

intentional *living*

LIVE WITH PURPOSE

Simple shifts for
a more meaningful
everyday life.

THE HOME EFFECT

Create a space
that reflects your
values and vision.



SUMMER RESET

Refresh your mindset,
habits, and home
for the season
ahead.



The Over 50 Club

*you don't look it
you don't feel it
You live it*

STYLE THAT SPEAKS

Timeless pieces.
Thoughtful choices.
Authentic you.

FEATURE

BUILT ON INTENTION

Designing a life
and legacy that
lasts.

Designing a Life *That Lasts*

YOUR LIFE IS YOUR
GREATEST CREATION.

Intentional living is about building with purpose and living with presence. It's the daily decisions that shape the life and legacy you're creating.

THE FOUNDATION

- Know your values.
- Protect your time.
- Invest in your growth.
- Build meaningful relationships.
- Give with intention.
- Create a space that inspires you.

“

When you live intentionally, every day becomes an opportunity to leave your mark.



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JUNE 2026 | PREMIERE ISSUE

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FEATURED MONTHLY THEMES

-  HOME DESIGN
-  FASHION
-  FOOD
-  WELLNESS
-  TRAVEL
-  MOTIVATION
-  PERSONAL GROWTH
-  THE OVER 50 CLUB
-  INTENTIONAL LIVING

Welcome to Intentional Living

Dear Friend,

Welcome to the very first issue of **Intentional Living Magazine**.

This magazine was born from a simple belief:

**Life doesn't happen by accident.
It happens by intention.**

For years, I have shared my journey through fashion, food, travel, home design, wellness, motivation, and personal growth. Along the way, I realized that the things we enjoy most are not really about the things themselves. They are about the experiences they create.

A beautiful home is not about furniture.

A great outfit is not about clothing.

A delicious meal is not about food.

They are all opportunities to create a life that reflects who we are and who we are becoming.

As we enter the next chapter of our lives, I believe something powerful:

You don't have to slow down because of your age.

You don't have to settle because of your circumstances.

You can still evolve, grow, dream, and create.

This magazine is for people who want more out of life.

People who want to live with purpose.

People who understand that joy is not found in someday—it is found in today.

Inside these pages you'll discover inspiration for your home, practical ways to elevate your lifestyle, recipes worth sharing, conversations that challenge your thinking, and reminders that your present situation is not your final destination.

My hope is that every issue helps you raise your standards, expand your vision, and create experiences that bring meaning to your everyday life.

Thank you for being here.

Thank you for believing in this vision.

And thank you for joining me on this journey.

Welcome to Intentional Living.

With Gratitude,

Keith Harley



“
Your
present
situation
is not your
final
destination.
”



PURPOSE OVER PRESSURE

You move with clarity, not just momentum. You choose alignment over approval.



PRESENCE OVER DISTRACTION

You focus on what's in front of you and give it your full attention.



LEGACY OVER LIKES

You're not just building a life that looks good—you're building one that means something.

“

Intentional living is the bridge between the life you have and the life you were meant to live.



BUILDING ON PURPOSE

The life you build intentionally becomes a source of freedom, fulfillment, and impact for yourself and everyone you touch.

*Live with intention.
Lead with purpose.
Leave a legacy.*



DAILY REMINDERS

- Start your day with intention.
- Protect your peace.
- Make decisions that serve your future.
- Surround yourself with excellence.
- End your day with gratitude and reflection.

*This is more than a lifestyle. It's a standard.
It's who you are.
It's intentional living.*



Are You Existing or Are You Living?

There is a profound difference between moving through your days and truly inhabiting them. One is survival. The other is a practice — and it begins the moment you open your eyes.

BY KEITH HARLEY

Every morning, before the notifications demand your attention and the day's obligations crowd in, there is a single moment of choice — a breath between sleep and motion — where you decide, consciously or not, what kind of day you will have. Most people never notice it. They reach for the phone before their feet touch the floor. They move from alarm to coffee to commute operating entirely on autopilot. They are existing. And there is a difference — a vast, life-defining difference — between existing and truly living.

To exist is to be present in body but absent in awareness. It is going through the motions without asking why. It is arriving at the end of a week, a year, a decade, and realizing you watched it happen rather than participated in it. Existence is passive. It requires nothing from you. And that is precisely what makes it dangerous.

PRESENCE OVER DISTANCE

Living, by contrast, is an act of intention. It means waking up and being deliberate about what you will notice, feel, and choose. It means standing at your window — even for thirty seconds — and actually seeing what's outside. The quality of the light. The movement in the trees. The stillness or the energy in the air. This is not about slowing down. It is about showing up.

One of Keith Harley's personal morning practices is exactly this: before the day begins in earnest, he pauses to experience his environment — to feel what the moment holds rather than rushing past it. It is a small ritual, but its implications are enormous.

Because how you enter the morning is, in most cases, how you enter everything. A person who begins with presence tends to move through the day with awareness. A person who begins with distraction tends to remain distracted, no matter where they go or what they accomplish.

"When you are not in the present moment, you are not in your life. You are simply watching it from a distance — and distance has a cost."

— KEITH HARLEY

THE PRACTICE

Intentional living does not require a dramatic life overhaul. It requires small, repeatable shifts in attention — the kind that turn an automatic day into one you actually lived.

Begin with these four:

- Before you pick up your phone, give yourself one deliberate moment. Look at your space. Breathe. Feel where you are. This is not meditation — it is simply arriving.
- Living is the practice of noticing. Name three things you see, hear, or feel in this moment. The act of naming is the act of choosing to be here.
- If your week could have happened without you fully in it, that is a signal. Ask what you did on purpose - and what simply happened to you.
- Every day has a door. You can walk through it distracted, or you can walk through it aware. Intentional living begins at the threshold — before the day, not after it.

The question 'Are you existing or are you living?' is not meant to create guilt. It is an invitation to shift. Living does not require a retreat or a reinvention. It requires presence — the willingness to be in your life as it is actually happening, not as you scroll past it, not as you recount it later, but now, in real time, with your full attention on it. That is intentional living. And it is available to you in every ordinary moment — beginning with the one you are in right now.

Keith Harley

WELLNESS & WELL-BEING

Small Daily Choices. Extraordinary Results.

THE INTENTIONAL WELLNESS EDIT

Wellness isn't about perfection. It's about creating daily habits that support your mind, body, and spirit. This month, we're focusing on simple rituals that help us feel energized, centered, and prepared to show up as our best selves.



MORNING SUNLIGHT

20 Minutes Every Morning

One of the most overlooked wellness habits is stepping outside shortly after waking. Natural sunlight helps regulate your body's internal clock, supports energy levels, and promotes better sleep at night.

INTENTIONAL LIVING TIP:

Take your morning coffee outside and allow yourself a few moments of gratitude before checking your phone.

MOVEMENT OF THE MONTH

Stretch Before You Strengthen

Mobility is the foundation of longevity. Before every workout, spend 5–10 minutes stretching your hips, shoulders, back, and legs.

BENEFITS:

- ✓ Improved flexibility
- ✓ Reduced injury risk
- ✓ Better posture
- ✓ Increased energy



EAT WELL, LIVE WELL

Nourish Your Body Fuel Your Life

Eating well isn't about restriction. It's about choosing real, whole foods that give your body the energy it needs and the nutrients it deserves.

FOCUS ON:

- ✓ Whole foods
- ✓ Lean proteins
- ✓ Healthy fats
- ✓ Fresh fruits & vegetables
- ✓ Hydration



WELLNESS FAVORITE

Pillow Ritual Calming Mist

Creating a nighttime ritual is just as important as your morning routine. A calming pillow mist helps signal to the body that it is time to slow down and prepare for restorative sleep.

WHY I LOVE IT

- ✓ Creates a luxury sleep experience
- ✓ Encourages relaxation
- ✓ Supports evening mindfulness



HEALTHY SKIN STARTS HERE

Arencia Rice Mochi Collection

Healthy skin is built through consistency. A simple skincare routine that cleanses, hydrates, and protects your skin can make a significant difference over time.

MY RULE:

**Consistency
beats complexity.**



DR. KEITH'S WELLNESS CHECKLIST

Daily Intentional Living Habits

- ☐ Drink water before coffee
- ☐ Get 20 minutes of sunlight
- ☐ Move your body
- ☐ Practice gratitude
- ☐ Read 10 pages
- ☐ Eat one healthy meal at home
- ☐ Protect your peace
- ☐ Disconnect before bedtime



WELLNESS QUOTE OF THE MONTH

“*Your body hears
everything your
mind says.
Speak to yourself
with kindness.*”



THE 7-DAY WELLNESS CHALLENGE

For the next seven days:

- 1 Wake up 30 minutes earlier
- 2 Drink more water
- 3 Walk for 20 minutes
- 4 Read for 10 minutes
- 5 Journal one gratitude each day
- 6 Stretch before bed
- 7 Sleep at least 7 hours



DR. KEITH'S TAKEAWAY

Wellness isn't something you achieve.
It's something you practice.

Every healthy choice, every walk, every
glass of water, every moment of rest
is an investment in the life you're
creating.

Live Intentionally. Live Well.
Dr. Keith Harley



You Don't Look It. You Don't Feel It. You Live It.

A new standard for men who refuse to slow down.

BY KEITH HARLEY

There is a moment — and most men over 50 know exactly what it is — when someone says to you, 'You don't look your age.' They mean it as a compliment. But if you are living intentionally, you already know the truth: age was never the point.

The Over 50 Club is not a membership you apply for. It is a lifestyle you earn — one decision, one morning, one standard at a time. It is the result of years of investing in yourself when nobody was watching, protecting your peace before it was popular, and showing up with the same energy at 52 that you had at 32. Only now, you do it with more wisdom, more clarity, and far less tolerance for things that do not deserve your attention.

"Getting older is inevitable. Aging is optional. The difference is how intentionally you choose to live."

— KEITH HARLEY

THE BODY AS A STANDARD

Intentional living starts in the body. Not because appearance is everything — it is not — but because the way you care for your physical self is a statement about how seriously you take this life. Sleep matters. Movement matters. What you put in your body matters. Not as punishment, but as investment. Men in the Over 50 Club understand that the gym is not about vanity. It is about vitality.

STYLE THAT SPEAKS YOUR STORY

The way you dress at this stage of life should reflect who you have become, not who you used to be. Clean. Intentional. Elevated. You are not chasing trends — you are setting a standard. The best outfit you own is the one that makes you walk differently. The one that says, before you speak a word: I know exactly who I am.

THE MINDSET THAT CHANGES EVERYTHING

- He protects his peace like an asset.
- He invests in relationships that are reciprocal.
- He is not afraid to rest — because rest is part of the strategy.
- He mentors without expectation.
- He gives generously because he has built enough to give from overflow.

"Your best chapters are not behind you. Some of the most powerful things you will ever build, experience, and become are still ahead. But they require intention."

— KEITH HARLEY

The Over 50 Club is not about looking back at what you have accomplished. It is about looking forward at what you still have the power, the wisdom, and the intention to create. Welcome to the club. The standards are high here — and that is exactly the point.

CONVERSATIONS WITH YOUR HOME

EVERY PIECE *Should* *Speak to You*



That is why it's so important that you don't clutter your home because everything crowded will be trying to seek your attention and you don't know what to speak to first.



Nothing won't have any identity because it's embedded in chaos and confusion.



Every piece should have a purpose, and one of them is not to sit and collect dust.



It doesn't matter how much you spend money on it. All that matters is that it has a purpose and what is the relationship it has with you.

“

Your home should be a reflection of your life, your values, and the legacy you are creating.

”

-Keith Harley

KH

KEITH HARLEY
LIFESTYLE NETWORK



A HOME
THAT REFLECTS
WHO YOU ARE
AND WHAT YOU
VALUE MOST.



SURROUND YOURSELF
WITH WHAT INSPIRES YOU
AND ELEVATES YOU.



LIVE YOUR
VALUES. LEAVE
YOUR MARK.

Intentional living is more than
a mindset—it's a lifestyle.

It's in the way you lead, love,
work, give, and show up every day.

*You don't just live life—
you live it on purpose.*

INTENTIONAL LIVING

RECIPE *of the Week*

Keith's Famous

Dirty Spaghetti

A bold, savory, and soulful classic packed with flavor in every bite.



INGREDIENTS

- 1 lb ground beef
- 1 lb ground Italian turkey sausage
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 yellow onion, diced
- 4-6 cloves garlic
- 2 tbsp tomato paste
- 4 tbsp all-purpose flour
- 3-4 cups beef broth
- 16 oz spaghetti noodles
- 1/2-2 cup pasta water
- 1 tsp Nature's seasoning
- 1-2 tsp Cajun seasoning
- 1 tsp Italian seasoning

HOW TO MAKE DIRTY SPAGHETTI

BROWN THE MEAT AND BUILD THE BASE

1. Set a large pot or deep skillet over medium-high heat, then add the ground beef and Italian turkey sausage. Cook until the meat is fully browned and crumbly, breaking it up with a spoon as it cooks, then pour off excess grease if needed while leaving a little behind so the pan still looks glossy.
2. Stir in the diced onion and both bell peppers, and let them cook for 4 to 5 minutes until they soften and smell sweet. Add the garlic and cook for 1 minute more, just until fragrant, being careful not to let it brown too hard.

SEASON AND CREATE THE DIRTY ROUX

1. If you are using the signature twist, pour in 2 tablespoons of Worcestershire sauce and 1/4 cup of dark beer or bourbon, then scrape the bottom of the pan so all the browned bits dissolve into the mixture. After that, stir in the tomato paste and cook it for 2 to 3 minutes until it darkens and loses its raw edge.
2. Sprinkle in the Nature's seasoning, Cajun seasoning, and Italian seasoning, then stir well so the spices coat the meat and vegetables evenly. Dust the flour over everything and keep stirring for 1 to 2 minutes, until the mixture looks slightly pasty and gives off a lightly nutty aroma.
3. Slowly pour in the beef broth while stirring constantly. Let the pot come to a gentle simmer and keep cooking until the mixture thickens into a glossy gravy that clings to the spoon instead of running off like soup.

COOK THE SPAGHETTI

1. For a one-pot version, add the dry spaghetti straight into the simmering sauce, breaking it in half if the pot needs the help, then cover and cook until the noodles are tender. If the mixture tightens up too quickly, add a little more broth so the pasta has enough liquid to finish properly.
2. For the separate method, boil the spaghetti in salted water until al dente, with a firm bite in the center. Before draining, reserve 1/2 to 1 cup of pasta water so you have that starch on hand for the final toss.

FINISH AND SERVE

1. Add the cooked spaghetti to the meat sauce and toss until every strand is coated. Splash in a little pasta water and keep tossing until the sauce turns silky and unified, then finish with fresh chopped parsley and serve while it is hot and glossy.

SIMPLE PANTRY STAPLES, MEGA CAJUN AROMA.

This lineup is simple, but every piece pulls its weight. The meats, peppers, broth, and the seasonings come together into a dark, savory dirty spaghetti signature dish.



“Good food isn't complicated. It's intentional. Feed your people well. That's how you build a legacy.”
— Keith

SPAGHETTI AND PASTA WATER: Regular spaghetti is classic, but linguine can also handle this thick gravy nicely. However you cook the noodles, keep that starchy pasta water close, because it is the easiest way to loosen the sauce without making it watery.

FLOUR: All-purpose flour is what turns the rendered fat and pan drippings into the dirty roux. If you need a gluten-free option, a cup-for-cup gluten-free flour blend can work, though the texture may be slightly less velvety.

BEEF BROTH: Beef broth gives the darkest color and deepest flavor, which is exactly what you want in dirty spaghetti. Chicken broth works in a pinch and tastes good, but the final dish will be lighter and a little less robust.

NATURE'S SEASONING: If that blend is not in your pantry, use a simple mix of salt, black pepper, garlic powder, and onion powder. The Cajun seasoning and Italian seasoning will still carry plenty of personality.

BELL PEPPERS AND ONION: These vegetables form the backbone of the dish and bring sweetness that keeps the gravy from tasting flat. A green bell pepper gives that classic earthy bite, while red adds a little sweetness, so I would keep both if you can.

GARLIC: Fresh garlic makes a big difference here. I often mash it into a paste with a pinch of salt before it hits the pan, because that helps the flavor melt right into the meat and vegetables instead of sitting on top.

TOMATO PASTE: This is not here to make the sauce tomato-heavy. Its real job is to deepen the color and add a concentrated savory backbone once it cooks down to a rusty brick-red shade.

Creating a Wardrobe That Reflects Who You Are Becoming

Your closet is not just clothing — it is a conversation.

BY KEITH HARLEY

Most men dress for who they were. The intentional man dresses for who he is becoming. That is not a small distinction. That is everything.

Before you say a single word when you walk into a room, your style has already spoken. It has told the room something about your standards, your self-awareness, and your relationship with excellence. The question is: what is it saying?

START WITH A STANDARD, NOT A TREND

Trends are temporary. Standards are permanent. The men I most admire for their style are not the ones chasing what is in — they are the ones who have developed a point of view. They know what works for their body, their lifestyle, and the life they are building. They buy with intention and wear with confidence. Start by asking yourself: what do I want people to feel when I walk in?

"The best-dressed man in the room is not always the one with the most expensive clothes. It is the one who looks like he dressed on purpose."

— KEITH HARLEY

THE FOUNDATION PIECES

- A well-fitted blazer in a neutral tone — navy, charcoal, or camel.
- Quality denim that flatters your frame and holds its shape.
- Two or three dress shirts in white, light blue, and a subtle pattern.
- One pair of shoes that can go from boardroom to dinner without explanation.
- A watch — not just for the time, but for the statement.
- A clean, structured bag or tote that travels with purpose.

COLOR AS COMMUNICATION

Do not be afraid of color. But be intentional with it. Color can make you memorable without being loud. A rich burgundy in a pocket square, a warm olive jacket over a white tee, a deep navy against brown leather — these combinations say that you understand nuance. And nuance is sophistication.

GROOMING IS PART OF THE OUTFIT

You can wear the finest clothes in the world and walk in dishelved, and the outfit is already undone. Grooming is not vanity. It is respect - for yourself and for the people you are in the room with.

"Your wardrobe should evolve as you evolve. When you outgrow a season of life, let your closet reflect that."

— KEITH HARLEY

Open your closet this week and look at it honestly. Does it reflect the man you are becoming? If not — that is not a crisis. It is simply the beginning of a new chapter. And every great chapter deserves a great wardrobe.

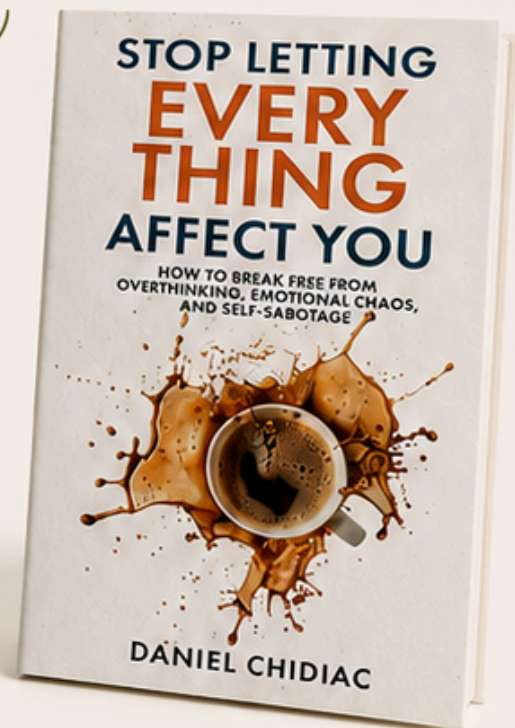
Keiths SUMMER *Favorites!*

A curated edit of
this season's
must-haves.
Timeless pieces,
elevated rituals,
and everyday
luxuries.

*morning
rituals*



*calm
& unwind*



*summer
elegance*



*skin
reset*



01

MORNING RITUALS

Glass Coffee Cup
& Wooden Saucer

There is something calming about beginning the day slowly. This modern glass cup has become part of my morning routine, creating a moment to pause before the day begins.

WHY I LOVE IT

- Minimal design
- Elevates the coffee experience
- Creates intentional moments

\$28



02

FRAGRANCE OF
THE SUMMER

YSL Eau de Parfum

A signature fragrance should enter the room before you do and linger after you leave. This fragrance is bold, sophisticated, masculine, and unforgettable.

WHY I LOVE IT

- Long-lasting scent
- Perfect for day or evening
- Timeless luxury

\$165



03

HOME OBSESSION

Sculptural Marble
Table Lamp

Every room deserves a statement piece. This lamp blends modern elegance with artistic design and instantly elevates any space.

WHY I LOVE IT

- Functional art
- Rich marble detailing
- Adds warmth and sophistication

\$299



04

A SPACE THAT INSPIRES

My Bedroom Sanctuary

Home should be your favorite destination. The neutral palette, layered textures, and modern lines create an environment that feels peaceful, luxurious, and restorative.

WHY I LOVE IT

- Promotes better rest
- Creates peace and calm
- Reflects intentional living



05

DESIGN FAVORITE

Sculptural Accent Chair

I am constantly drawn to pieces that blur the line between furniture and art. This chair does exactly that.

WHY I LOVE IT

- Conversation piece
- Modern silhouette
- Adds character to any room

\$1,295



06

EVENING RESET

Pillow Ritual
Calming Mist

One of my favorite ways to transition from a busy day into a restful evening. A simple spray before bed creates an atmosphere of calm and relaxation.

WHY I LOVE IT

- Encourages relaxation
- Supports a bedtime routine
- Creates a luxury hotel feeling at home



07

SKINCARE FAVORITE

Arencia Rice
Mochi Collection

Great skin begins with consistency. This cleansing duo leaves my skin feeling refreshed, hydrated, and clean without feeling stripped.

WHY I LOVE IT

- Gentle cleansing
- Hydrating formula
- Supports healthy-looking skin

\$36



08

SUMMER STYLE FAVORITES



STATEMENT HEELS

Fashion should be fun. These heels are proof that a single accessory can transform an entire look.

\$890



CLASSIC BLACK LOAFERS

A timeless wardrobe staple that works with everything from denim to tailored trousers.

\$495



BLACK OVERSIZED TOTE

Elegant, practical, and versatile. The perfect companion for travel, meetings, and everyday life.

\$250

09

WHAT I'M READING

Stop Letting
Everything Affect You
by Daniel Chidiac

One of the most powerful reminders that peace comes from within. This book challenges readers to stop giving away their power and start taking ownership of their thoughts and emotions.



KEY TAKEAWAY

“Protect your peace as fiercely as you protect your goals.”

INTENTIONAL LIVING TAKEAWAY

Luxury is not about owning more. Luxury is creating a life where your daily routines, environment, mindset, and style work together to support the person you are becoming. These are the favorites helping me do exactly that this summer.

Live Intentionally. Live Fully.

MOTIVATION & MINDSET

YOUR PRESENT SITUATION
IS NOT YOUR FINAL DESTINATION

BY KEITH HARLEY

There comes a moment in life when you realize that waiting is no longer an option.

Waiting for the perfect opportunity.

Waiting for the perfect timing.

Waiting until you feel more confident.

Waiting until life becomes easier.

The truth is, the life you want is often built long before anyone else sees the results.

It is built in the quiet moments. The early mornings.

The difficult decisions. The commitment to keep going

when nobody is watching.

**For years, I have shared one message that
continues to shape my own life:**

Your present situation is not your final destination.

Where you are today does not determine where you can be tomorrow. Your current circumstances are simply a chapter, not the entire story.

Growth begins the moment you decide that your future deserves more attention than your past.

The goal is not perfection.

The goal is progress.

One decision.

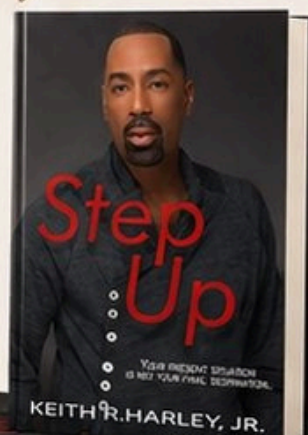
One habit.

One step at a time.

Because the life you desire is often waiting on the other side of a decision to believe in yourself.

*“Your future is not
waiting for permission.
It is waiting for action.”*

— KEITH HARLEY



FROM THE PAGES
OF STEP UP

Success doesn't
start when
circumstances
change.

**Success starts
when you decide
to change.**

*“Your future
is not waiting
for permission.
It is waiting
for action.”*

— KEITH HARLEY

Lessons, Reflections & Inspiration for the Month Ahead

A space to slow down, look back, and move forward with purpose.

BY KEITH HARLEY

THE LESSON THIS MONTH

Every month teaches us something if we are paying attention. The question is not whether the lesson arrived — it is whether we were present enough to receive it. Intentional moments are not the big, cinematic ones. They are the quiet Tuesday morning when you finally kept the promise you made to yourself. The conversation where you chose peace over being right. The decision you made that nobody saw — but you felt everything.

*"The life you are building is assembled in moments most people overlook.
Pay attention."*

— KEITH HARLEY

THREE REFLECTIONS

- What did you do this month that your future self will thank you for? If you cannot answer quickly, that is the work. Start identifying at least one intentional choice per week that invests in who you are becoming.
- Where did you give your energy away without a return? Energy is your most valuable currency. What drained you unnecessarily? That is where your next boundary lives.
- Who in your life made you feel most like yourself? Protect that relationship. Surround yourself with people who call out the best in you — not the comfortable version of you.

A WORD ON CONSISTENCY

The life you want is built on the back of boring, invisible, daily consistency. The morning you did not feel like showing up but showed up anyway. The day you chose the better option. The evening you put the phone down and were simply present. Nobody gives you a trophy for these moments. But they accumulate into something extraordinary.

"Consistency is the most underrated form of excellence. Keep going."

— KEITH HARLEY

As you close this issue, carry one intention with you. One thing you will protect. One thing you will pursue. One thing you will let go of. Write it down. Say it out loud. And then live it — one day, one decision, one moment at a time.



Keith Harley

Intentional Living Magazine
www.drkeithharley.com | 2026

A NEW MONTH. A NEW MINDSET. A NEW CHAPTER.

COMING *Next Month*

THE JULY ISSUE

THE SUMMER RESET ISSUE

Reset your mind. Refresh your space.
Reclaim your time. Redefine your life.

July is all about intention. This issue will help you slow down to realign, refresh what matters most, and create more space for joy, purpose, and meaningful living.

“ *You don't need a new life.
You just need a new perspective.*



INTENTIONAL LIVING
MASTER CLASS
JULY 15, 2026

DESIGN. PURPOSE. INTENTION.

Join Dr. Keith Harley for an exclusive master class that will help you design a life that aligns with your values and vision for the second half of the year.

A CAN'T-MISS EXPERIENCE.

Details inside next month!



THE SEASON OF RESET

Summer is the perfect time to pause, reflect, and choose a new direction. The July issue will give you the tools, ideas, and motivation to reset your mindset, refresh your home, elevate your wellness, and step boldly into your next chapter.

You live it.
WE CELEBRATE IT.



GET READY FOR...

THE SUMMER RESET ISSUE

JULY 2026



SUMMER STYLE GUIDE

Effortless looks for every occasion, age, and season.



HOME REFRESH

Simple updates that bring new life and beauty to your space this summer.



WELLNESS RESET

Mind, body, and spirit tips to help you feel your best all summer long.



TRAVEL DESTINATIONS

Inspiring places to relax, recharge, and explore with intention.



OVER 50 CLUB SPOTLIGHT

Real stories. Real people.
Real inspiration.



DR. KEITH'S SUMMER READING LIST

Books that will challenge your thinking and transform your life.

WHAT YOU CAN EXPECT EVERY MONTH

- ✓ Inspiration
- ✓ Intention
- ✓ Style
- ✓ Wellness
- ✓ Home
- ✓ Travel
- ✓ Personal Growth
- ✓ Purpose

*Live Intentionally.
Live Fully.*



THANK YOU

FOR BEING PART OF THE
INTENTIONAL LIVING COMMUNITY.

You are more than a reader.
You are part of a movement
that believes in better, in growth,
in purpose, and in living life
with intention every single day.

See you in July!

Until then, keep living with intention.

Dr. Keith Harley

KH

KEITH HARLEY
LIFESTYLE
LIVE PURPOSEFULLY. DESIGN MEANINGFULLY.
LIVE INTENTIONALLY.

intentional *living*

A NEW MONTH. A NEW MINDSET.

Simple shifts to
create a life
you love living.

HOME WITH INTENTION

Spaces that
support your
season of life.



WELLNESS FROM WITHIN

Daily habits for
more energy,
clarity, and
longevity.

DOGS. LOYALTY. LOVE.

The lessons our
dogs teach us
about living
with heart.

TRAVEL ON PURPOSE

New places.
New perspectives.
More life.

RECIPES TO SAVOR

Good food.
Good health.
Good living.

The Over 50 Club 🐾
you don't look it, you don't feel it.
You live it.