has a large variety of food selections to offer for anyone's delight. I can't wait to travel again so that I can expand this favorites option.

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

I don't play a particular song every day (I love music and listen to it all day long) but, I do sing the same song to myself every morning that the Lord wakes me up... "Thank You Lord For All You've Done for Me" by Walter Hawkins.

## 6 - Who has the greatest impact on your life?

This is a tough one because there are three things/people that have the greatest impact on my life. The first is God. He is the head of my life and I lean on Him daily to guide, keep & protect me. Secondly, would be my mom. She has been a great provider all my life and now I have the privilege to care for her

as she ages. Thirdly, I would say that my clients have the greatest impact on my life. They trust me to come into their home to curate spaces they will enjoy for years to come.

## 7 - What makes you cry?

I'm a big crybaby (hahaha) so a lot makes me cry, but the top thing that makes me cry is the thought of losing my mother.

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

No one would ever guess that they can never guess something no one knows about me! (hahaha)

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

I believe the greatest gift I could give someone is the gift of salvation.

## 10 - What is your greatest accomplishment?

My greatest accomplishment, so far, has been the creation of a social, networking group for Black Interior Design Professionals, Creative Conversations, LLC. It allows me the opportunity to mentor and share knowledge, expertise, and community opportunities with students and professional design professionals.

**Connect With Rhonnika Clifton At:**  
Website: [www.rjcliftondesigns.com](http://www.rjcliftondesigns.com)



# Three



HOUSTON, TX

JANEA CARTER



@JANEACARTER

## 1 - Who are you and what do you do?

My name is Janea Carter, I design luxury tumblers business, and personal use as an efficient way to effortlessly promote yourself everywhere you go!

## 2 - What is your favorite thing to do?

My favorite thing to do is modern dance. It is an expression of my mood-happy.

## 3 - What is your favorite getaway?

It's not really a getaway, but I enjoy revisiting memorable places within the city with my Husband Justin Carter to reflect on our growth as a couple.

## 4 - What is your favorite restaurant?

My favorite restaurant is Carrabba's Italian Grill. I love Italian food. I could eat at this restaurant daily if I wanted to.

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

I play Revelation 19:1 because it reminds me that God gets all the praise and to remain faithful through the valley as well as on the mountain top.

## 6 - Who has the greatest impact on your life?

My mom Louise Crawford had the greatest impact on my life. I would not be where I am or who I am, had it not been for her.

## 7 - What makes you cry?

Thoughts of being able to leave my children and generations to come legacy and wealth. I work very hard to leave an inheritance to my children and I work even harder showing them how to build and leave a legacy for their children as well.

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

I've been a contemporary dancer for over 20 years. I absolutely love dancing. It is a great escape for me.

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

The greatest gift I could give is kindness because there is a lack of this in all aspects of life.

## 10 - What is your greatest accomplishment?

Starting a business and remaining faithful to the efficiency of my business even when times are rough.

*"I play Revelation 19:1 because it reminds me that God gets all the praise and to remain faithful through the valley as well as on the mountain top"*

~ Janea Carter

**Connect With Janea Carter At:**  
Website: [bookdesignconsultation.as.me](http://bookdesignconsultation.as.me)



# Four



HOUSTON, TX

SONJIA PELTON-SAM



@HOLLYANDREWS

## 1 - Who are you and what do you do?

I am Sonjia Pelton-Sam, also known as “The GLAM Coach,” I am a wife, mother of two, and grandmother of two. I am a speaker, former TV Show Host of (Your Talk Time TV on channel 17 Houston, Tx), Best Selling Author, Certified Teacher, Licensed Instructor, Certified in ‘Art as Therapy,’ Certified Business and Life Coach. Being an entrepreneur who brings an abundance of excitement, power, and creativity wherever I go is my superpower. I hold numerous degrees. I specialize in vision, clarity, and focus in all areas of life. I also specialize in self-development, and I have programs that inspire individuals to build,

grow, and live life while living in their purpose. I owned and operated a successful business in Fort Worth, Texas, for over 15 years. My business was a Salon, which, at the time, was the largest black-owned salon in the city. I am a cancer survivor and I have overcome many of life’s challenges.

## 2 - What is your favorite thing to do?

My favorite thing to do is go to the movies. The movies allow me to get into a quiet dark space, watch a movie in peace because you have to cut off all distractions and focus just on the movie itself.

## 3 - What is your favorite getaway?

My favorite getaway is anything called a vacation. I love to travel, see new places, and do new things.

## 4 - What is your favorite restaurant?

I love a variety of restaurants, I don't think I have just one favorite. I love Perry's Steakhouse, B&B Butchers, & this little spot on the golf course in Ft. Worth called Raven's Grill.

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

BIG by: Pastor Mike because I know God has big plans in store for me.

## 6 - Who has the greatest impact on your life?

I would have to say my dad Alford Pelton has made the biggest impact on my life. He is strong yet weak at the same time. He knows just what to say in any situation and he is just a really great person overall that has a lot of wisdom.

## 7 - What makes you cry?

Seeing other people hurt or in pain makes me cry.

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

No one would ever guess that I get tired. People seeing me upbeat and on the go 24/7, but the truth is I do get tired and I take a break sometimes. It just seems seamless looking from the outside in.

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

The greatest gift anyone can give someone is love and help if a person needs it.

## 10 - What is your greatest accomplishment?

My greatest accomplishment would have to be having a pretty happy healthy family, that loves God. Yes, we have our challenges, but we agree to disagree, love each other anyway a move forward in peace.

**Connect With Sonjia Pelton-Sam At:**

Website: [www.theglamcoach.com](http://www.theglamcoach.com)



# Five



HOUSTON, TX

BRIANNE VISER



@BRIANNEVISER

## 1 - Who are you and what do you do?

I'm Brianne Viser. I am a student at Texas Southern University. I am originally from Jamaica/Queens, New York. Having been in Houston three years now, I have become acclimated with the southern charm and look forward to being here a while.

## 2 - What is your favorite thing to do?

I love to binge watch a good series. Netflix and chill is my real life. If I am not studying, I am binging on the latest series.

## 3 - What is your favorite getaway?

Honestly, it use to be going home.

Since the pandemic, I have been trying to stay put. Traveling is a luxury these days unless you have a job where it is a necessity.

## 4 - What is your favorite restaurant?

Down here, I would have to say the Turkey Leg Hut. But, back home in NY, it's most definitely Soul City 54.

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

Anything by Jay Z. People don't realize how much truth he brings to power. Lyrically, he is telling my story without knowing me, lol.

## 6 - Who has the greatest impact on your life?

My family in general. Family is very important to me. From the youngest to the oldest member, each have value. I am breaking generational curses daily and I intend to be the barrier breaker. My family has sacrificed a lot to help me find me way - yes it took over 3,000 miles for me to do so but I did.

## 7 - What makes you cry?

I am not one to cry. Things make me sad and then they make me think. I simply pray for change and leave it in God's hand. I can control everything and I feel as though if he did not intend for it to be a lesson, he wouldn't have allowed it to happen. I am not emotionless, I just redirect it to other things.

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

I am actually a really nice person. My demeanor gives this tough, hard core person. Being from New York makes it seem that way too, lol. But really, on the surface, I am so chill and nice.

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

Respect. I don't think I need to explain that. It's just that simple. Expect similarities. Respect differences.

## 10 - What is your greatest accomplishment?

I am still working on that. I have not "arrived" as I hear people say. Everyday I am evolving into who I am supposed to be. The day I reach that milestone will be the day I celebrate my greatest accomplishment - truly getting past myself.

*"Family is very important to me. From the youngest to the oldest member, each have value."*

~Brianne Viser

Connect With Brianne Viser At:  
FB/IG @BrianneViser





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# THE ULTIMATE DOPE LIST

TOP LISTINGS OF FEMALE MUSICIANS,  
PODCASTERS AND AUTHORS

WRITTEN BY TEIA ACKER-MOORE





THE ULTIMATE LIST OF

# DOPE MUSIC




---

By Teia Acker-Moore  
of Resilient Living Radio

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.

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

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.

This month's Top 3 female musicians are.....

**Stop, Look, and Listen!!!**

At the moment I am





# SIDE HUSTLE PRO

WITH NICAILA MATTHEWS OKOME



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

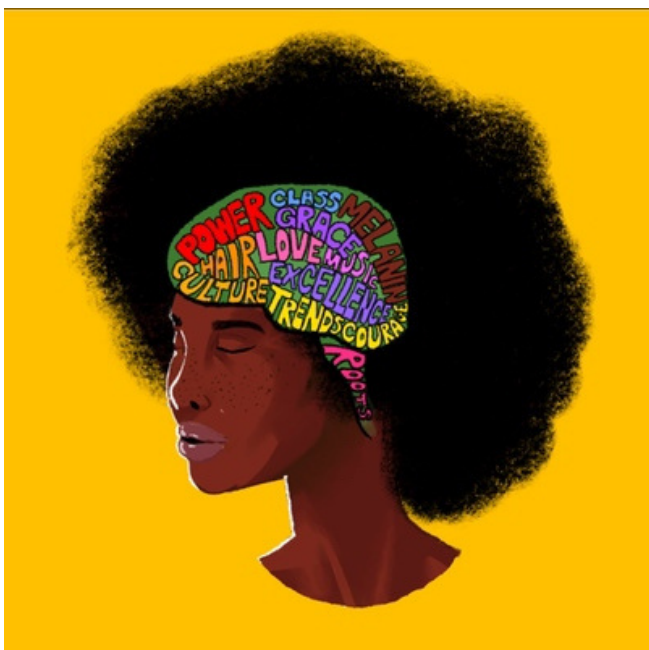
commutes or busy routines.

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.

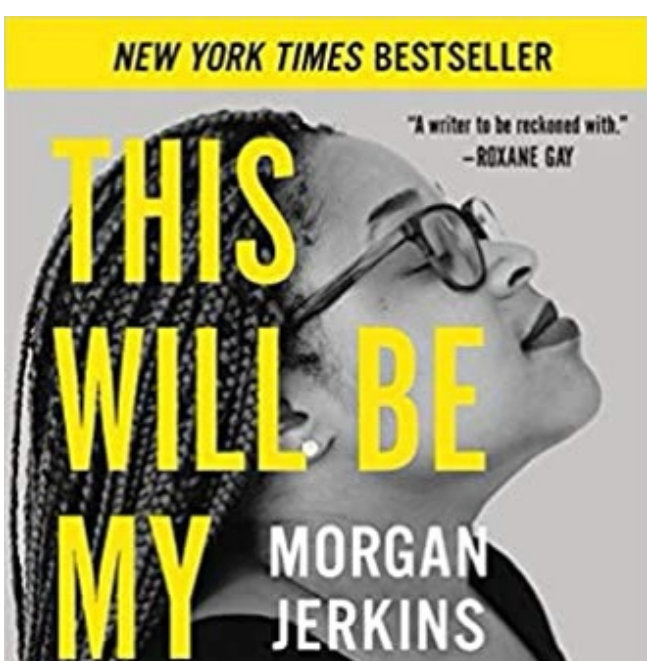
If you are into podcasting, I recommend you save the stations of these amazing women.

This month's Top 3 female podcasts are.....

**Stop, Look, and Listen!!!**

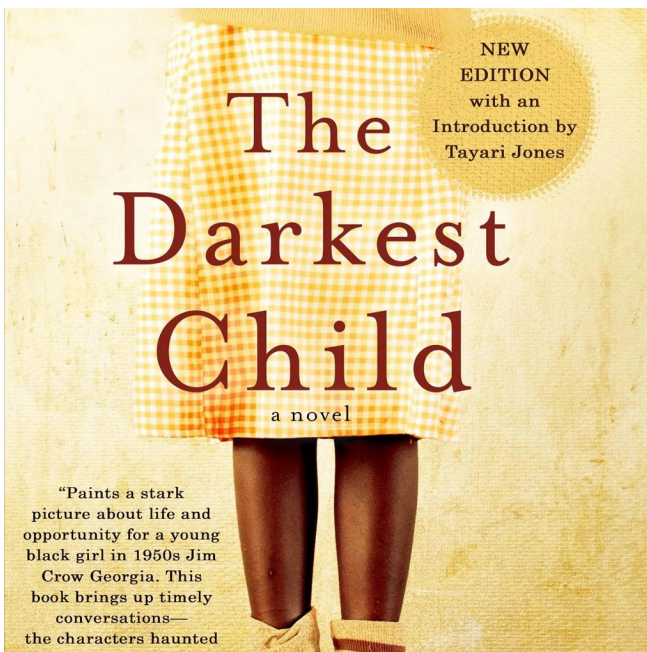






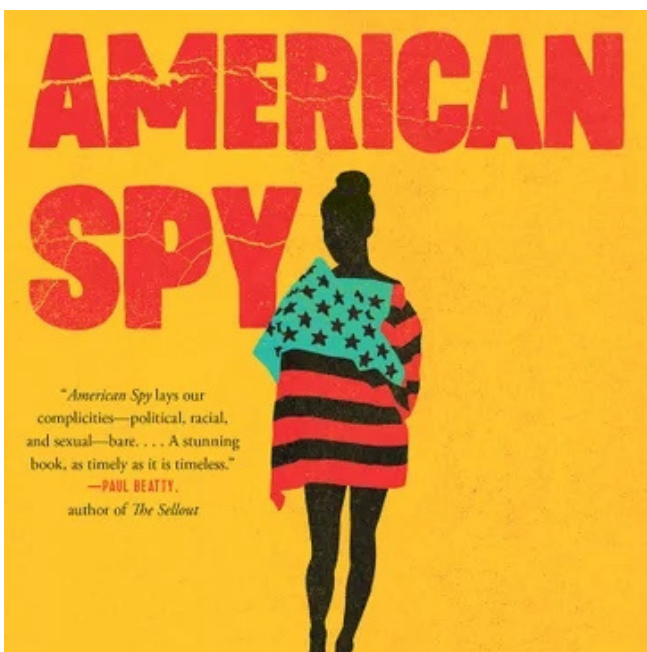
THE ULTIMATE LIST OF

# DOPE AUTHORS




---

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.

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

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.

This month's Top 3 female authors are.....

Stop, Look, and READ!!





**S A V A G E**  **F E N T Y**

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*Photo courtesy of Victoria Baylor*

# Who's Writing Your Story?

**How to shift from Stuck to a Fulfilled life.**

**By: Victoria Baylor  
Mindset & Clarity Coach, TEDx Speaker**

When is the last time you took a trip down memory lane? I mean a real trip. Not one of the quick glances that come about when you run across an old picture in a drawer, smile to yourself about the good ole times or the crazy hair you had, and easily shrug it off returning to the task at hand. Again, when is the last time you took a real trip down memory lane?

It's so important to reflect on your past. And that goes beyond last month being Women's history month. Reflecting on your past is a necessity since your future is created from your past. What I simply mean to say is your current state of being is the direct result of your past just as your decisions of today will greatly impact what your future will look like. You may have to read that twice. And trust me I had to as I wrote it (smile). It's a very sobering thought. Our past and present choices create our future! It's funny how we easily understand that concept when it comes to our finances. We know that if we save in our past and present we're likely set up to have a financially lucrative future. But how often do you think about that when it comes to your overall well-being?

Specifically how you feel about yourself, your work, and your life? Wouldn't the same concept hold true? Wouldn't the time and energy you spend on investing in things that leave you feeling fulfilled is going to greatly impact the way you see yourself and where your life is going in the future? you see yourself and where your life is going in the future?

I bring all of this up because there is an epidemic of women who are exhausted and disappointed in their lives and how they have turned out. Reports of anxiety and depression are on the rise. I can confirm this as a Mindset and Clarity Coach since I work with such women each and every day. The majority of them are well paid and extremely successful. Yet they feel stuck and don't know which direction to go to find joy, happiness, and fulfillment. It is evident that their story is being written by someone other than them. To a large degree, they have lost control over their own lives. And as a result, many have lost their identity. The things they used to love have been replaced by the needs, wants, and desires of others. Ask yourself, on a scale of 1-10 (1 being discontent and 10 being



excellent) how do you rate your fulfillment with your work and life? If you find yourself feeling at a 7 or below I want to assure you this doesn't have to be a lifelong pattern. You don't have to feel like you've forever lost the best parts of yourself.

Actually, it's the contrary. Your vibrant self that's full of life and possibilities is still in there. I promise you she isn't lost. I know this because I lost my identity about 10 years ago and had to fight to get myself back. Fortunately, I did and found my purpose which is to help women "get unstuck" and reclaim their identity and brilliance to create a fulfilling business or career and life through a 5 step program I created. You can get yourself back. You are just going to have to fight! And I'll help you do it!

The truth of the matter is your story is still being etched out. It's time for you to take the pen back (probably in some cases snatch it back) and take back your control. You may be standing in today but remember every second puts you one step into the future. What that simply means is the choices you make today can drastically shift your trajectory and future. So the time for change is NOW! You just have to be brave enough to admit that you are stuck and that you don't like where your story is headed. Are you ready to regain control of your life? Are you ready to be the author of your Story? So you may be asking, how do you regain control of your story aka "your life"? How do you turn the page and gain clarity on who you are and what you want to accomplish? To do so you need to take a trip down memory lane and reconnect to your old self.

The following is an exercise that is the coaching version of the Appreciation Dialogue and Reflection techniques.

### Instructions:

Take a look into your past. Your past contains clues on how to better connect with yourself and get realigned. Have a trusted coach or friend ask you these questions and reply honestly. Be sure to journal your experiences afterward.

1. Think about a situation in your business or career or personal life when you were really achieved great success or happiness? What were you specifically doing?
2. What strengths, abilities, or talents were you using? Write or talk them out with a close friend.
3. How can you take those elements and find ways to use them in your current life?
4. What else is possible for you?

How do you feel after completing the exercise? You may have to take some time to give it considerable thought. But you should feel a resurgence of hope and competence. You are on the right track. Sometimes all it takes is time to get plugged back into yourself and to remind yourself that you are the author of your story. Don't lose momentum. Connect with a coach or a mentor who can help you get fully on track. We are rooting for you! It's time to reclaim your story and reclaim your life!



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*April*

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honors American Poet

*Amanda Gorman*

Amanda Gorman is the youngest inaugural poet in U.S. history, as well as an award-winning writer and cum laude graduate of Harvard University, where she studied Sociology. She has written for the *New York Times* and has three books forthcoming with Penguin Random House.

Notable work

"The Hill We Climb"



# Understanding Your Credit Report and Scores



Photo courtesy of Tonic Cooper

Tonic Cooper, Credit Strategist

Managing your credit can sometimes feel like walking a tightrope without a safety net beneath you. Understanding your credit reports and scores is the key to having good credit.

It's quite apparent that the key to successfully managing your financial goals is mastering your credit. Without good credit, you are pretty much dangling at the edge of a very sharp and often bottomless financial pit.

You will have a really hard time securing money for important things. This means no bank loans, no mortgage, no car loans, no cellphone service, and no private student loans. I agree this is a pretty bleak picture.

With your credit, ignorance is not an excuse. You just have to know how to analyze and understand what makes up your credit report and score.

## Who can access your credit report?

First things first. Let's look at who can access your credit report and scores so that you know your rights and how to legally protect yourself against unfair treatment and fraud.

Anyone who needs your financial history such as an employer or creditor can access your credit report. The only condition that they have to adhere to is they must let you know they are going to do so. The credit report that they use to decide your status must be made available to you as well.

Access to your credit report and score is also allowed in the following circumstances:

- When opening a new credit account
- When you want to manage your credit account. You can access a free copy of your credit report once a year.
- When applying for insurance
- When required by a court order or federal jury subpoena
- For a business transaction
- When you are applying for a government license

## How do you read your credit report?

A basic credit report includes the following information:

### 1. Identification information



For Identification purposes, the following information is simply for verification only. It is not used to calculate your credit score.

- Your name
- Current and previous addresses
- Date of birth
- Telephone number
- Social security number
- Current and previous employers

If you are dealing with identity theft or fraud, this is usually the first set of information that is used to identify any errors.

## 2. Public Record information

For public record, the following information will be on your credit report:

- Any filed bankruptcy information (available for 7 years)
- Monetary judgments
- Overdue child support records (in some states)
- Tax liens
- Overdue debts that have been referred to collection agencies

## 3. Unpaid Debts

Any unpaid debts that have been sent to collection agencies will appear on your credit report for 7 years from the date of the first missed payment. If you are paying in installments, the balance on the account is not updated until the balance is paid in full.

## 4. Account Information

Other Information you will find on your credit report include:

- The date you opened the account
- The credit limit or loan amount
- Remaining balance due
- All monthly payments and payment history

- Any co-signers, spouse, or any other person responsible for the account

## 5. Inquiries

All inquiries that have been made on your credit report for the past two years will appear on your report.

These inquiries are divided into two categories;

- Hard inquiries- such as when you are applying for credit
- Soft inquiries-such as when a request for your credit report

## What is not on your credit report?

Information that you will not find on your credit report includes:

- Criminal record
- Your income
- Family, religious, political, and marital status
- Medical History
- Driving records
- Race and gender
- Interest rates
- Credit score
- Bank accounts
- Business account information (except for sole proprietors)
- Whether you have received public help

## How to understand your credit score

What makes up the credit score is easily misunderstood. We, however, have tried to simplify it for you.

Your credit score shows anyone else with a vested interest in your finances just how reliable you are as a borrower. The biggest source of most of America's credit score database is FICO, which is the standard go-to.

**Your credit score is made up of five elements:**



1. Your payment history makes up 35% of your score
2. The amount of debt you currently have (credit utilization) makes up 30%
3. The length of time that your credit history comprises makes up 15% of your score
4. The amount of new credit you have and credit inquiries is 10%
5. The types of different credit accounts you have (credit mix) is 10%

As you can see, your payment history and your current debt make up the bulk of your score. To score higher, you need to make sure that these two components are well managed.

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

Also, order the Vantage Point Financial Wellness Planner to effectively manage your budget, credit, and debt. 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.



# FINANCIAL WELLNESS PLANNER



**EFFECTIVELY MANAGE YOUR BUDGET, CREDIT AND DEBT!**

*Go to*

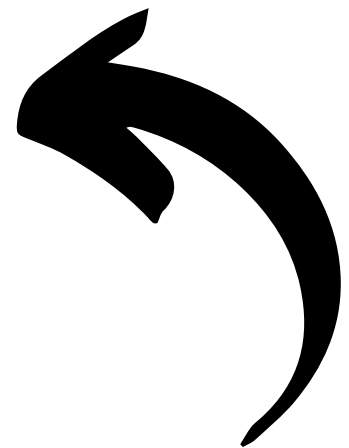
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Tonice Cooper, Credit Strategist  
Vantage Point Credit Solutions



To the

# BOLD CURLY KINKY DARING VIBRANT FUNKY SISTER

We salute you.  
We honor your originality and  
unwillingness to go with the flow.  
We support your every idea,  
style and texture.

*I am  
Super Natural*

**CREME OF NATURE**<sup>®</sup>  
WITH ARGAN OIL FROM MOROCCO



For more information visit [cremeofnature.com](http://cremeofnature.com)



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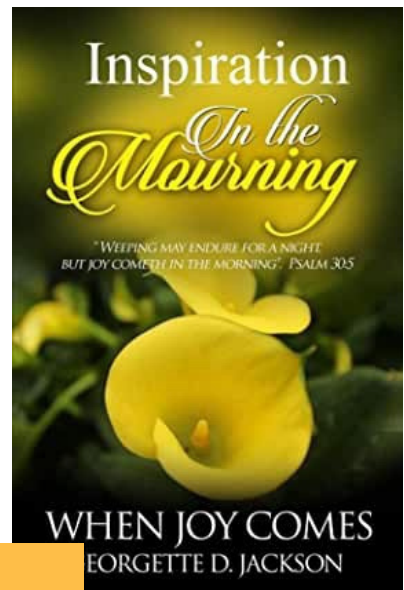
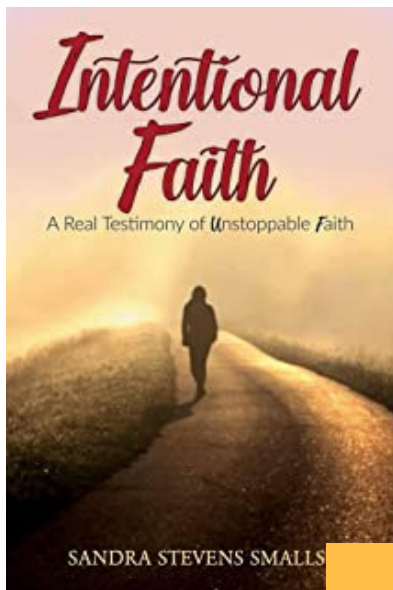
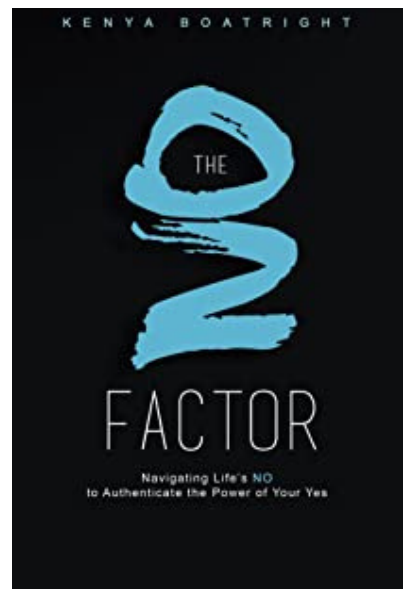
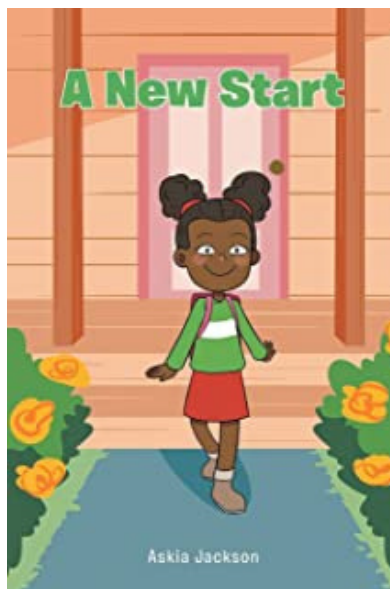
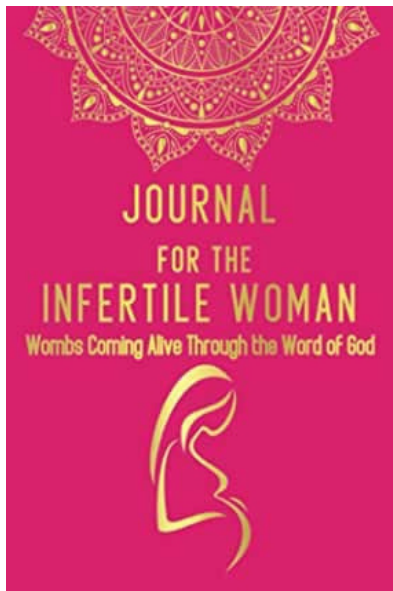
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Thirty -two of the  
most AMAZing  
Authors on AMAZon

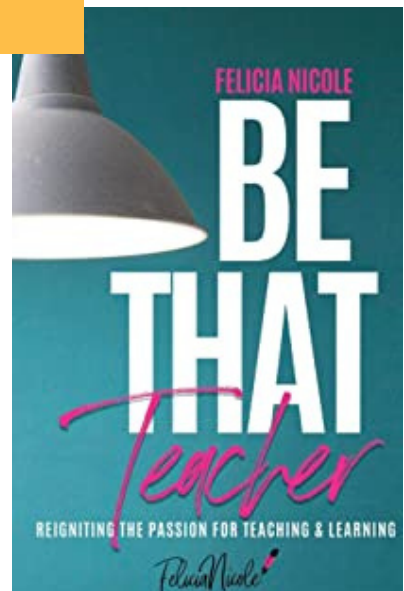
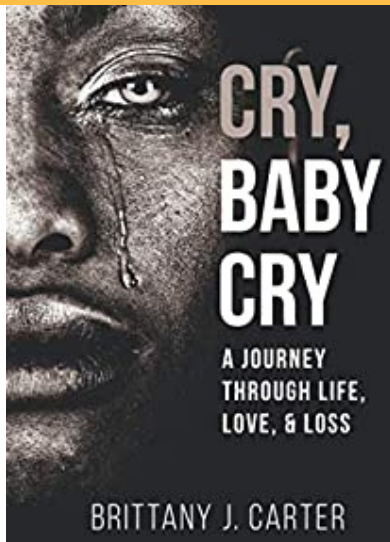
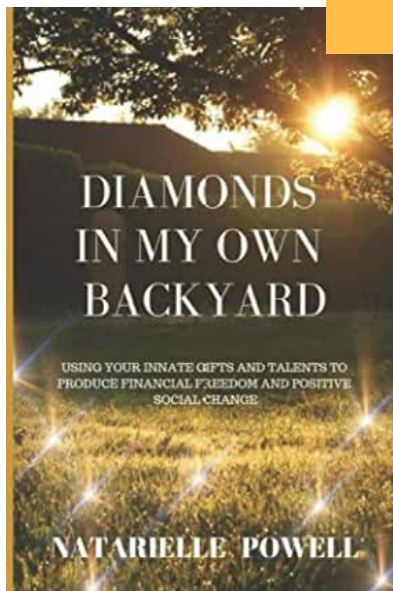
Written by Teia Acker-Moore

In honor of Author Kimberla Lawson Roby, Resilient Magazine selected thirty-two of the most AMAZing authors of AMAZon. All authors are African American women with notable works listed on Amazon.com. Join Kimberla Lawson Roby and Resilient Magazine in saluting these amazing women.

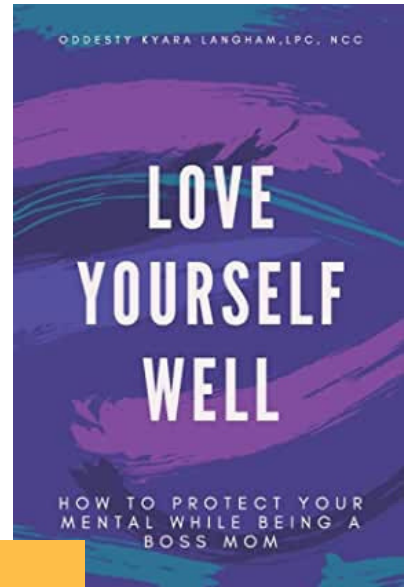
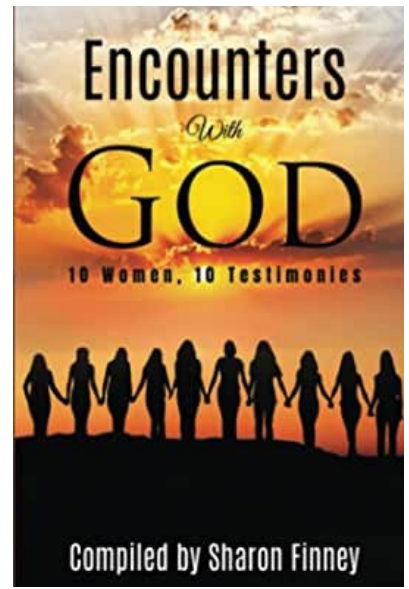
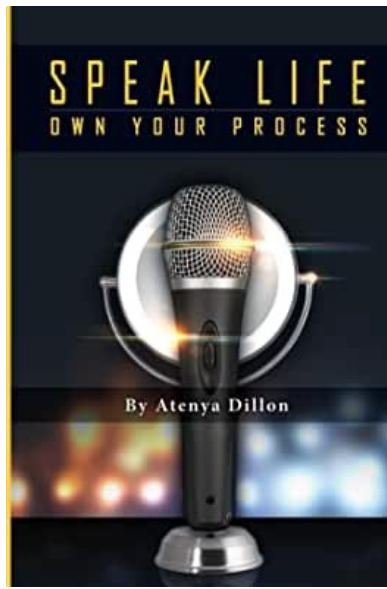




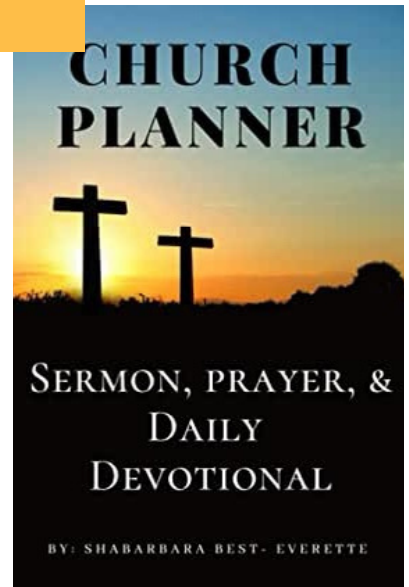
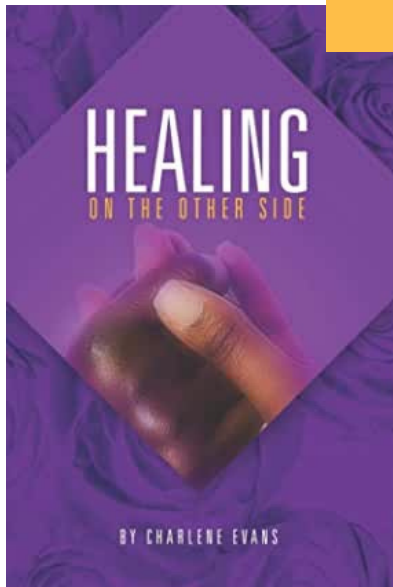
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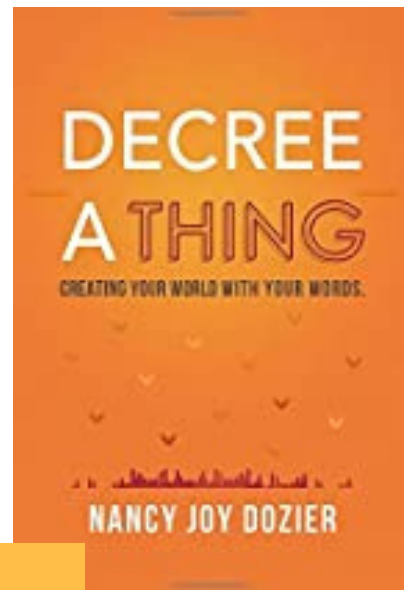
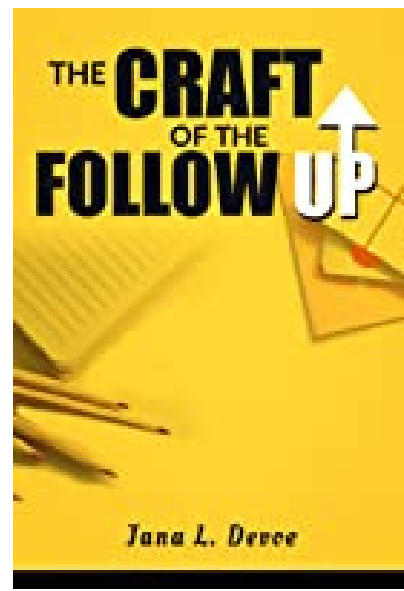
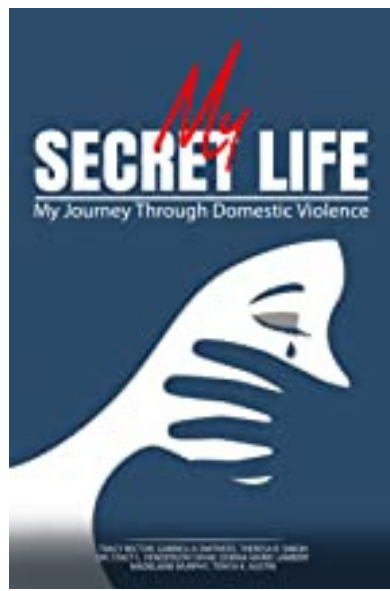
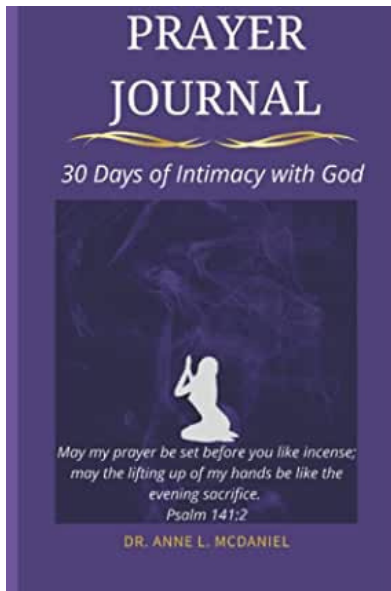




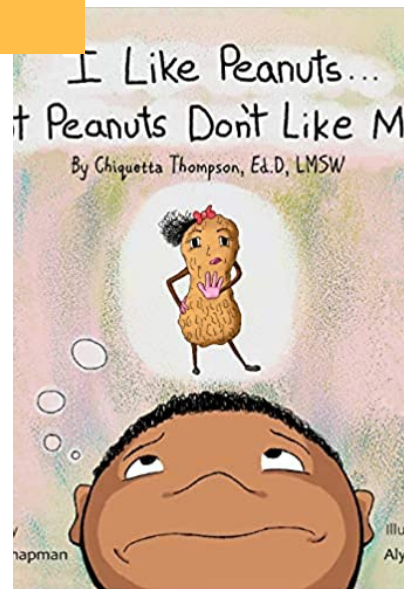
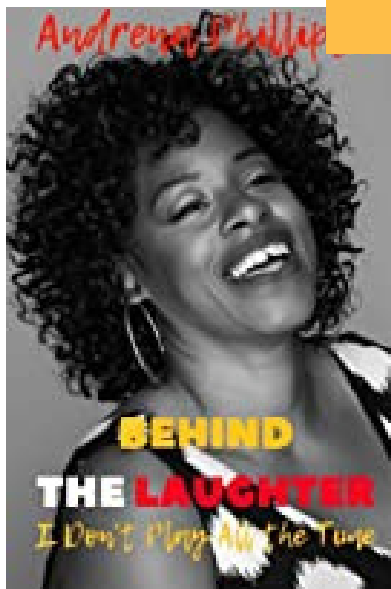
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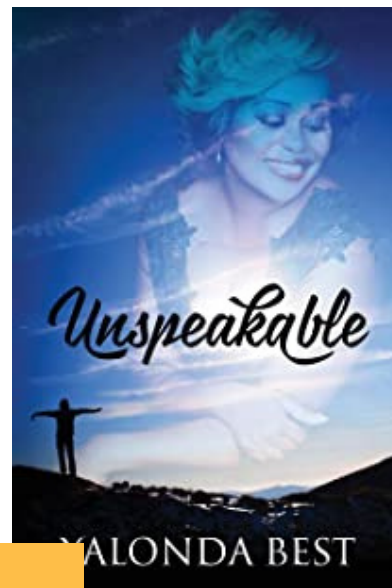
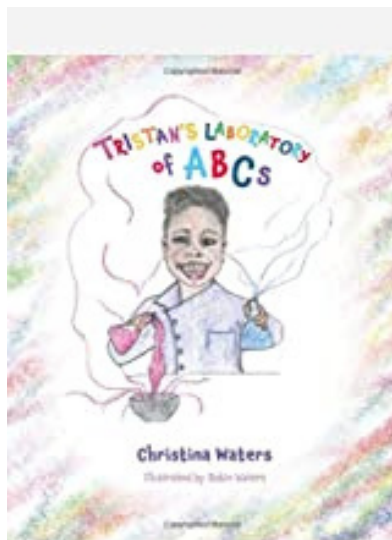
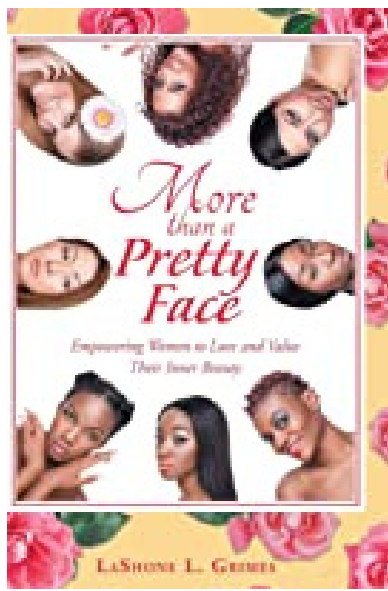
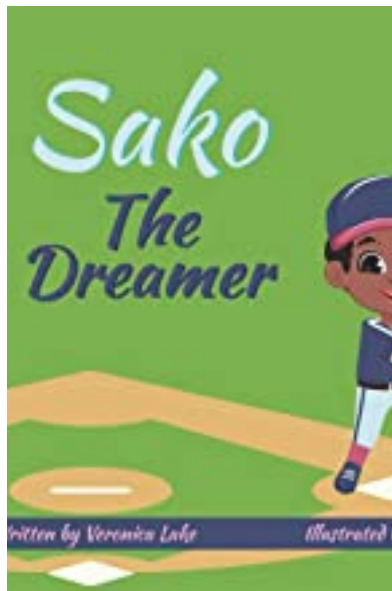




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# Knowledge Is Dynamis

Wellness And Ready With April Mixon Jones



Spring is here!!! Birds are beginning to sing. Flowers are beginning to bloom. It's a beautiful time of year. It is a time of renewal or newness. Have you ever sat back and just listened to the day? Try it. Give yourself a good time 10-15 minutes and find a good quiet spot, either in the house or outside. Now just listen. If it helps, you can focus on an object like a flower or a gate. Let your mind take over. Don't try to control your thoughts. When I first started this, I would set an alarm for 15 minutes. It is also good to have a journal nearby in case you need to write. This is a form of meditation.

Meditation is a great way to renew our minds and body. You can diffuse certain oils to strengthen you or to relax you. Oils can also help center you during meditation. While I do not get into using crystals or things of that nature, I do practice pure meditation. This is a great way to hear from God and to spend time with God.

Now that you have renewed your mind, let's look at a way to renew our bodies. Did you know that our skin cells die daily? So what do

you think happens to them once they die? Some will fall off but what about the ones that do not. The cells that remain need to be removed. This process is called exfoliating.

When it comes to exfoliating our skin we must be careful so that we do not cause damage. Do not use your body exfoliant on your face. The ones for the body are harsher. The skin on our face is different from what is on our body. Also remember our skin is a carrier and not a barrier.

Here is a recipe that most should be able to use: ½ cup coconut oil  
¼ cup honey  
½ cup brown sugar  
3 tbsp. ground oatmeal

1. Stir together coconut oil and honey.
2. Add brown sugar and oatmeal. Stir until you are left with a thick paste.
3. Thoroughly wet your skin. After wetting your skin, gently rub the mixture on your body in a circular motion.
4. Rinse and pat dry.

I would love to hear from you. When you have questions that fall under health and wellness or if you want an accountability partner, you can email me at [knowledgeisdunamis@gmail.com](mailto:knowledgeisdunamis@gmail.com).

*“Don't try to control your thoughts. When I first started this, I would set an alarm for 15 minutes. It is also good to have a journal nearby in case you need to write.”*

~ April Mixon Jones





**IVY  
PARK**



# Resiliently Fit

IT'S A LIFESTYLE CHANGE.

YOU'RE WORTH IT!

LET'S GET FIT TOGETHER.

with Tasha Devoe, Personal Trainer

Fit With



So you've grinded out that killer spring workout so it's only right that our eating matches. So we're going to cut straight to it here's a full day meal snacks included to place you in full success mode.

## RESILIENT HEALTH & FITNESS

Spring is here and it's TIME!!!! You've made it through the first quarter! April is here. Time has changed and the weather is nice. Let's stretch and get ready for taking our workouts to the next level.

### SPRING BACK WORKOUT

- Stretch your legs forward
- Stretch your arms across your chest
- Stretch your neck side to side
- Pull your knees up towards chest and hold 10s

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

- 25 JUMPING JACKS
- 15 IN AND OUT JUMP SQUAT
- RUN 1 MILE
- 25 JUMPING JACKS
- 15 IN AND OUT JUMP SQUAT
- RUN 1 MILE
- 25 HIGH KNEES
- 25 BUTT KICKS
- 15 MOUNTAIN CLIMBERS
- 25 CRUNCHES
- 15 PLANK JACKS
- 25 CRUNCHES
- 25 RUSSIAN TWIST
- 25 CRUNCHES

Complete 2 more sets

**\*\*Don't forget to stretch and hydrate\*\***

ENJOY!!!!

#### BREAKFAST:

1 c hot ginger or green tea

½ c strawberries with an orange

2 oz pecans

#### SNACK:

Sliced apple w/peanut or almond butter

#### LUNCH:

Strawberry Pecan Spinach Salad

#### SNACK:

Celery w/peanut or almond butter

#### DINNER:

Lemon Pepper grilled chicken breast

Steamed Broccoli

Brown Rice

Strawberry Pecan Spinach Salad Ingredients:

Sliced Strawberries

Feta Cheese

Sliced Red Onion

Pecans

Balsamic Vinaigrette

Oregano

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





**Nike WMNS Air Max 97 University Gold**

***Eastbay***







le macaron  
—●—●—●—  
french pastries



## CAPRICORN

At the beginning of the month you will gain a sense of appreciation, your self-esteem will increase. But remember not to get into feathers. At any moment things can take a completely unexpected turnover and get out of control

## AQUARIUS

In April await you with exceptionally nice festivities, especially that some of them will be extremely romantic. It can be a wedding, wedding anniversary or other such a big event.

## PISCES

In April, you have the best chance for a long and lasting relationship. All unmarried people who are thinking about marriage, right now should take appropriate steps to build their future.

## ARIES

You should trust your innate intuition more. In matters related to the home and family, they have special skills to predict certain events. A certain person from your immediate environment will get into trouble.

## TAURUS

Certainly, April will be one of the most successful and successful months of the year. It will bring numerous changes in both emotional life. You will be full of fantasy as well as idealism.

## GEMINI

In April you will have a lot of work, but it will not be a problem for you. Thanks to numerous job duties, you will complete a project you have been sitting for a long time on.

## CANCER

A more friendly part of the year is coming for you, when you feel that your position, influence and personal charm are growing minute by minute. Therefore, take advantage of this, because you have a lot to gain a lot.

## LEO

In April the intuition that has been dormant will come to the fore, so you can be sure that you will be able to solve many things that have been bothering you for a long time.

## VIRGO

In April there will be an opportunity for you to increase your personal property. In addition, you will start to plan your renovation and improve your material security.

## LIBRA

Keep emotions in check, they are not a good adviser. Especially that in the April opportunity to argue, quarrels or ill-conceived words will not be missing. Then you can regret it, but it will be too late.

## SCORPIO

Saturn will turn into a sign of Scorpio, it will affect your previous home life. In April you will not leave humor and an optimistic attitude towards life. Nothing will be able to spoil this.

## SAGITARIUS

Matters related to love and feelings will clearly start to dominate your daily duties, which will put quite a bit of surprise on your friends.







