

Spiritual Growth to
Love * Peace * Joy * Success
Wealth



Become Your Own Icon
Guided Planner



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Become your own ICON

Becoming your own icon is predicated upon having a divine knowledge of self. It is to visualize yourself as elite. The power of visualization can take you anywhere and give you the confidence to do anything. Identify yourself as the author of your story. Write it, your way! Understand what makes you unique. The great Walt Disney said “All our dreams can come true if we have the courage to pursue them”. Create your story by doing the things you love and becoming the person you most look up to. Become your own icon.

Everything that happens in your life begins with a thought. Maintain a mind frame of positivity. Project energy of confidence, awareness and self-trust. Love yourself. Thoughts become things and taking action makes it reality. Understand your life purpose and step into the person you most admire, “To live is the rarest thing in the world. Most people just exist.” says Oscar Wilde. Discover who you are and prepare yourself for your journey.

Living a passion driven life stimulates your self-confidence. When you are in alignment with your dreams it furthers positive progression. Fostering a mindset of continuous thirst for knowledge will provide you with satisfaction and boost your understanding of equality. Stacking good days on top of good days with determination and commitment results to becoming the highest form of yourself.

Accomplishing things important to you keeps you in control of your destiny. Stay authentic and live your truth. Remain humble and conscious. Promote love and growth. Be what you speak and what you seek.

January 2021

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Being aware of the foods you eat

Did you know you have absolute control over your health? It is through the foods that we consume that determines our longevity here on earth. We can see doctors excel at treating acute conditions like mending broken bones and curing infections. However, for chronic diseases which are the main cause of death, diet surpasses the drugs offered by modern medicine. Even the salicylic acid which is widely found in baby aspirin, which is prescribed by doctors as a heart disease preventative, is found in many fruits and vegetables.

Most if not all disease is preventable even curable through a balanced plant based diet and other lifestyle characteristics. God has blessed us with certain natural foods that can prevent the giant killers like heart disease and cancer. It is in our best interest to implement a balanced plant based diet with greens as the healthiest vegetables, and berries as the healthiest fruits. Furthermore, whole grains, legumes, and a tablespoon of flaxseed a day will aid in losing weight and being healthier. Committed consistency, and consumption of these foods along with eliminating unprocessed foods and no added salt, sugar, or oil is a proven diet resulting in short-term and long term weight loss and improve longevity of life and in most cases reverse and prevent most of the chronic diseases that sicken and eventually kill people.

Purposefully speaking, studies show we as a society have yet to decrease our intake on processed meat. Which is alarming because most household favorites actually cause cancer. So what do I mean? I'm talking red meat, bacon, hotdogs, lunchmeat, ham, sausages of any sort. Crazy stuff! It has now been proven that these certain meats cause more harm than good in us, and we need to WAKE UP. These meats are transformed through salting, curing, fermentation, or smoking with the addition of chemical preservatives. Furthermore, when I break it down, protein, which is one of the main reasons we feel like we have to consume meat, is found in plenty of vegetables and is definitely in legumes. The supposed protein we get from these animals are based on the animals diet itself. Essentially we get our protein from the amount of it that they are fed.

I just feel we have to become more aware of the things we put into our bodies I want to add that the amazing feeling, awesome energy and so many other wonderful health benefits that will arise in a simple switch in awareness, will be the sustaining motivation you need to carry on and get healthy and stay healthy. All of a sudden eating better, sleeping better, and your digestive system is working how it should and life become unimaginable.

I Encourage all.

Build your portfolio of success

The most important piece to your life is yourself. Becoming mentally sound prevents deception to your perception on your life. You must remember we are all living our own individual lives and evolving at our own individual stages. Remain clear within yourself, who you are and what your purpose is while establishing your own iconic mindset. Your level of success is measured by you.

Most battles come from within, but remember you must start somewhere. Making decisions from facts and internal beliefs heightens your probability of success. Ensure you are your biggest supporter and believer. Achieving your set goals becomes easier while building your portfolio of success when they are realistic to the motives and benefits you are seeking.

Life is about perception. What you think, is what you feel, which translates into what you see. Institute routine habits that allows you to be free to be yourself. Reflect regularly to ensure your life mirrors your own personality, characteristics, and interests. Upholding your morals enables you to represent your decisions with authenticity regardless of others opinions.

Being as though no one really knows what life has in store for them. You can only control your reaction to the experiences you are directly involved in both voluntarily and involuntarily; learn from it and incorporate it as wisdom into your life journey. Success is obtainable for all people at every age.

Follow your intuition

No one knows you quite as well as you know yourself. Following your intuition builds trust within and allows yourself to stay in alignment with what is important to you. Having a healthy internal relationship is paramount to have the confidence to believe in yourself. The correlation between your self-awareness and the things the universe gravitates to your life are based on the way you view yourself and the world around you. Good vibes are essential!

Your intuition is your sixth sense. Without thinking you just know your right. It is your sub-conscious thoughts (things we randomly think about without thinking about them) coming to surface to your conscious thoughts based on experiences and knowledge you have acquired during your life. When it feels right take action! The universe will continue to provide opportunities from the thoughts you most frequent. Keep your eyes on the prize and trust your instinct, it will become second nature as you learn to control your thoughts.

Always vibe good vibes. When you feel good, good things happen. The impact good vibes bring to you are life changing. When you make a decision that makes sense and makes you feel good it was the right one. These consistent decisions strengthens your internal belief within yourself. As obstacles arise and try to cause derailment, you will prevail because you can rely on yourself to make choices that are in your best interest regardless of the nature.

When you own your own life and know what you want, the world will begin to open up around you. The people you meet, the experiences you will have, will make life feel like heaven on earth. Happiness is a way of life and joy is endless. When you are fulfilling your purpose everything will fall into place. Follow your intuition and view yourself and the world around you with infinite possibilities.

Guided daily, I am affirmations

Action is a natural consequence of thought. The way you think programs your brain to make those thoughts a reality, when this happens your thoughts become real. It has been proven scientifically that a positive thought is hundreds of times more powerful than a negative thought. When seeking change within yourself you must first plant the seed in your brain to reprogram itself with new thoughts. This is why daily affirmations are so important during your journey of becoming your own Icon. Cycling repeated thoughts of who you aspire to become will eventually become your reality. These are a list of 10 profound daily affirmations that will guide you during your journey.

I love myself and I am so thankful that.....

- 1. I am in control of my own thoughts**
- 2. I am grounded**
- 3. I am the most important part of my life**
- 4. I am a believer in myself**
- 5. I am open to the abundance of joy and love in the world**
- 6. I am capable**
- 7. I am supported**
- 8. I am accountable for my own self-discipline**
- 9. I am grateful and thankful for my mind, body and soul**
- 10. I am my own Icon**

Have the courage to heal

Reignite your inner strength. Reconnect with the love you have for yourself. Adore yourself enough to believe and have courage. Courage to make an opportunity to grow in depth of who you are and who you are becoming. The healing process begins when you are ready. When an experience creates thoughts of deep confusion, unravel your mind from the entangled twistedness and set your thoughts to freedom to create mental open space. Distance your thoughts to forgiveness and embrace your new level of self-control and your stronger, courageous, gentle power.

Making the option to heal begins with self-reflection. Hold yourself accountable for loving yourself enough to focus on your new found freedom. Open yourself to the beauty of the new present, while discovering the purpose for the provisions embarked along your journey. Release built up energy to create space for more love. Surround your feelings around feeling free and grateful for the experience to expand your confidence and awareness to the people and things that matter to you most. Emphasis the beneficial factors of growth and wisdom. Find appreciation for the exposure of the experience and welcome a new way of doing things.

Out of all life experiences obtain a deeper understanding of what you do want and enjoy in life. Establish a new easiness to living. Concentrate on moving forward and doing things that bring you pleasure. Through all things in life, progression is key. Healing is your evolution. Evolve with dignity and a standard foundation of beliefs. Maintain respect for yourself for where you are in your process.

Be selfish, preserve your energy. Dedicate the energy you have for greatness. Misplace the thoughts of fear with trust. Trust in the thought that it only gets better from here. In order to heal you must start feeling good. Courage is the solution to develop an outcome in favor of improving your life. Stand strong in your faith and belief in peace, love and happiness.

How to make every day productive.

There's not enough hours in a day! An infamous line you have found yourself saying time and time again when the day just seems to get away from you.

Start a new trend in your life today and change your mindset. You can't keep the same mindset and make the same decisions, yet expect different results. There are 24 hours in every day. Make them count! [Daily self-affirmations](#) is known to activate the part of the brain systems which are associated with forward thinking and self-processing. Forward thinking keeps you intrigued with what is next when living a full happy life. A healthy happy body also helps with daily productivity. Increase your energy and stamina through exercise, eating consciously and drinking plenty of water. Dwelling on what you have **not** yet achieved will keep you where you are, or worst, make you feel like you're taking two steps backwards all the time. Life is best when lived. Schedule down time, travel and meet new people. Trust your instincts and have a good time. Preparation is key and emotional intelligence is a sure way to increase your productivity throughout the day. Have the self-control to control your thoughts and emotions.

Start your day with positive thoughts and intentions with gratitude as soon as you open your eyes. Say I'm so thankful for everything in my life because it keeps me growing. I am, where I am, and it keeps getting better for me, from here. Say it with a smile. It's good to start your day smiling for no reason, other than, being thankful to manage a way out of no way and make today better than yesterday.

Do it before you start anything; before you roll out of the bed. Say it before you start your work day. Say it before you start helping your kids with their homework. Take a moment, take a deep breath and make a quick positive intention before your next conversation.

Why is this so important to have a productive day?

These practices are important because teaching yourself to think positive all the time assists in opening time and space to focus on, clarity and unlocking your creativity. It cancels out all the unnecessary thoughts of doubt, or failure that is hurting your success and the excess noise around you. Rather, it keeps your mind focused on your goals and morals. Picking up countless amounts of time throughout your day. Changing your thoughts enables you to unplug from the blockage.

'Don't live the same year 75 times and call it a life.' Robin Sharma

More specifically explore new things. Create goals with intentions and challenges for yourself based around your passion and the vision for your future. Setting intentions surrounds your goals with levels of measurement and accountability. Challenges are inevitable, especially when developing something new, yet, keeps you intrigued and seeking to learn more. Preparing for these circumstances in advance decreases the chance of missed steps and keeps your vision blossoming. You can't foresee the future and everything that will arise, but you can control your response. Don't sweat things you can't control, everything happens for a reason. Your response is how you measure your growth. Learn, grow, and keep moving forward. Stay mindful of your growth. Self-awareness increases self-control and discipline.

Create schedules and plan your day the night before. Ending your night with preparations in place for the next day leaves you less to think about when you awake and keeps the momentum going with your progress. Mental and physical exercise early in the day after a proper night rest will warm up your mind, body and soul after laying in one spot all night asleep. This leaves you with more energy throughout the day. Energy used for the new experiences you have scheduled.

Energy fuels your body and keeps you going.

Keep the energy flowing by eating consciously and drinking plenty of water. You are what you eat! Eat foods that fuel your body and leaves you feeling energized rather than processed or heavy foods that makes you succumb to "the itis". Water is one of the most essential elements to ensure a healthy body and keep up with a productive day.

The adult body is made up of about 60% water. [According to H.H. Mitchell, Journal of Biological Chemistry 158](#), the brain and heart are composed of 73% water, and the lungs are about 83% water. The skin contains 64% water, muscles and kidneys are 79%, and even the bones are watery: 31%.

So you can see how important water is to the functioning of your body. Sugary drinks eventually make you feel sluggish and adds wear and tear to the functioning of your brain and body. Instead add a little fresh squeezed lemon for flavor. [Lemons are a natural way to boost energy.](#)

Interact with other like-minded people

Network and meet new like-minded people as you become more productive and grow your

vision. New people bring new experiences and exposure to new life lessons. Your new positive productive nature and good vibes will gravitate the right people at the right time to you.

Always work on mastering yourself. The people in your life are a direct reflection of your past and present why of thinking. [Trusting your intuition](#) and individual perspective are vital when getting to know someone. This is how you understand the purpose of the people you meet in your life. You can describe yourself as a powerful magnet pulling any future you desire toward you. Stay diligent and purposeful.

That all sounds good but, I need to see immediate change. I'll be happy when that happens!

If you want immediate results, you have to make immediate change. Small immediate tweaks are deleting your social media apps off your phone and only access them from your computer. This will drastically cut your idol scroll time. Unless you use social media to market and connect for business purposes, social media should not take up your idol free time.

Stay away from gossip blogs and cut down your television time. Be aware of the frivolous information you fill your brain. You decide what you read and learn. Instead read a book, or a magazine. If you do read the gossip blogs, learn from these sources by taking the time to also gain your own perspective.

If the day starts to get lost or you find yourself in the mist of chaos, take time to evaluate yourself and change your thoughts, habits or environment. Or all of them. Take a moment and schedule some down time to clear your mind. It's your own individual life. Sometimes, when you slow down you move faster. Remaining focus is the answer.

Is it really that simple?

Your mindset is everything, having a positive outlook on every situation is golden and will net you the best results literally every time, whether you agree with them or not. To train your brain to constantly and consistently think in a way in which you're always looking for the good even when shit is in a whirlwind and negativity is all around is no easy task. Once fully understood and implemented you will see the very change your looking for in terms of expectations with how to navigate through situations and avoid certain circumstances. This allows you the freedom to operate on a different frequency and permits your mind to attract all the good and positive things you were previously blocking. Having this mindset keeps negative thinking and toxic environments which were once creating your problems at bay. This is the beginning knowledge to understanding the law of attraction. You are capable when you're ready.

Live life on purpose

Give your life substance and live it on purpose. Time doesn't exist it is merely a tool of measurement, however, your energy is precious and it should be used wisely. Your energy depicts the way you feel both mentally and physically. Immerse yourself into things that make you feel good because the energy you use during your time living is valuable. Make every moment worth wild. Nothing is impossible if you let go and make decisions for the purpose of enhancing your life with balance between what gets you excited to start your day and living your best life.

Life is a story told best by living *then* reflecting. Continuously do things that make you proud to create memorable moments that are within your control. Remain in the realm of consciousness and keep who you are clear in everything you do. Evolve with your purpose as it grows while you navigate through life.

Latika Jones

Put energy into you

Explore your mind. Thoughts consume the most energy. A frequent saying to live by is “Change your thoughts, change your life.” A thought process for any experience is “Action is a natural consequence of thought.” Pay attention to your repeated ways of thinking. The way you think puts you in control of your future. Shifting your mind and experiences to things that bring inspiration and waves of accomplishments, keeps you intrigued with your life.

Balancing your life to include energy focused on yourself and your personal goals are fundamental to prosperity. Discovering your personal qualities enables you to better steer your life in a direction that is beneficial for you and make you happier. During this energy transition create fazes to incorporate reflection. Celebrate yourself! Take care of yourself and think about yourself.

While exploring remain mindful that change is a way of life. Entertain experiences that intrigue your interest and prioritize self-energy. In your daily life reap the confidence of becoming aware of who you are and who you are evolving into for the future.

Strengthen your mind and take control of your destiny

Emotions are vibration waves created from the thoughts in your mind. Acknowledge all your emotions but remain on the spectrum of clarity. Even through sadness and despair there are still blessings, you just have to become aware. Always keep your life active and expressive to things that stimulates your growth with experiences that help shape your life. Your destiny is in your control. If there is a will, there is a way.

Invest in your power to control your spirit. Relish in life and do what you love. "You control your future, your destiny. What you think about comes about." Mark Victor Hansen, co-creator of Chicken Soup for the Soul. You only have 1 life to live, bring your dreams to life and encourage others to do the same. Put it all into a dream and create your destiny. Never be discouraged and remember the words of Denzel Washington "Fall forward."

Children bring their imagination to life by using whatever resources they have on hand. Take everything life has to offer as an experience and live happily by using what you have currently and creating opportunity for yourself to bring your imagination to life and control your own destiny.

The wonderful benefits of Ginger Lemon Tea



Ginger and lemon combined is a powerful combination that fuels and benefits your mind, body, brain and soul. Replacing your morning coffee with ginger lemon tea results in a happier, healthier, and potentially an ach free body. With daily consumption, drinking at least once a day, preferably once you awake with an empty stomach, improves your metabolism, which results in your body digesting and eliminating what you eat faster. Each of these plants alone contributes to boosting your immune system and have medicinal properties that have been used since ancient history in a variety of traditional and alternative medicine.

Ginger is an aromatic anti- inflammatory, antioxidant perennial flowering plant that originated from China. It is also found throughout the tropics of Africa, Asia, and the Americas. This plant combats any chronic disease you can think of because ginger increases oxygen flow within the body and can prevent or slow damage to cells caused by unstable molecules the body creates within itself due to what we expose our bodies to; such as processed foods, air pollution, etc.... It contains diverse beneficial bioactive compounds, such as gingerols, shogaols, and zingerone just to name a few. Even if you can't pronounce them these compounds are important because they are some of what makes ginger so powerful for the body.

Gingerol is the main bioactive compound active in this plant. It increases blood flow and has toxic-cell killing properties called cytotoxic. It is also responsible for the fresh spicy flavor and are relatives of capsaicin and piperine which are alkaloid compounds.

When cooked, the gingerol begins to transform into shagoal. This compound also kills toxic cells but has a sweeter flavor. It also increases the flow of oxygen to your brain to promote healthy brain function and memory retention.

Zingerone is absent in fresh ginger. Whereas when gingerol is dehydrated and heated, such as powder ginger, the gingerol turns into zingerone. This compound is relatives to vanilla and

clove and has a much sweeter flavor. It contains properties that also increases blood flow and enhance immune stimulation.

Lemons

Lemons are an energy boosting, vitamin rich, citrus plant. It is part of the small evergreen trees in the Rutaceae flowering plant family. They are grown in mild, moderate regions and are native to South Asia, prominently found in eastern India. Consuming lemons regularly provides your body with a good source of Thiamin, Riboflavin, Pantothenic Acid, Iron and Magnesium. They are also known to provide a very good source of Dietary Fiber, Vitamin C, Vitamin B6, Calcium, Potassium and Copper. These vitamins are excellent for your body inside and are beneficial for cleaner, toner pores.

Lemons contain many natural plant compounds that provide various health benefits. A few of these compounds include citric acid, hesperidin and diosmin. The citric acid gives the lemon its tart flavor and is needed for your body metabolism function. When digested it converts food into energy and turns its acidic nature into an alkaline base; assisting in breaking down the foods you eat into energy naturally boosting your metabolism and immune system.

Hesperidin and diosmin are organic flavor enhancers that gives your body a recharge, while assisting and defending weak cells. It enhances the action of vitamin C and supports blood circulation to prevent hemorrhages. Lemons are one of the few plants that contains the compound diosmin.

The More You Know

***Manufactured citric acid** is developed from **Aspergillus Niger fungus** commonly known as **black mold**, it is deemed safe by the FDA under Federal food, drug and cosmetic act which accounts for approximately 99% of all non-organic forms. The natural way is always the safer way!

When you start your day with the combination of the spicy flavored oxygen enhancing ginger, with the fresh citrus of the vitamin packed lemons, you are making a conscious choice to show your body some love. Although this tea is awesome alone add other herbs and plants to play with the flavors and increase the health benefits.

So, brew yourself a cup of ginger lemon tea, be healthy and tell me how it made you feel!

Ingredients

1 lemon (freshly squeezed to desire of taste)

3 cups of water

¼ thick cut of fresh ginger

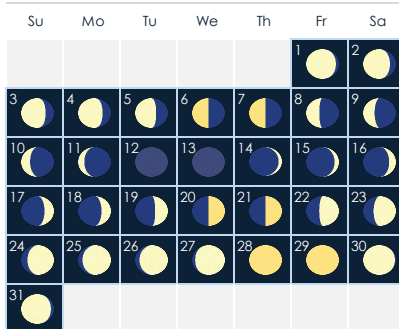
Remove the skin from the ginger and chop against the grain into square pieces. Gently simmer your water in a pot and add ginger. Allow the ginger to simmer for about 3-5 minutes. The longer it simmers, the more oils are abstracted and the spicier your tea becomes. Have fun with it and adjust it to your liking. You want to enjoy it just as much as your body will. Pour your water into your favorite mug. Slice your lemon in half and squeeze the lemon juice into your tea. Make this tea into your own. Add as little or much lemon as you like.

*After enjoying this marvelous tea, it is always recommended to drink a refreshing glass of water to protect your teeth enamel from the citrus in the lemon.

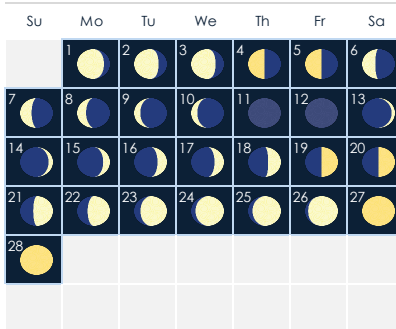
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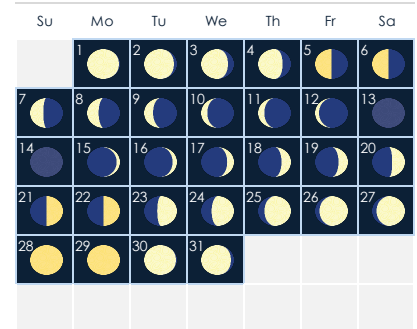
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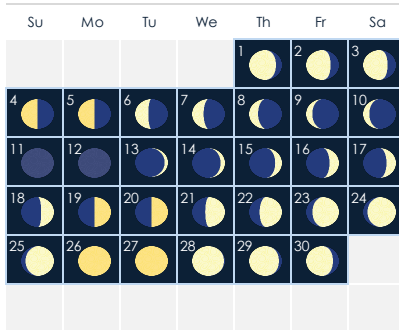
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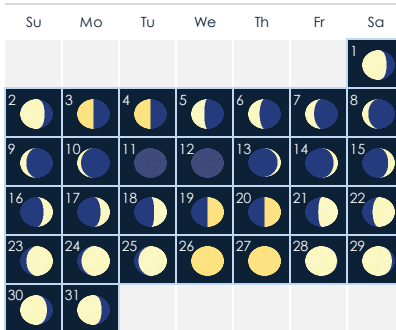
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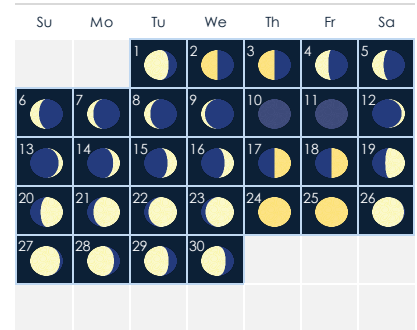
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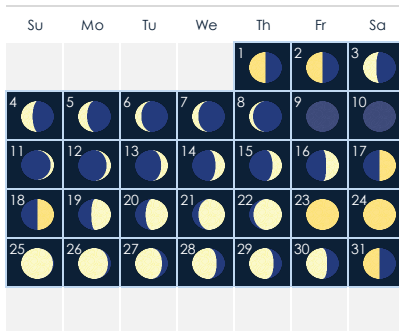
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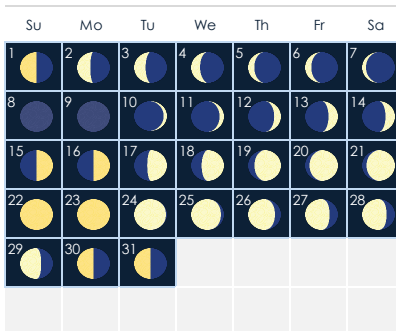
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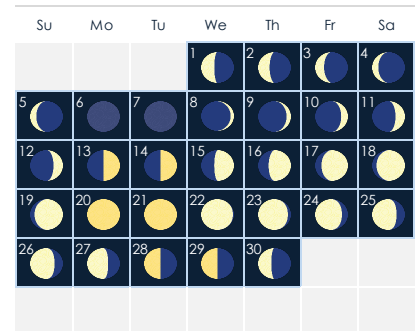
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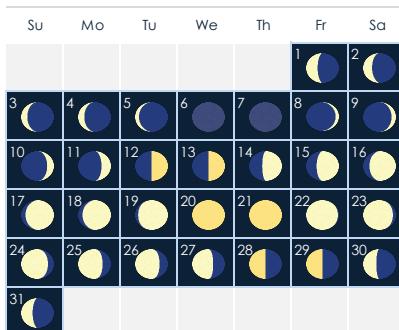
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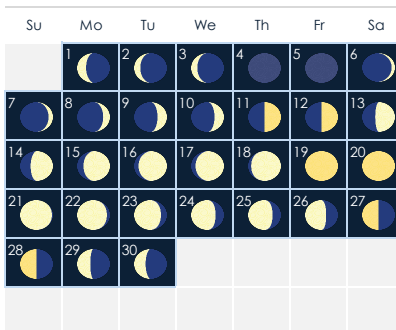
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OCTOBER



NOVEMBER



DECEMBER

