RESILIENT

NO.1 FOR BARRIER BREAKER NEWS

Aloni Ford

ENTERTAINMENT MANAGER AND PRODUCER BUILDS RESILIENCE THROUGH MARKETING AND BEING THE "GO TO" WOMAN FOR ATHLETES.

Nia Swindell-White

"SERVING CURVES" AND CONFIDENCE ALL SUMMER 2021

$15.00
ISBN 978-05-09-19810-1
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ISSUE#2 | VOL.2 | JULY 2021

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The Resilient Magazine is published by
Teia Acker #RESILIENT, LLC.

www.resilientmagazine.com

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

When I began this journey to **EMPOWER** women to feel great about themselves despite the barriers life brings, I did not realize that I would be apart of the journey as well. Having received the name **RESILIENT** from a good friend and business colleague at the 2nd Anniversary of one of my businesses, I had no idea the power of the word itself. I always believed that **IMPACT** comes in the form of transparency. I believed that being vulnerable and honest helps others and heals the hurt in you. Being transparent enabled me to identify with the needs of women who were not only going through similar barriers, but were praying for a connection to a survivor. What many of them failed to realize was....so was I. I needed to see women climb from the ashes of the fires of life. I gained strength from watching women defeat cancer, survive divorce, raise children as a single mothers, become spiritual leaders, become political leaders, receive doctoral degrees, become entrepreneurs, eliminate debt, delete criminal records and become thriving citizens and ultimately live a self-rewarding life. After witnessing women succeed on all levels, it propelled me to **GROW** - up. The days of the "woe it's me" died. The days of complaining of what I did not have ceased and I rejoiced in what I did have. The **GLOW** that is revealed today is as a result of finding myself, establishing my own identity, deciding that I matter, acknowledging that I have purpose and deciding to go back, give back and get women to travel this amazing journey with me.

This is RESILIENCE.....

T.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.

SIT DOWN SISTA

Chew & Chat Motivational Moment
with Coach J Dianne Tribble

At the Table
Life Coaching & Motivational Speaking Services

Imagining Your Life in a Post Pandemic World

Sistas, we have made it halfway through the year! Summer is upon us and now is the time to seriously start considering our lives and our family members' lives in a post pandemic world. Just as life, as we once knew it, drastically changed as we found ourselves experiencing the impact of the COVID-19 global pandemic, there is a shift in the air. We are headed into the post-Covid 19 season.

Reported cases of the virus are down. Hospital admissions due to the virus are down. According to the CDC (Centers of Disease Control), more than 317 million US citizens have received at least one dose of the vaccine and 149 million US citizens are fully vaccinated. States have opened and the mandatory requirement of facial masks has been greatly reduced. People are ready to venture out and many have already done so.

This month, I want to chat with you about preparing for the new post pandemic season awaiting you. I am a very visual person. Let me explain. Creating mental pictures help us to effectively connect with our topic or our motivation.

So, here we go. You have all heard of "Tornado Alley", right? States such as Texas, Oklahoma, and Kansas (for example) are notorious for tornadoes. Safe rooms and storm shelters are used to preserve lives during these storms, which are known to leave massive heart-wrenching damage. Imagine having spent days below ground in a storm shelter and the storm has finally ceased. Everything is still and quiet. It's time to open the door.

This could be compared to riding out the pandemic and the time has finally come to venture out of the COVID-19 "storm shelter". What will you see? Are you prepared for what lies ahead? Are you ready to leave the shelter?

Life in the COVID-19 "storm shelter" brought so much change to our lives. As awful as COVID has been, there were many great things that came out of it. It brought people together by enhancing relationships. Many people were able to slow down. Economically, there were people who were impacted negatively

"Just as life, as we once knew it, drastically changed as we found ourselves experiencing the impact of the COVID-19 global pandemic, there is a shift in the air."
~ J. Dianne Tribble

with job loss, but still, others thrived during the pandemic by investing, spending less money, and commuting less. The common cold was silenced during the pandemic. Virtual platforms helped us to reconnect or stay connected. We proved that we are indeed resilient! We adapted to change in the way we worked; the way our children were educated; the way we worshipped; the way we received medical care; and more. We started new hobbies and revisited hobbies we had all but forgotten about. We ate out less, which caused us to prepare and enjoy meals prepared at home. This is not an all-inclusive list. I am sure you could name additional positive impacts.

So here we are. The storm has all but ceased. Before you head out the door to embrace the new day, I want to encourage you to reflect upon this unprecedented season. Do an assessment of the good and the bad. For the good, consider how you can keep those things going in your life or how can you modify them to fit into your new season. Protect your mental health and well-being. Check the mental well-being of your family members as well. Communication is key. If you or a family member find yourself in a mental state of deficiency, seek help. There are so many sources available such as trusted people in your support circle; your clergy; a professional life coach (such as me); support groups; or counseling. Many employers provide EAP (employee assistance programs) at no charge to employees and their immediate family members. Check with your employer.

The adjustment to post COVID-19 may be stressful. As a reminder, communication is key. Seek to be supportive, comforting, and reassuring when interacting with your family, friends, co-workers, and others. As you do so, you will find that these things will reciprocate. What you give out has a way of finding its way back to you.

If you could have it just the way you want it, what would your new norm look like? Imagine. Commit these things to paper. As you venture out and get acclimated, you will be able to compare your mental picture to your new reality. May they mirror each other.

In embracing your new norm, I also want to encourage you to find your rhythm. Move at your own pace as you venture out. Make decisions based on your heart convictions instead of doing things simply because others are doing them. Stay informed. While the numbers for COVID-19 have decreased, they have not disappeared and there is a variant out there known as Delta!

Last Summer, we had to forego many social activities such as festivals, baseball games, concerts, going to the movies, and other events. As you see, these events are making their way back. Socially, many are ready to reconnect and engage. See yourself prospering and winning in your post-pandemic world. The time to venture out is at hand. Proceed with wisdom. Get ready to soar!

Contact me today if I can be of further assistance to you in this area. I love seeing my Sistas succeed! ~ Coach J Dianne Tribble
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Coach J Dianne Tribble, Award-Winning Health & Wellness and Business Coach, Motivational Speaker, Corporate Trainer, Business Consultant, and Published Author

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

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"Serving Curves" with entrepreneur and owner Nia Swindell-White

- Shop the trend - Shop the trend -

Photo Courtesy of Andre Johnson Photography

Women have never felt more alive than now. The entire world is full of women embracing and loving the skin they are in. With the onset of powerful women evolving past their looks, ethnicity, body types, and more, entrepreneur, Nia Swindell-White decided to take it a step further with the release of her "Serving Curves" product line.

Nia spared a few moments of her time to share with her new venture, who she was as a person, and how we can support the latest wave of resilience, confidence, and beauty.

Who are you?

I am a native of Savannah, Georgia, born to two AMAZING parents, Priscilla Swindell and The late Gary Swindell, Sr. I like to describe myself as a bit of a Renaissance Woman! I've always known about and done a little of this and a little of that. I've been a teacher, actress, singer, model, stylist, mentor, hostess, therapist, photographer, and so much more! My parents really instilled the need to be well-rounded so that when God opens a door and I am in various rooms, big or small, I'll always feel like I belong there and make an impact in some way!

What do you do?

Currently, I work as a Multisystemic Therapist where I service children on probation, but I've been blessed to launch Nia S. White, LLC where I provide personal styling services, event hosting, modeling, and model training. I most recently started the "Serve Your Curve" campaign, it started off as a weekly web series to simply empower and discuss fashion, love, and lifestyle from the plus-sized woman's perspective, but some are now calling it a movement and I could not be more grateful to be having such a positive influence!

What makes you resilient?

Honestly, my faith in God's purpose for my life makes me resilient! I discuss in my series, "Serve Your Curve" Episode 1: "Living on Purpose", that when you know your purpose you can live confidently, boldly, and with fervor knowing that you're on this Earth to answer a question that only you can answer! When you really understand that, no obstacle or device of the enemy can stop you. Yes, we may slip, fall, make detours, and question God and ourselves along the way, but go back to your understanding that "I AM STILL HERE" so I can go further and I will take up space!

What's next?

I will be producing my first full-figured fashion show here in Downtown Savannah, Georgia on September 3, 2021! I am dedicating it to the memory of my Father who would have celebrated his 60th birthday on the 4th. He was a strong proponent of living in your creative space and God-given ability, so I thought this was the perfect time to do just that! After that, I will begin actively offering model walk and posing training, and hosting more events for my full-figured community! I just released my first T-shirt with the slogan "Serving Curves" and I'll be releasing more merchandise throughout the year! I will be continuing with season 2 of "Serve Your Curve" in the fall!

How can we support?

Please do not forsake the small tasks of liking my posts, sharing, and following! The movement is growing via social media and word of mouth and I am so grateful for the exposure and platform. You can watch all 10 episodes of "Serve Your Curve" on my Facebook page, Nia Swindell White. I am developing my YouTube channel and website now so that everyone will be able to find all of my services, videos, and merchandise in one place! Overall, I just want my big beautiful sisters and brothers to live boldly however that looks to them and Serve every curve you have!

Photo Courtesy of Andre Johnson Photography

“Life doesn't get easier or more forgiving, we get stronger and more resilient.”

~ *Unknown*

GROWING YOUR GROWTH MINDSET

Jen Butler, MEd, BCC, DAIS
Guest Author | JB Partners, LLC | Phoenix, Arizona

Photo Courtesy of Jen Butler

Jen Butler is the CEO and founder of JB Partners, LLC. She received a double Bachelors of Science (Educational Psychology & Public Health Administration) and a double Master's of Arts in Education and Special Education from the University of Minnesota. With over 25-years' experience in Learning & Development and Business Analyst, Jen concentrated on adult learning, leadership, business operations, as well as components under the stress management and resiliency umbrella. Jen's passion is to work with professionals held back by stress, fear, frustration, and dread.

Belief in your abilities is important, but belief in your ability to grow—the growth mindset—is what enables you to learn from mistakes, accept that true learning requires effort, and move forward in the direction you have chosen. A growth mindset adjusts your perception about your skills, attitudes, knowledge, and abilities: they are not fixed but capable of change and development.

Four Obstacles to a Growth Mindset

Sometimes, the growth mindset is misunderstood as a way to praise oneself and others for the effort only, regardless of the results. But growth mindset must be accompanied by a goal and a willingness to go all out to attain that goal. It requires resilience and self-awareness, especially grit, self-confidence, and self-efficacy.

To achieve a growth mindset, you have to let go of:

- Fear of making a mistake or being shown up
- Avoidance of tasks that require effort, whether that involves breaking a habit interfering with your goals or adding a skill set
- Taking umbrage at criticism or any negative reaction
- Confounding intense busyness and stress with accomplishment or using them as an excuse to delay action
- Seeking approval from others, making your efforts seem worthless unless others recognize them.

Four Growth Mindset Attitudes

A growth mindset involves three primary attitudes: (1) excitement about new challenges and the possibility of learning something new; (2) a willingness to expend effort and hard work to overcome weaknesses (or gain knowledge and understanding); and (3) are willing to try even if they fail or expect to fail.

The fourth attitude is "that's enough": knowing how to control the first three attitudes. The need to keep learning and challenging oneself can easily morph into unrealistic expectations, an inability to prioritize or take action, or other stressful behaviors. At some point, learning has to

give way to acting and possibly failing. Continual challenges have to give way to recognize that one has reached the original goal or that the risks have become too high, and it is time to turn to other goals.

Four Steps to Toward a Growth Mindset

To encourage your own growth mindset, you should:

- **Emphasize growth over speed.** You may take a while to achieve your goals, but growth is not a competition. Demonstrate patience with yourself and others.
- **Take time to reflect** on where you are now and where you were in the past. Look at that old resume if you've forgotten how much you've learned and accomplished in the intervening years!
- **Learn from and accept your mistakes and successes.** Practice gratitude for an opportunity; objectively evaluate what you have learned and what you might change as a result.
- **Actively look for opportunities to learn**, take risks, and experiment.

Changing the Mindset of Adults

Studies into using the growth mindset to motivate students have shown mixed results. In general, the surrounding culture had to support the enthusiasm for taking on additional challenges. Other differences were likely rooted in the different teaching techniques used, the mindset of the teacher or parent, and the population being exposed to the concept of a growth mindset. Adults also react differently from students. In one experiment, adults who were told they were hard workers blamed their failures on low intelligence. Somehow, they interpreted "hard worker" as a veiled insult indicating inadequacy.

Age and individual interpretations must be part of any attempt to promote a growth mindset in other people.
It is important to realize that changing focus to a growth mindset in yourself is quite possible. However, if you try to give your team a growth mindset, you would be wise to seek out a professional who is aware of the influence of culture, technique, personal mindset, age, and interpretation on fostering a growth mindset.

JB Partners, LLC is committed to teaching Stress Management and Resilience Training (SMaRT) through the immersive SMaRT Club Membership, interactive workshops, invigorating speaking engagements, and personal business coaching. Our passion is to teach others how to lead a life with less stress and more fulfillment.

read more at www.jbpartners.com

Being Resilient
Resiliently Speaking with Aloni Ford

Resiliently Speaking

With Aloni Ford

Sitting with the brilliant mind of greatness - Aloni Ford was nothing short of amazing.

Aloni Ford is a multifaceted entertainment executive and coveted content producer. Her body of work includes producing several sports reality shows, show-running, as well as being the day-to-day management for championship athletes and award-winning entertainers. With a decade of professional experience working with Fortune 500 companies and CEOs, Aloni has mastered the ability to envision the genesis of a creative idea and manage conceptual projects successfully from beginning to end. Some highlights include President Obama Campaign Strategist 2006-2010. Over the past 10 years, Aloni has produced shows such as Parking Lot Chronicles partnered with Kevin Durant and Beats by Dre, The Nick and JaVale Show (appearing on ESPN and Good Morning America), Mom's Got Game (Oprah Winfrey Network distributed by Sony) and Super Temps (Direct TV 3D Special). Aloni works with influential entertainers and athletes such as JaVale McGee, Kyle Kuzma to name a few. Responsible for oversight of her clients' brands, social and digital platforms and business intelligence is a primary focus. Her most recent highlight is a women's empowerment movement called the Yacht Girls Book Club. The mission is to bring women together over intellectual conversations. The book club started with six women and has grown to over 1,000 women in just one year and continues to expand. A graduate from Mount Saint Mary's University in Los Angeles with a degree in business and a minor in film.

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

My name Aloni Ford and I'm from Pasadena, California. I'm a filmmaker and producer. I have produced several shows including Mom's Got Game (Oprah Winfrey Network distributed by Sony), Parking Lot Chronicles starring JaVale McGee partnered with Kevin Durant, The Nick and JaVale Show (appearing on ESPN and Good Morning America) Super Temps (Direct TV 3D Special). And my latest short film is titled 'Why Not' partnered with Jordan Brand and Executive Produced by Russell Westbrook and will be coming soon.

Previously, I worked with Fortune 500 companies and CEOs, where I mastered the ability to envision the genesis of a creative idea and manage conceptual projects successfully from beginning to end. I am the current head of TV and Film for Sony Incubation Lab and still manage professional athletes in the NBA.

Aside from what is known about you or what you have shared, what makes you RESILIENT?

I'm ever mindful of the fact that life will sometimes through you a curveball! It is not that I expect it to come my way, but when it does, I have mastered some strategies to deal with them. My perseverance, and solid commitment to what I do, make me understand that no true success is going to come without failure on the journey to achieving it.

My philosophy is that you always have to try to make the very best of a bad situation and

Photo Courtesy of Aloni Ford

this has helped to increase my resilience. My resilience is part of what defines my success. I wasn't born with it, it's something that I have developed and strengthened over time, through life's experiences. My relationship with God has helped me to enhance my ability to move on and take the lessons from every experience. That's what makes me resilient.

How do you deal with setbacks?

Setbacks are always a natural part of life. If something is going the way I want it to, then I analyze the situation and see where I can adapt my approach. The funny thing is, that when you temporarily remove yourself from a situation, you can often view it through a different lens.

Setbacks are all part of a learning experience and I feel that without them, it is difficult to move forward. Challenges are where most of life's learning takes place. When everything is going your way, it's easy to think that it will always be that way, but it is when there are setbacks, that we truly learn and grow.

There is a golden rule in life and that is that everyone is not going to agree with you, all the time! One thing that I have learned is that although others may not agree with me, I have to have courage in my convictions. Sometimes, you just know that you are right, and when you get that feeling in your stomach that you have to go for something, then do it!

How do you cope with the pressure?

I have several ways of coping with pressure. My work as a film producer produces many pressures on my time and my ability to wind down and just chill! Over the years, as you learn and grow, you develop ways of coping with the pressures that are a natural part of any working role.

I have learned to value my personal space much more, where I can spend time with friends and family. I found that just being away from the hustle and bustle of my career, and sharing precious time with loved ones, can take away a lot of the stress that comes with a fast-paced career. It is also within these shared moments, that I find that I can truly be myself and understand that all the hard work is worthwhile.

As a keen sportswoman, I also find exercise helps me to relax

Photo Courtesy of Aloni Ford

and cope with pressure. I find often that when I exercise, I am able to find a secret place where I can just think about my life and make decisions that I would not ordinarily make time for. And lastly, I am very big on self-care. I love the outdoors- particularly the beach. There's something about the ocean breeze that puts my mind at ease.

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

I don't have a biggest failure. I think that when things do not go the way I planned, my first course of action is to take the lessons from the whole experience and know that those lessons put me in a better position as I move forward.

When I do not get desired results the first time around, I don't see it as a failure. Life is a learning process, and with all my successes, I still have the ability to learn.

Tell me about a time when you had to deal

with a major crisis.

The global Covid-19 pandemic of 2020 was a major crisis. Lots of things were delayed, teams couldn't get together and many people were lost. I had to work in crisis mode and try to mitigate risks to my business and try to support the people I work with to the best of my ability.

Thankfully, we came through it as a team and finished our film on time and on budget. Perseverance is key, and I think if you have the right people around you in times of crisis, the end result will be fine. I am grateful to have the support of a great team, a wonderful partner, and some close associates that supported me with their advice and guidance and by just 'rolling their sleeves up' during what was a very challenging period.

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

A few years I picked up a new client and shortly realized we weren't the best fit businesswise. I hate to quit at anything in life because I truly feel with effective communication, we can get through any hurdle but in this scenario, I needed to move forward. When parting ways, I offered a friendship instead of business. I learned sometimes we are better off as friends. I find I can see more clearly when money is not always the motive.

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

We've all had the experience of working with people whose ideas are in conflict with our own. I find it is a very natural part of human relationships! One of my rules is that people are entitled to disagree with each other and as long as they are respectful in presenting their ideas, I don't have a problem with disagreeing with people, or vice versa.

I think that disagreements are a useful part of the learning experience and from every encounter or conversation, there is much to be learned. It would be fruitless for me to say I don't disagree with people, as this happens all the time, but such disagreements make me either stronger in my own convictions or challenge my own way of thinking. It's all about learning!

How would you respond if you received negative feedback?

I think feedback is one of the most important things you can receive for personal development and growth. None of us finds it pleasant to receive negative feedback but I have found that it is something that we need to take on board. Just because you receive feedback that is negative, does not mean that you should not absolutely take it on board!

We can use both positive and negative feedback to our advantage for our personal and professional development. I say don't run from negative feedback. Consider it, and use it for your own personal toolkit... Just make sure that the person delivering it is coming from the right place. Sometimes, people will give negative feedback for the sake of it, or because they are envious of what you are doing. I have encountered this but that is something that they have to deal with personally.

What's next for you? How can we support?

I'm moving on to the next chapter of my filmmaking career with the release of my latest film 'Why Not?. "Why Not?" showcases the culture of Los Angeles' Crenshaw neighborhood and aims to expose youth in marginalized

communities to the ever-growing technology space. The short film focuses on a top high school basketball player who finds another way to impact his community when the sport is taken away from him: he teams up with a misunderstood neighborhood teen tech wizard.

My plan is to focus more on stories that showcase the brilliance of Black people, both men, and women. I feel that we have so many stories that need to be told. Our experience is valid and we should make sure that we tell our own stories authentically and not leave it to others to portray us in the film as they choose.

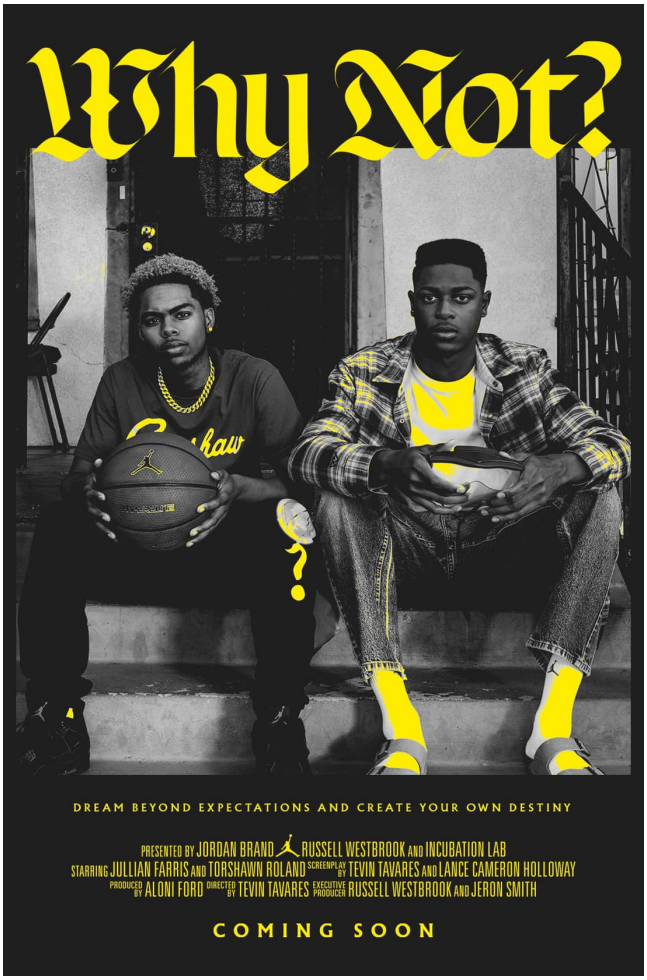
I am always grateful for the support that I receive from the Black and Brown community. I would love the opportunity to do more interviews, and for the community to support me by watching the film when it comes out.
This is bigger than a film. Opportunities in Hollywood are hard to come by. There are so many talented people that never get the opportunity. I felt a sense of duty to make sure we hired a cast and crew that was from the communities we were shooting in. My mission with Incubation Lab is to create a space for nontraditional storytellers like athletes, musicians, designers, artists, and other influencers and pair them with underrepresented screenwriters and filmmakers to develop original IP at Sony Pictures.

What is the best advice you could give another woman (or women in general) who looks to you as a role model?

As strong as women are, they often do not recognize that everything that we require is within us. Women have become naturally resilient to so many of the challenges that we face in a world that is still very much male-dominated. We have many examples of women who have overcome challenges and trauma. Oprah Winfrey, Michelle Obama and the late Maya Angelou to name a few. My advice to women, is simply to keep going. Life is tough, but we should never give up. We have within us what it takes to really make a difference in our world and the lives of others.

Women, and our contribution to society should never be overlooked. From our roles as mothers, sisters, lovers, friends to our excellence across all industries, we should elevate each other as a matter of course. Whatever you're doing right now, you have to know that you are worthy of greatness.

Photo Courtesy of Aloni Ford



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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

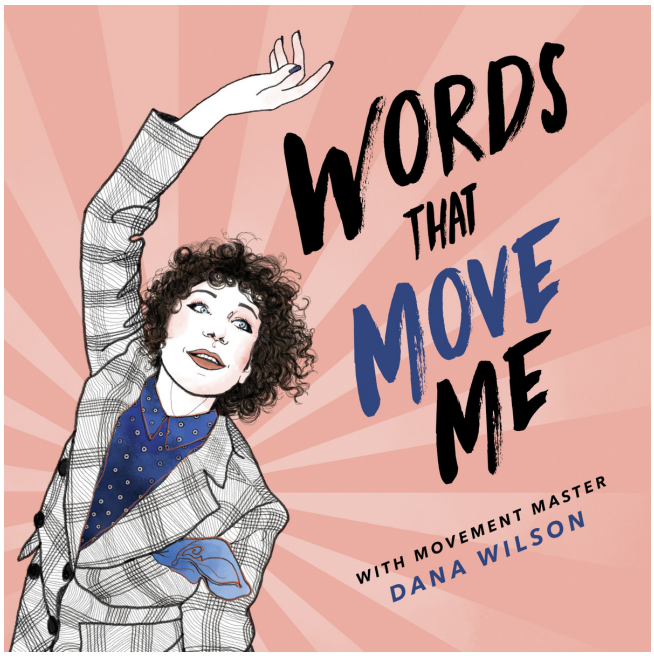
You can probably imagine me sitting here in front of my computer listening to some lovely music while I seek for inspiration for next month's issue. Well, if you guessed that, you are correct.

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

At the moment I am listening to music from Jhené Aiko, Ari Lennox, and H.E.R. I chose these 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.

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

Stop, Look, and Listen!!!



THE ULTIMATE LIST OF

DOPE PODCASTS

By Teia Acker-Moore
of Getnoticed-The Podcast

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

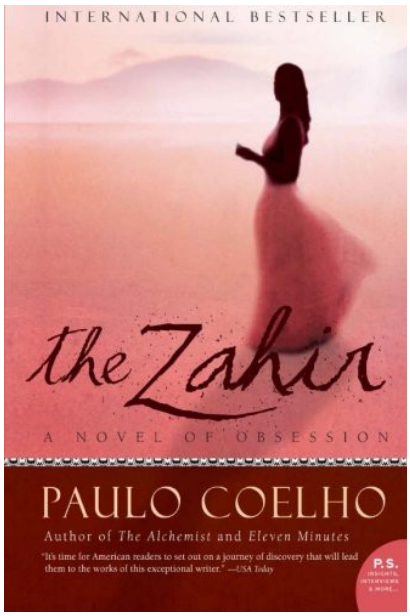
Podcast audio content gives listeners the ability to dive into topics without having to set aside time to read or watch a video. Podcasts also offer articles in smaller bite-sized chunks perfect for daily commutes or busy routines.

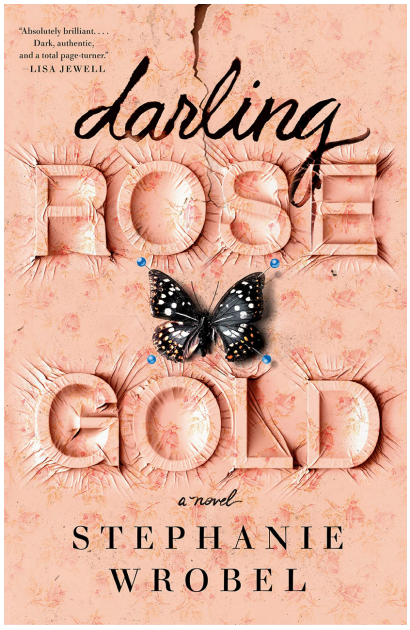
While I am an avid podcaster, I enjoy listening to these ladies from time to time. Their shows are electric, eccentric and much needed most days.

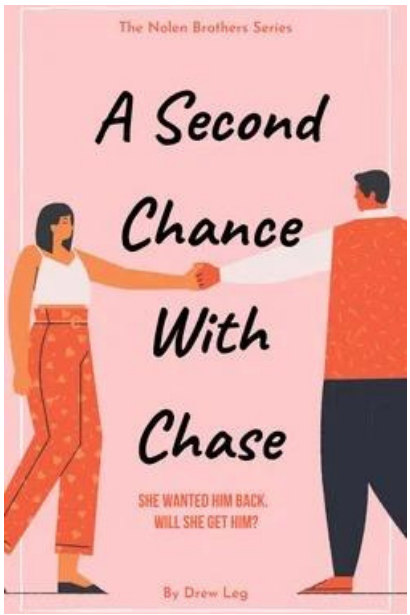
If you are into podcasting, I recommend you save the stations of these amazing women.

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!!

Photo courtesy of NaTeneshia Renee

HOW TO MOVE PAST SMALL FEARS TO GET BIG OPPORTUNITIES

By: Victoria Baylor
Mindset & Clarity Coach, TEDx Speaker

I came downstairs one morning and all I remember was gasping and freezing in fear. In the corner of the wall, right next to the front door was a huge spider that had been caught in a smaller spider's web. I'm not playing it was pretty big --likely a Hunstman, which is non-venomous. To my chagrin not only was there one spider but two. I don't have an irrational fear of spiders but 16 legs between 2 insects are just WAY too many legs LOL. I clenched the side of the stair railing to keep a safe distance from that corner. And I carried on like this for 3 days in my house—in my own house! Every time I went downstairs I quickly walked by that corner eye-balling the spider that had taken up residence there. I know what you're saying—why didn't you just spray it with bug spray and get rid of it? Why didn't you just try to sweep it outside (my preferred method since I really didn't want to kill it)? Why didn't you let your husband handle it?—which he usually does. But no, I did none of those things—I was literally WAY too intimidated to try anything and AVOIDANCE seemed like the best route. And trust me I know how ridiculous and silly this all sounds. I was paralyzed by fear.

Now you may be laughing at me–which I wouldn't blame you a bit–but I'm sure to a degree you can relate. Let's translate this whole idea of "intimidation" to your professional career or business. How many times have you had a "seemingly small task to do" but allowed it to intimidate you? How many times have you had to just write one email or make that one call and was too fearful to do it? It was just a call or an email! Such a tiny thing! But like me with the spider, when fear is all you can see it can intimidate you from taking action.

Let's take it to the next level. There are people who have deferred their dreams over "little fears". They are still waiting to apply for a business license, to book the meeting that could put them in line for a raise, or do that Facebook Live or Instagram post to connect with their audience. Intimidation and fear are real, I'm sure I don't have to tell you that. For many of you, it isn't the BIG decisions stopping you but the small ones. But remember those small decisions are usually the doorways to bigger opportunities! So when you don't face and overcome the small fears you ultimately limit your success.

"How many times have you had a "seemingly small task to do" but allowed it to intimidate you?"

~ Victoria Baylor

If this has been you then all is not lost. There are definitely ways to overcome this type of fear and put your goals and dreams back into motion. Here are 4 helpful tips that will help you kick these

minuscule fears to the curb:

1. Put things into perspective: Is what you're fretting over as big as it seems or is it just a "thumbnail size" of fear? Look at the task in comparison to the benefits it could bring. Weigh the reward and risk. If the Return on Investment (ROI) is worth the risk then go for it. Write a pros and cons list if you're a visual processor.

2. Put your feelings in check: Trust me, as wonderful as your feelings are the last thing that you want dictating all of your decisions are your feelings. Simply put your emotions can't always be trusted. You can be happy and sad all in 5 minutes. Oftentimes our emotions can amplify the negative potential of a situation more than is necessary. If you're in a heightened state of emotion, try to calm down before thinking through your situation. Better decisions are made with a clearer head.

3. Look for the bigger underlying Issue: Oftentimes the issue we think exists is hiding behind another issue. Maybe for you, it's the struggle with perfectionism and because of that, you won't complete a task unless you can ensure it's completely perfect (I know all about that since that was my Achilles heel in years past). Maybe it's self-sabotage and you don't feel you deserve to move forward so you come up with every reason or distraction not to. If you're unsure of why you keep ending up in this situation then definitely connect with a wise coach or mentor to help give you some perspective. I'm here if you need such help!

4. Get sound advice: Stuck in your head? You should seek wise counsel. You're not the only person who has been at this crossroad. The Johari Window is a psychological principle that states that every person has blind spots they can't see beyond. Simply put, sometimes your issues and solutions are hard to figure out. This is why it's great to have a Mentor, Coach, friend, or all 3 (smile). The right people can ask you the right questions to help you get clarity quickly so you're not agonizing over small decisions and fears.

So now is the part where you get to take ACTION. What is that ONE small thing you've been putting off doing due to fear, a past failure, or the fear of failure? You know the one. It just popped up in your mind. I want you to write down a plan to get it done, preferably in 3 steps or less. Research shows that people are most likely to do the things that they write down. After writing it down you have 48 hours to make it happen. Take Quick action! Share it with a friend so they can hold you accountable. Email me at victoria@victoriabaylor.com to let me know how it goes. I'm rooting for you!

Let's Connect
Website: www.victoriabaylor.com
LinkedIn: Victoria Baylor
Facebook Page: Victoria Baylor
Instagram: Victoria Baylor
Twitter: VictoriaDBaylor

Victoria Baylor
Mindset and Clarity Coach

ZALES
THE DIAMOND STORE®

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HOW TO IMPROVE YOUR CREDIT SCORE

by Tonice Cooper, Credit Strategist
Photo by Somi Benson-Jaja

Credit Specialist, Tonice Cooper uncovers the aspects of being denied credit

Are you tired of being denied credit? Are you tired of having to ask a relative or friend to co-sign on a car or loan for you? Well if you are, then it's time to sit down and take a serious look as to why you can't get that credit. It's because you have less than perfect credit, girlfriend. Now don't go beat yourself up about it. You're not the first woman nor will you be the last to have struggling credit. Are you ready to do something about your situation?

Are you ready to bounce back and improve your credit profile? Yes! That's what RESILIENT women do! We bounce back! Here are a few tips to get you started in the right direction to improving your credit score.

How To Improve Your Credit Score

"Are you tired of being denied credit?"

~ Tonice Cooper

1. Pay your bills on time.

This is the biggest component that makes up your credit score. Your payment history counts for 35% of your credit score. Be sure to not only pay credit cards on time but also utilities, phone bills, car loans, and student loans. Even if you are at a place now and maybe behind on a couple of bills, bring the bill's current as soon as you can. The more you make on-time payments, the negative impact of the late or missed payments will begin to not have as much of an impact on your credit score.

2. Pay down credit cards and pay off debt

The general rule of thumb is to pay down credit card debt below 30% utilization. The lower the utilization the better. A low credit utilization tells lenders you know how to manage credit well and not max out your credit cards. Do not close credit cards once you have paid them off. In fact, keep a small balance on your credit cards to keep them active with the credit card company. Strategically use your cards for small purchases that you would normally purchase with cash. Pay the balance off of the purchase on your statement date. (We will discuss why later.) You want to keep your credit cards active to keep the credit card company from lowering your credit limit. This will lower your score.

3. Get a secured credit card

A secured credit card requires an upfront deposit. The amount that you pay down will determine the credit limit. It reports every month to the three major credit bureaus just like a regular credit card. A secured credit card is an easy way to rebuild your credit.

4. Become an authorized user

Have someone you know with great credit add your name to their credit card account. The history associated with the account will be added to your credit reports. Your credit standing improves if the account owner has on-time payments and low credit utilization.

Check your credit report for errors

It's important to regularly check your credit reports. You can now request a free report once a week until April 2021 due to the current pandemic. Just go to www.annualcreditreport.com and download a free report from each of the three major credit bureaus. If you find anything that is inaccurate or fraudulent, according to the Fair Credit Reporting Act, you can dispute it.

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

Tonice Cooper, Credit Strategist

Vantage Point Credit Solutions

You can do both at www.vantagepointcreditsolutions.com

Tonice Cooper, Credit Strategist
Vantage Point Credit Solutions

Photo courtesy of Bernadette Chambers

RESILIENCE IN NAVIGATING THE DIGITAL MARKETING LANDSCAPE

Bernadette Chambers, Digital Strategist
Guest Author | The Socialite Hive | Atlanta, GA

Imagine being a young mother, Master's graduate, equipped with a wealth of skills and knowledge but unfortunately found herself displaced out of the workforce simply because of a lack of understanding in operating in your true purpose.

The birth after giving birth

When I launched my marketing agency it was not under the best of circumstances. For roughly 2 1/2 years my family had taken up residence in an extended stay hotel. This of course was no luxury vacation but a position that my family was forced to take on due to extenuating financial hardships.

After the first year in this living arrangement, I discovered that I was pregnant and was desperate to find a way to change the situation before the birth of my unborn child. This would prove to be much more of a challenge then I had anticipated because of course as soon as you begin to show most employers are hesitant or unwilling to hire you for long term employment. Armed with a badly battered laptop and the extended stay WIFI, I spent days scouring the Internet trying to figure out how I could change my financial and living situation.

One incredibly late evening while scrolling through LinkedIn, I discovered a course entitled Let's get Social, which basically promised to teach its students the basics of launching

"For roughly 2 1/2 years my family had taken up residence in an extended stay hotel. This of course was no luxury vacation but a position....."

~ Bernadette Chambers

a social media management business for the new wave of digital advertising that was coming our way. It was intriguing at first, but I was hesitant to take that step because financially the course was out of the budget however, I felt drawn to go ahead and make the sacrifice because I knew that there was something in the course that I could potentially benefit from. Within two weeks after indulging in my investment and the following everything to a tee, I built a website on WordPress (which was horrible by the way,) set up several freelancer profiles, and began my journey to secure my first client. By the third week after taking the course I found myself in the negotiating phase with my first potential client who was in Canada and needed an individual to help manage their social media channels. The competition was stiff, and the client was looking at three other candidates. In our second phone call I was posed with a very tough question, "With no experience why should we choose you for this role?" My response was simply this; "Give me 30 days to work with the accounts and if I do not meet your expectations to the utmost degree then you do not have to pay me for my work. In fact, you can go with another candidate." I ended up winning this contract and many others after that. The significance behind winning my first contract was not so much whom I won it with but where I was when I won it. I was literally sitting on a hospital bed roughly three hours after I had given birth to my now 8-year-old son when I learned that I would be the new social media manager handling 7 locations for Mold Busters Canada.

It was then that I learned that the power that I possessed was far beyond anything that I could take credit for. I had tapped into a part of me that was both spiritual and undaunted by life's challenges. This moment embodied the very nature of what one would define as resilience.

Growing Pains and Triumph

In the first few years of my agency growth, there were always new exciting challenges to overcome. However, my personal life often overshadowed my tiny company which ultimately caused a stutter step in its true potential. After 15 years of marriage: I divorced, packed up the kids, and took a giant leap of faith to move from Houston, TX to the city of Atlanta, GA. I did not immediately launch my agency in the new city but had taken on a part-time teaching gig where I passionately taught students in the US and abroad how to execute the important principles of digital marketing. Within the first year and a half of teaching on the platform, I was able to move through the ranks and become the #2 instructor out of 2000 instructors on the platform worldwide! This would become one of my most notable accomplishments to date but there was one element that I couldn't help but keep revisiting and that was building my hive.

New Life, New growth, New Hive

The growth of The Socialite Hive Marketing Agency came as a pleasant surprise. One day while teaching class, I had hired a young man to come and clean the carpets at my new apartment for a get-together that I was hosting. Unbeknownst to me, he had been listening to me instructing my class and politely asked what I did for a living. I explained I was a digital marketing instructor but also owned a marketing agency and was potentially planning to re-launch to the Atlanta market in the fall. He immediately jumped on the opportunity to inquire if I was taking on any clients before then. After a few consultations, his company became my first contract, and he sent several referrals in the weeks following. In what almost seemed like a flash, my agency quickly scaled to a six-figure agency in a little over a year's time. This accelerated growth was mind-blowing to me, but I knew from the moment I saw that course that night on LinkedIn that I was in some way purposed to impact the digital marketing space. Amid this incredibly devastating pandemic, my business has stayed steady with aspiring E-commerce business owners who have been looking to grow their brands with a digital sojourner to lead the way. As more and more budding business owners reach out to me for assistance I welcome their brands, their challenges, and their passions with open arms. I am often asked "What fuels your passion for this industry and how do you do what you do every day without tiring?" my response is confounding yet simple, I don't want to be known simply as the agency that generated millions of dollars, I want to be known as the women who single-handedly created an enterprise of millionaires!!!

Website: www.thesocialitehive.com
Instagram: @beethesocialite
LinkedIn: https://www.linkedin.com/in/bernadettemarks/

KNOWLEDGE IS DUNAMIS

Wellness And Ready With April Mixon-Jones

Hello and happy fourth of July, (for all who celebrate it). July is the month for traveling and enjoying the warm weather. Trips to the beach, state parks, and the tropics.

This month let us look at the sun and UV rays, the damage, and how we can protect ourselves. UV rays are radiation from the sun.

There are two types. UV-B rays have short wavelengths that reach the outer layer of your skin. UV-A rays have longer wavelengths that can penetrate the middle layer of your skin.

These rays definitely are not good for us; however, our body creates vitamin D from direct sunlight on our skin when we are outside. All we need is 15 minutes a day in the sun.

Most of us know that unprotected exposure to the sun can cause skin cancer. Did you also know that it causes premature aging and prevents the immune system from functioning properly?

Some of the best ways to protect ourselves are to cover up, stay in the shade, choose the right sunscreen, and use the right amount of sunscreen.

An ounce of sunscreen should be applied every two hours. You should apply it more often if you are swimming or sweating.

I am sharing two homemade sunscreen recipes with you. One is waterproof and the other regular.

Regular Sunscreen
4oz. Shea Butter
1oz. (about 2 Tbsp.) Zinc Oxide (20 SPF)
2 Tbsp. Sweet Almond Oil
12 drops raspberry seed oil
Measure shea butter into a bowl. Add zinc oxide, oils, and any other optional ingredients. Mix well.

Waterproof Sunscreen
1oz. Beeswax pellets and the above ingredients.

Use a double boiler. Measure beeswax and allow it to melt. Remove the melted wax from the heat and let it cool just slightly. Add the shea butter and zinc oxide. Stir until it is completely incorporated. Add essential oils and other ingredients and stir well. Allow cooling before using.

I would love to hear from you. Any questions or comments about health and wellness? You can contact me at 912-666-7030(text) or email me at aprilmixon711@gmail.com. I look forward to hearing from you.

Peace Love Blessings
April Mixon-Jones

Peace, Love, & Blessings
April Mixon-Jones

esc
tab
caps lock
shift
fn
control
option
command
command
option

A THOUSAND
wishes
Bath & Body Works
Scented Candle
Made with Essential Oils
A THOUSAND
wishes
A THOUSAND
wishes
SHEA + VITAMIN E
SHOWER GEL
Bath & Body Works
10 FL OZ / 295 mL
A THOUSAND
wishes
24 HOUR MOISTURE
BODY LOTION
SHEA BUTTER + VITAMIN E
Bath & Body Works
8 FL OZ / 236 mL

HIGH LOW OFF

Resiliently Fit

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

with Tasha Devoe, Personal Trainer

RESILIENT HEALTH & FITNESS

The Fresh Prince said it best, "summer, summer, summertime. Outside has opened up and it's important to feel your best and look your best when you step out. All year we've been preparing for this lol. So let's be sure to keep it right and tight. This month's workout will do just that. It's a lifestyle so there's no reason to stop now. All gas, no breaks.

Core & Glutes Workout

- Stretch first
- 1 min speed run in place
- 25 heel touches
- 25 power squats

Let's work

- 25 Russian Twists
- 25 Push Outs
- 25 Crunches
- 25 Leg raises
- 30-sec plank
- 25 donkey kicks
- 25 fire hydrants
- 25 butt bridges
- 25 arm/leg extensions
- 30-sec plank

Complete 2 more sets
Stretch & HYDRATE

Stretch and hydrate! You just killed it!!!
Fit With Tasha offers in-person and virtual training
Monday - Friday Let's Get Fit Together!!!!
www.FitWithTasha.com

Who feels like there aren't enough hours in the day? Like many when it's hot outside I try to limit my time in the kitchen lol. It feels like I get hotter and you can't convince me differently. So below I've got a great meal prep for lunch that will cover you for your workweek.

Lemon Pepper Chicken over Zoodles

- 1 lb. boneless skinless chicken breast
- 2 tbsp olive oil
- 1 tsp minced garlic
- lemon-pepper seasoning to taste
- 2 medium zucchini
- 3 tbsp basil pesto sauce
- 1 ½ c fresh broccoli florets

Spiral your zucchini into noodles or buy fresh from your grocery's store produce section. The frozen releases excess water. Sauté zoodles in a pan adding the basil pesto sauce to coat. Remove from heat and place in meal prep container.

Season your chicken with olive oil, minced garlic, and lemon pepper seasoning. Pan sear remove and chicken can be sliced or placed on top of zoodles whole. Steam your broccoli with salt and pepper to taste. Add to your container and set in the fridge good for up to 4 days.

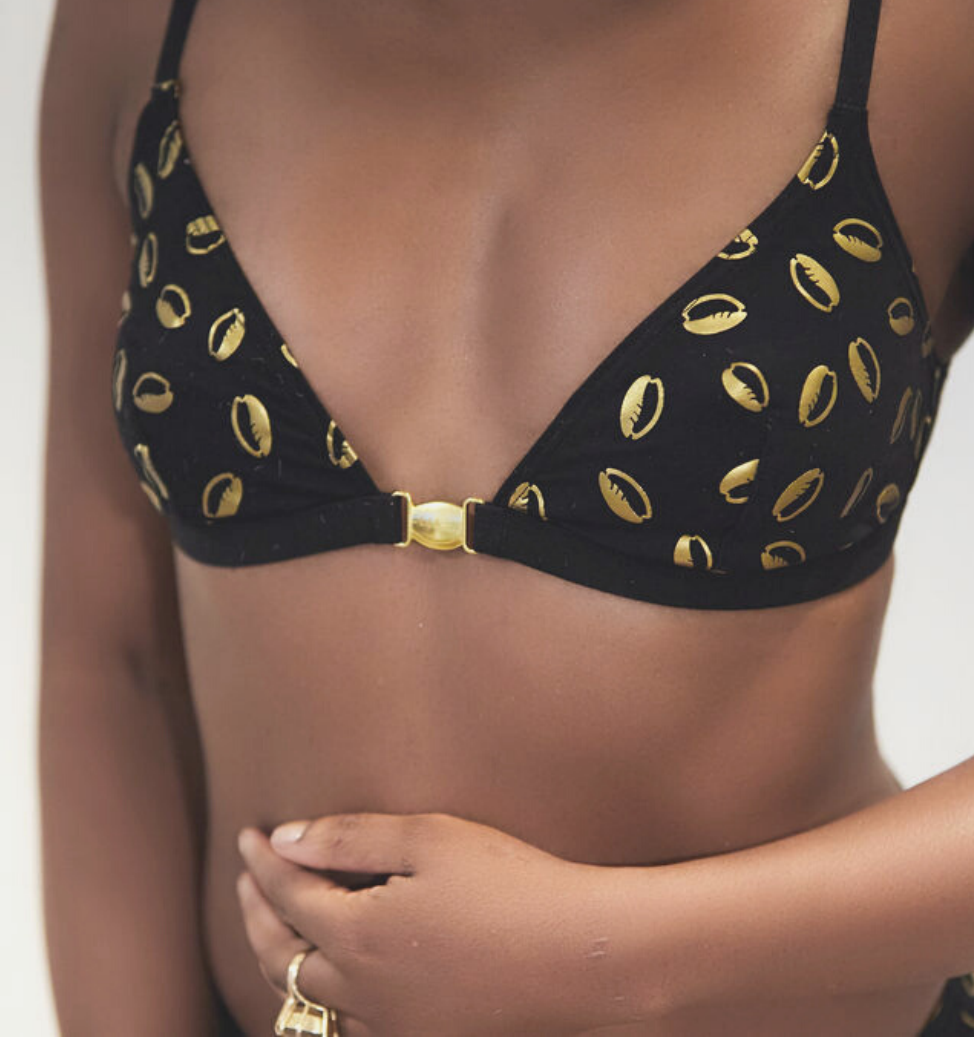
ENJOY!!!

COVERGIRL®

TAKING OVER THE WORLD

WRITTEN BY CLAUDIA DASHER

CANADIAN ENTREPRENEURS KRISTEL AND FANTA COULDN'T SHAKE THE FEELING OF THEIR CULTURES BEING FORGOTTEN BY THE LINGERIE INDUSTRY SO THEY DECIDED TO LAUNCH EBONY & IVORY



Ebony & Ivory makes lingerie for women of all colors. This new contemporary brand came to life because of a need for representation of the Afro-Caribbean culture that could not be found in the lingerie industry thus far. The goal is to diversify the stories being told and the body types being celebrated. Building a supportive tribe is how the goal will be achieved.

This Black-owned, female-owned, business launched on March 10, 2021, by Kristel and Fanta. These women each have their own global backstory that has shaped who they are today and has shaped their motivation to launch Ebony & Ivory.

While Kristel's story is rooted in the Caribbean, she has spent time studying in France and has found success as an entrepreneur in Canada. Kristel felt no emotional connection to all the sweet cherries she was seeing in Western print designs; this fruit doesn't grow in the Caribbean. This sentiment inspired the Ebony & Ivory Graviola print, the Graviola is a fruit that grows off the evergreen trees of the Caribbean and reminds Kristel of home.

Fanta moves her African soul between France and Canada, dedicating her career to shining a light on African talent and culture. Her motivation to start Ebony & Ivory comes from her belief that with meaningful prints on the body, a woman can have her identity back. This belief inspired the Adinkra Print, using Adinkra symbols that speak so clearly to the thoughts and desires of African people.

"We're here to explore and share the beauty of the Afro-Caribbean culture through meaningful and original designs. It's time for cultural appreciation in the fashion industry and awareness is key"

~ Kristel, co-founder

Three bras, three panties, and three story-telling print designs will be featured in the Ebony & Ivory first-ever product launch, sold exclusively in our online shop.

Ebony & Ivory lingerie designs encourage women of all colors to share their stories. The prints are Afro-Caribbean inspired so that no matter what the day brings, a woman's story can always carry her through. The first collection of prints consists of three designs: the Graviola, Adinkra, and Yemaya. A fruit that dies in the cold; let the Graviola Print remind you of warmer times. Smells like pineapple, feels soft like a banana, and is stuffed full of healing powers - they're researching its cancer-curing properties as we speak. No promises can be made in the health department, but the white soft flesh and black seeds against an auburn red backdrop really do make a statement in the Ebony & Ivory Graviola Print. In the Adinkra Print, the Duafe Adinkra symbol is layered on top of the Fawohodie and then repeated over and over again against a bold blue-sky background. The Duafe is connected to femininity, while the Fawohodie is connected to freedom.

> ***"The Adinkra Print speaks to our passion for empowering underrepresented women. The Duafe and Fawohodie together symbolize the emancipation of women. A movement we should all be proud to be a part of"***
>
> **~ Fanta, co-founder**

The Yemaya Print honors the mother of the ocean. She is nurturing, protective and from her depths, she offers nourishment for all. Yemaya is usually personified as a regal African Mermaid, although her power cannot be minimized to any single figure. In this print, Yemaya is depicted as a sea of cowrie shells, an invaluable piece of the ocean that has been treated with respect for thousands of years. These three prints are placed upon three bra designs and three panty designs made of soft and durable bamboo and modal. All will be available exclusively in our online shop.

So..... Who are Ebony & Ivory?

Ebony & Ivory, newly launched on March 10, 2021, makes lingerie for womxn of all colors.

This brand uses culturally rich prints to set them apart from

any other player in the lingerie game. Kristel and Fanta are running the show from Toronto, Canada, while they pull inspiration from their own unique global backstories.

Kristel is from Guadeloupe, she wished to see the Graviola fruit designed into her lingerie. Fanta is from Guinea, she wished to wear Adinkra symbols all over her body. Together, Kristel and Fanta are beaming with joy about the story-telling prints they have produced.

Ebony and Ivory are here to make a change, to empower women, to encourage women to wear their stories with pride.

What makes you resilient?

What we are building with Ebony and Ivory is bigger than just making lingerie. Growing up, the norm in the fashion industry was focused on the Western culture and it was almost impossible to see other cultures being represented. So we are doing it for the culture, for our sisters, brothers, aunties, daughters, and future generations to give them a chance to fully embrace their uniqueness and see their culture being proudly represented in the fashion industry and more specifically in lingerie.

How can we support?

Here are few things you can do:

- You can follow us on Instagram @ebonyandivorylingerie and support us by buying our amazing lingerie sets directly on ebonyandivorylingerie.com
- Sign up for our newsletter to become part of the Ebony and Ivory tribe
- Spread the word and tell a friend to tell a friend

Website: https://www.ebonyandivorylingerie.com/
Instagram: @ebonyandivorylingerie - https://www.instagram.com/ebonyandivorylingerie/
Facebook: @ebonyivorytribe
Pinterest: @ebonyivorytribe

le macaron
french pastries

SWASHING

LIVEKINDLY

TAZO®

O·P·I
COLOR IS THE ANSWER

DANIETTÉ
Custom Couture Fashion

A"MADE-UP"MIND

by Claudia Dasher

Nudes are flat colors, like bone, beige, and brown, that look the same no matter whose skin they're on," says makeup guru (and neutrals champion) Bobbi Brown. "Neutrals include tones naturally found in the skin, like peach, rose, bronze, and even plum." The general rule for picking the right neutral—whether your skin tone is fair, medium, or dark—is to stick to hues within two shades (lighter or darker) of your natural lip, cheek, and eyelid colors.

While experimenting with the detail "to-do's" of the expert Bobbi Brown, it is also ideal to have a little fun "in the nude". Nude colors provide a natural look for those who do not desire to wear makeup. It also gives a softer look for those who traditionally wear makeup but desire to look as natural as possible.

Wearing makeup is not a curse. It is not a method used to hide the "real you". Instead, most women wear makeup to enhance their beauty.

What is important in wearing makeup is that you feel good about yourself. Resilient Magazine had an opportunity to experiment with a few shades of nude from the "Bobbi Brown" collection. We encourage our readers to bask in the after-glow of being caught "in the nude".

To explore more on the latest collection of Bobbi Brown, visit www.bobbibrowncosmetics.com

CAPRICORN

In July, take care of your private sphere of life with greater care. As soon as time permits you, spend it with people who are unique to you. It is with them plan the future and boldly, without any fear talk about your feelings and desires.

AQUARIUS

Your everyday rhythm of the day will be a bit slower, so you will have more time for your family and your loved ones. In July, the home and family will have the greatest value for you.

PISCES

At the beginning of the month, get ready to travel. There will be a lot of ideas in your head that will come from minute to minute. Many of them have a chance to be implemented.

ARIES

You will be in a better mood. You will not lack strength and energy for love adventures. As your person will be wrapped in a light secret, someone who wants to get to know you will pay attention to you.

TAURUS

You will feel the flow of your practical skills as well as objectivity and efficiency. It is now that you can achieve your dreams from the previous month.

GEMINI

The auspicious period in which everything will go your way. Unrealistic matters will begin to materialize. You will gain the interest of a person of different sex who will clearly want to get to know you better.

CANCER

July will be a period of many changes for you. You will feel that there are no things that you can not overcome. Freedom will add you wings. More willingly than usual, you will meet people, and make plans for your emotional life.

LEO

July will be under the sign of work and many responsibilities. Creativity and brilliance as well as innate intuition will help you get out of many everyday matters, especially those related to financial matters.

VIRGO

It's a good time to travel and to go on business. If you have been delaying them for a long time, it will be a good time to make the right decisions between the 10th and the 25th of the month.

LIBRA

It's a good day to plan your vacation or business trip. You will catch a breath and a respite because finally, you will find time to catch up arisen in matters that are related to routine duties.

SCORPIO

You will make a good impression on other people. July will be a great month conducive to the development of feelings, earning money, and gaining recognition, hence you will be able to do all the activities planned for a long time.

SAGITARIUS

In July, your thoughts should be focused primarily on the care of your inner balance. A short trip outside the city is recommended to get distances to surrounding issues and problems, as well as to breathe fresh air.