

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.

The Over 50 Club 🐾

you don't look it, you don't feel it.

You live it.

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.



A LETTER FROM KEITH

Welcome to the July Issue

A NEW MONTH. A NEW MINDSET.

Welcome to the July issue of Intentional Living. I created this magazine for people who believe life should be more than a schedule filled with obligations. A meaningful life is built in the choices we make at home, in our health, in our relationships, in our work, and in the way we care for ourselves when no one is watching.

This issue is our Summer Reset—an invitation to pause in the middle of the year and tell ourselves the truth. Are we living the life we said we wanted? Are our routines protecting our peace? Are our homes supporting us? Are we giving our bodies, minds, finances, and relationships the attention they deserve? A reset is not an admission that we failed. It is proof that we are awake enough to choose again.

We begin at home because home is where intention becomes visible. You will meet Aspen, Storm, Rain, and Spring—four beautiful souls who remind us that love, laughter, responsibility, and presence belong in the same room. We move through food, travel, style, friendship, money, and mental clarity because intentional living is not one subject. It is the way every part of life begins to work together.

You will also meet people who represent what this magazine believes: that purpose has no age requirement, reinvention has no expiration date, and wisdom becomes powerful when it is shared. Whether you are building your first foundation or redesigning the second half of your life, there is room here for you.

My hope is that you do more than read these pages. Circle something. Try something. Begin one honest conversation. Prepare one beautiful meal. Protect one boundary. Make one decision your future will thank you for. You do not need to transform everything today. You only need to become more intentional about what happens next.

“

Live purposefully. Design meaningfully. Live intentionally.

— Dr. Keith Harley —

”

INTENTIONAL LIVING CONTENTS

The Summer Reset Issue

JULY
2026



04-06

HOME & FAMILY

Love, four paws, and the systems that make a beautiful home work.



07-11

THE KITCHEN

Fajitas, blueberry margaritas, skillet pizza, and one very dirty martini.



12-14

WELLNESS & LONGEVITY

Sheila Cutchlow on aging with food, renewal, and the Blue Zone approach.



THE SUNDAY RESET

Prepare the week before it begins.

15-16

THE SUMMER RESET

Prepare the week, define intention, participate in life, and protect your rest.



17-20

PURPOSE & REINVENTION

Chance builds early, the Over 50 Club begins again, Cabo restores, and July tells the truth.



21-22

THE INTENTIONAL WARDROBE

Self-respect, fashion-forward dressing, and five lives for one great suit.



THE PEOPLE AROUND YOU SHAPE YOUR LIFE

23-24

Do not survive on history alone. They require presence, reciprocity.

THE INTENTIONAL CIRCLE

Adult friendship, access, boundaries, repair, loneliness, and the courage to connect.



25-31

FAVORITES & BEAUTY

Keith's intentional edit followed by a five-page TimeWise Repair beauty portfolio.



FINANCIAL PEACE BEGINS WITH THE TRUTH

32-36

It's more than income. It needs a system that provides stability, freedom, generosity, and the future you say you want.

THE CREDIT RESET
1. GET THE FACTS — Review reports from the nationwide credit bureaus

WEALTH, READING & WHAT'S NEXT

Step Up, financial truth, a part-time fortune, mental clarity, and August's Confidence Issue.

INTENTIONAL LIVING



HOW OUR FAMILY BECAME FOUR PAWS FULLER

The stories behind Aspen, Storm, Rain & Spring



RAIN | 2023

The Unexpected Teddy Bear

We imagined Rain as our outdoor companion—ready to play, exercise, and protect the home. None of that happened! He became one big, gentle, lovable teddy bear.



SPRING

The Woman of the House

We met Spring with reluctance, fear, and excitement—and she came home with us. Wild, joyful, and full of energy, she makes certain we exercise, play, and enjoy every day.



STORM | 2019

Our Beautiful Swan

Storm arrived as our little “ugly duckling” and grew into a beautiful swan. The smartest of the four, she is observant, loving, and fiercely protective of her family and home.



ASPEN | 2018

The Original Gentleman

Aspen joined our family at four months old. Kind, affectionate, and always attached to us, he loved strolling through Neiman Marcus with his head held high—as if everyone had come just to see him.

FOUR DOGS, ONE INTENTIONAL HOME

We thought four dogs would be challenging. Instead, systems, schedules, our house manager, and amazing groomers make it work beautifully.

FurBae Groomers are simply the best.

“That’s okay—they live here. You don’t!” — Dr. Keith Harley

JULY 2026

INTENTIONAL LIVING



THE FOUR HEARTS OF OUR HOME

Aspen • Storm • Rain • Spring



They are more than pets—they are my children, my companions, and four of the greatest joys in our life.

Aspen and Storm, our Maltipoos, bring affection, intelligence, playfulness, and personalities that fill our home. Rain and Spring, our Sheepadoodles, are gentle, loyal, energetic, and incredibly smart. Together, they remind me to slow down, stay present, and appreciate unconditional love.

Intentional living is also about the love we nurture within our homes. These four beautiful souls are part of the heartbeat of ours.

“A beautiful home is made complete by the love that lives inside it.” — Dr. Keith Harley

JULY 2026



HOME WITH INTENTION

A BEAUTIFUL HOME THAT WORKS

The systems behind a clean, peaceful, and intentionally managed home.

A beautiful home does not happen by accident. It is supported by systems that allow everyone who lives there to thrive. In our home, routines create order, protect our peace, and give us more time to enjoy the life we are building.

DAILY RESET

- Make the beds and open the home to light
- Clear counters and return everything to its place
- Wash dishes, refresh floors, and empty trash
- Clean dog bowls and reset their feeding area
- Complete an evening reset before going to bed

WEEKLY RHYTHM

- Deep-clean one focused area of the home
- Refresh bedding, towels, and frequently used textiles
- Check the refrigerator, pantry, and household supplies
- Review grooming and care needs for the dogs
- Add one detail that makes the home feel special



Our house manager helps us maintain the standards, schedules, and details that keep our home running beautifully. Asking for support is not a weakness—it is part of creating a sustainable life.

“Order creates peace, and peace creates room for joy.”
— Dr. Keith Harley

Air Fryer FAJITAS

BOLD FLAVOR. LESS EFFORT.

All the sizzling flavor of classic fajitas—made lighter, faster, and easier in the air fryer.



“

*Great flavor doesn't
have to be complicated.
Make it intentional.
Make it yours.*

Keith Harley

RECIPE BY

KEITH HARLEY

LIFESTYLE INFLUENCER • AUTHOR • ENTREPRENEUR

KH



PREP TIME
15 MIN



COOK TIME
12 MIN



SERVINGS
4



DIFFICULTY
EASY

INGREDIENTS

- 1 lb chicken breast, sliced into thin strips
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 yellow onion, sliced
- 2 tbsp olive oil

FAJITA SEASONING

- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- ½ tsp cumin
- ½ tsp oregano
- ½ tsp sea salt
- ½ tsp black pepper
- Juice of ½ lime

DIRECTIONS

1. In a large bowl, toss the chicken, peppers, and onion with olive oil, lime juice, and all fajita seasoning. Mix well until everything is evenly coated.
2. Preheat air fryer to 400°F (200°C) for 3 minutes.
3. Add the seasoned chicken and vegetables to the air fryer basket in an even layer.
4. Air fry at 400°F (200°C) for 10–12 minutes, shaking the basket halfway through, until the chicken is cooked through and veggies are tender with a slight char.
5. Serve hot with warm tortillas and your favorite toppings.

KEITH'S TIP



Don't overcrowd the basket—cook in batches if needed for the best char and texture.



How to make BLUEBERRY MARGARITA

A vibrant, fruity twist on the classic margarita—
bold, refreshing, and perfectly balanced.

INGREDIENTS

-  Lime and
course sugar
(for rimming)
-  2 oz
Tequila
-  1 oz
Cointreau
-  1.5 oz
Lime juice
-  1 oz
Blueberry Syrup
-  Ice cubes

INSTRUCTIONS

-  **1. RIM THE GLASS**
Run a lime wedge
around the rim of your
glass, then dip it into
coarse sugar. Set aside.
-  **2. SHAKE IT UP**
In a shaker, add tequila,
Cointreau, lime juice,
blueberry syrup,
and ice cubes.
-  **3. SHAKE WELL**
Shake vigorously for
15–20 seconds until
well chilled.
-  **4. STRAIN & SERVE**
Strain into your
prepared glass
filled with fresh
ice cubes.
-  **5. GARNISH & ENJOY**
Garnish with blueberries.
Sip, relax, and enjoy your
Blueberry Margarita!



WHY YOU'LL LOVE IT


FRUITY &
REFRESHING


PERFECT
BALANCE


GREAT FOR
ANY OCCASION


A BEAUTIFUL
TWIST

“Great drinks
create great moments.
Make this one your own.”



THE



KEITH HARLEY

SHOW

LIFESTYLE. FOOD. STYLE. INTENTIONAL LIVING.



Easy to make CAST IRON SKILLET PIZZA

This easy cast iron skillet pizza has a thick, chewy crust with crispy, caramelized edges and bubbly cheese from corner to corner. Make it with homemade or store-bought dough, top with your favorites, and bake it up in just 30 minutes, no pizza stone required!

INGREDIENTS



1/2 cup
Pizza sauce,
store bought
or homemade



1
Desired pizza
toppings



12 oz
Pizza dough



1 tbsp
Olive oil



2 cups
Mozzarella
cheese



SERVES: 8



PREP TIME:
10 MIN



COOK TIME:
13 MIN



TOTAL TIME:
23 MIN

Good food.
Good vibes.
Great living.

Keith Harley

WHAT YOU'LL LOVE



ONE PAN
WONDER



READY IN
30 MINUTES



CUSTOMIZE IT
YOUR WAY



CRISPY EDGES,
BUBBLY CHEESE

INTENTIONAL LIVING ISN'T JUST A MOMENT, IT'S A LIFESTYLE.

How to Make a

DIRTY MARTINI

A bold, briny classic. The Dirty Martini is all about balance—smooth, savory, and perfectly chilled.



INGREDIENTS

- 2 ½ oz gin or vodka
- ½ oz dry vermouth
- ½ oz olive juice (from the jar)
- Garnish: olives (3 or more)
- Ice

DIRECTIONS

1. Fill a mixing glass with ice.
2. Add gin (or vodka), dry vermouth, and olive juice.
3. Stir well for 20–30 seconds until well chilled.
4. Strain into a chilled martini glass.
5. Garnish with olives.

“

Life is all about balance.
Make yours dirty.

Keith Harley

PRO TIP

The secret is in the olive juice—it takes your martini from good to unforgettable.



RECIPE BY
KEITH HARLEY

LIFESTYLE INFLUENCER • AUTHOR • ENTREPRENEUR

KH

Creamy Tuscan Salmon

RICH. CREAMY. INTENTIONAL.
A restaurant-quality dish
you can make at home
in under 20 minutes.



**DR. KEITH HARLEY'S
INTENTIONAL KITCHEN**

“

Creating intentional moments begins around the table. Great food isn't just nourishment—it's an experience that brings people together.

Keith Harley

INGREDIENTS

- 3 salmon fillets
- 2 tbsp olive oil
- 2 tbsp butter
- 5 cloves garlic, finely diced
- 1 small yellow onion, diced
- 1/3 cup (80ml) vegetable broth
- 5 oz (150g) jarred sun-dried tomatoes in oil, drained of oil
- 1 3/4 cups heavy cream
- Salt and pepper, to taste
- 3 cups baby spinach leaves
- 1/2 cup grated Parmesan
- 1 tbsp fresh parsley, chopped

DIRECTIONS

1. Heat oil in a large skillet over medium-high heat. Season salmon on both sides and sear flesh-side down first for 3–4 minutes per side, until cooked. Remove and set aside.
2. In the same pan, melt butter in the remaining juices. Add garlic and onion; sauté until fragrant. Add sun-dried tomatoes and cook 1–2 minutes.
3. Pour in vegetable broth and simmer for 1–2 minutes. Reduce heat to low, add heavy cream, and stir occasionally. Season with salt and pepper.
4. Add spinach and Parmesan. Stir until spinach wilts and cheese melts into the sauce.
5. Return salmon to the pan. Spoon sauce over each fillet. Sprinkle with parsley and serve.

Simple ingredients. Extraordinary results.

CHEF'S TIPS

- Bring salmon to room temperature and pat dry before searing.
- Season just before cooking to avoid dryness.
- Use a hot pan and don't move the salmon too soon.
- For more flavor, add a splash of white wine with the broth.



SERVE WITH

- Steamed or roasted veggies
- Mashed potatoes
- Cauliflower rice
- White or brown rice
- Pasta



WHY YOU'LL LOVE IT

- Ready in under 20 minutes
- Rich, creamy, and satisfying
- Perfect for weeknights or entertaining
- Keto-friendly option



WELLNESS & LONGEVITY

AGING *with* FOOD

NOURISH YOUR BODY.
ELEVATE YOUR LIFE.

BY SHEILA CUTCHLOW
Chef and Longevity Food Expert

“

*The food you
choose every day
can become either
the safest, most
powerful form of
medicine... or the
slowest form of poison.*

Stop Trying to Eat Healthy. Start Eating for Longevity.

The Blue Zone Approach to Aging

Blue Zones are regions of the world where people routinely live into their 90s—and even beyond 100—while experiencing remarkably low rates of many chronic diseases. People in these zones eat climbing stairs, taking daily walks, bending, reaching, squatting without aches, pains and grants.

Researchers have spent decades studying these communities, and while there isn't one magic ingredient responsible for their longevity, clear patterns have emerged.

Daily movement, community connection and what they eat. That's the secret.



1. Longevity Starts In Your Kitchen!

The truth: Aging itself is a gift.

When we talk about anti-aging, what we're really talking about is slowing decay and supporting renewal. Changes that naturally happen over time are in our grasp to accelerate or slow down. It really is that simple.

It isn't about perfection. It's about choices—not deprivation. Think of these choices as a dance with the rhythm of commitment that lets you LIVE.

2. Your Body Is Rebuilding— Every Single Day

Our bodies are in a constant state of renewal. It is not too late to start NOW.

Your skin replaces itself every few weeks. Your intestinal lining renews in days. Your blood is continually replenished. Every single day, your body is repairing, replacing worn-out cells, fighting inflammation and defending you against disease.

What are you giving it to rebuild with?

The food you choose every day can become either the safest, most powerful form of fuel and medicine... or the slowest form of poison.

3. We're Eating Too Much, Love.

Simply put, we're eating too much... and far too often.

Modern life has conditioned us to believe we should always be eating. Somewhere along the way, we've forgotten that our bodies weren't designed to spend every waking hour digesting food.

Less is more. Mindful eating can add years to your life.



LONGEVITY STARTS
Every choice. Every day.

4. The Blue Zone Blueprint

People in Blue Zones don't diet; they live. Long lives are built on four essential pillars:



MOVE NATURALLY
Movement is part of daily life.



BELONG DEEPLY
Strong community connections create support and purpose.



EAT WISELY
Whole, minimally processed foods that nourish.



LIVE ON PURPOSE
A reason to rise in the morning.

5. QUALITY MATTERS. START HERE.

- Extra-virgin olive oil
- Beans and lentils
- Chia seeds
- Blueberries
- Beets
- Cucumbers
- Leafy greens
- Fermented foods (kimchi, sauerkraut)
- Melons
- Citrus fruits (lemons, tangerines, oranges)
- Salmon, sardines, and other oily fish
- Mushroom coffee
- Dark chocolate (flavanols for your heart and brain)



LIVE IT. LOVE IT.

Aging with vitality isn't about turning back time—it's about moving forward with intention. Choose real food. Move your body. Connect deeply. Eat less, but better. And savor every moment of this beautiful, abundant life.

Sheila Catchlow

RECIPE SPOTLIGHT

Vegan Black Bean Chocolate Mousse

A luxuriously rich chocolate mousse packed with fiber, protein, antioxidants, and flavanols—without the calorie load of traditional chocolate mousse.



INGREDIENTS

- 1½ cups dried black beans
- 6 ounces dark chocolate (70–85%)
- 1 tablespoon unsweetened cocoa powder
- ⅓–½ cup unsweetened almond milk, adjusted for desired consistency
- ¼ cup date syrup, or to taste
- 1 tablespoon vanilla extract
- ½ teaspoon sea salt
- 1–2 tablespoons cacao nibs, optional
- Chopped pistachios and whipped cream or dairy-free whipped topping, optional

INSTRUCTIONS

1. Rinse the dried black beans thoroughly, cover with plenty of water, and soak overnight. Drain and cook according to package directions until very tender. Allow the beans to cool completely.
2. Add the black beans, cocoa powder, almond milk, date syrup, vanilla extract, and sea salt to a high-speed blender.
3. Blend until completely smooth and silky, scraping down the sides as needed. If it's thicker than your preferred, stir in a bit more almond milk. We are going for silky, not runny.
4. Melt the dark chocolate until halfway smooth. Stir to finish. No need to completely melt it.
5. Add the melted chocolate and the cacao nibs, if using, and blend again until fully incorporated.
6. Taste and adjust the sweetness with additional date syrup, if desired.
7. Refrigerate for at least 2 hours to set.
8. Top with chopped pistachios and whipped cream or dairy-free whipped topping, if desired.

TASTES LIKE INDULGENCE. FUELS LIKE LONGEVITY.

This mousse delivers deep chocolate flavor with benefits that go far beyond dessert. Your heart, gut, and metabolism will thank you.



Serves 4–6

IN YOUR KITCHEN. *meal. Every day.*

INTENTIONAL LIVING

THE SUMMER RESET ISSUE



THE SUNDAY RESET

Prepare the week before it begins.

Sunday is not the end of the weekend. It is an opportunity to pause, prepare, and enter the new week with clarity. A thoughtful reset protects your peace and helps you live with intention—before life begins making decisions for you.

01



RESET YOUR MIND

Journal, reflect, practice gratitude, and release the previous week.

02



RESET YOUR HOME

Tidy key spaces, refresh the flowers, and prepare a peaceful atmosphere.

03



RESET YOUR HEALTH

Plan your meals, movement, supplements, hydration, and rest.

04



RESET YOUR STYLE

Choose your outfits and review grooming needs for the week ahead.

05



RESET YOUR PRIORITIES

Review your calendar and identify your three most important outcomes.

YOUR SUNDAY QUESTION

Who do I need to become this week?

“ You don’t have to wait for life to fall apart before giving yourself permission to reset. ”

— Dr. Keith Harley

JULY 2026

INTENTIONAL LIVING

THE SUNDAY RESET

THREE WORDS. ONE WAY OF LIFE.

Intentional. Living. Rest.



INTENTIONAL

DEFINITION: Done with purpose—chosen consciously rather than by habit or chance.

To me, being intentional means deciding what deserves my time, energy, and attention before the world decides for me. It is choosing the life I want on purpose—one decision, one boundary, and one standard at a time.

LIVING

DEFINITION: The active experience of being fully present, engaged, and growing—not merely existing.

Living is more than waking up and completing a schedule. It is allowing yourself to experience joy, beauty, connection, growth, and even change. The second part of life is too valuable to spend simply surviving. I want us to be awake for our own lives.



REST

DEFINITION: A purposeful pause that restores the body, clears the mind, and renews the spirit.

Rest is not laziness, weakness, or something you earn only after exhaustion. Rest is part of the work. It gives us the strength to return with clarity instead of continuing from depletion. Sometimes the most intentional thing you can do is stop, breathe, and allow yourself to be restored.

“ *Intentional living is choosing to be fully present for the life you are creating.* ”

— Dr. Keith Harley

THE OVER 50 CLUB



— YOU DON'T LOOK IT. YOU DON'T FEEL IT. YOU LIVE IT. —

THE SECOND HALF IS NOT THE LESSER HALF

Turning 50 is not the beginning of the end. It is an invitation to live with greater clarity, stronger standards, and fewer apologies. We have earned the wisdom to know what matters—and the courage to stop giving our time to what does not.



REINVENTION
HAS NO
EXPIRATION DATE.



STYLE AND
CONFIDENCE
DO NOT RETIRE.



HEALTH IS AN ACT
OF PERSONAL
RESPONSIBILITY.



JOY IS A
PRIORITY, NOT AN
OCCASIONAL REWARD.



TIME IS TOO
VALUABLE TO POSTPONE
THE LIFE YOU WANT.

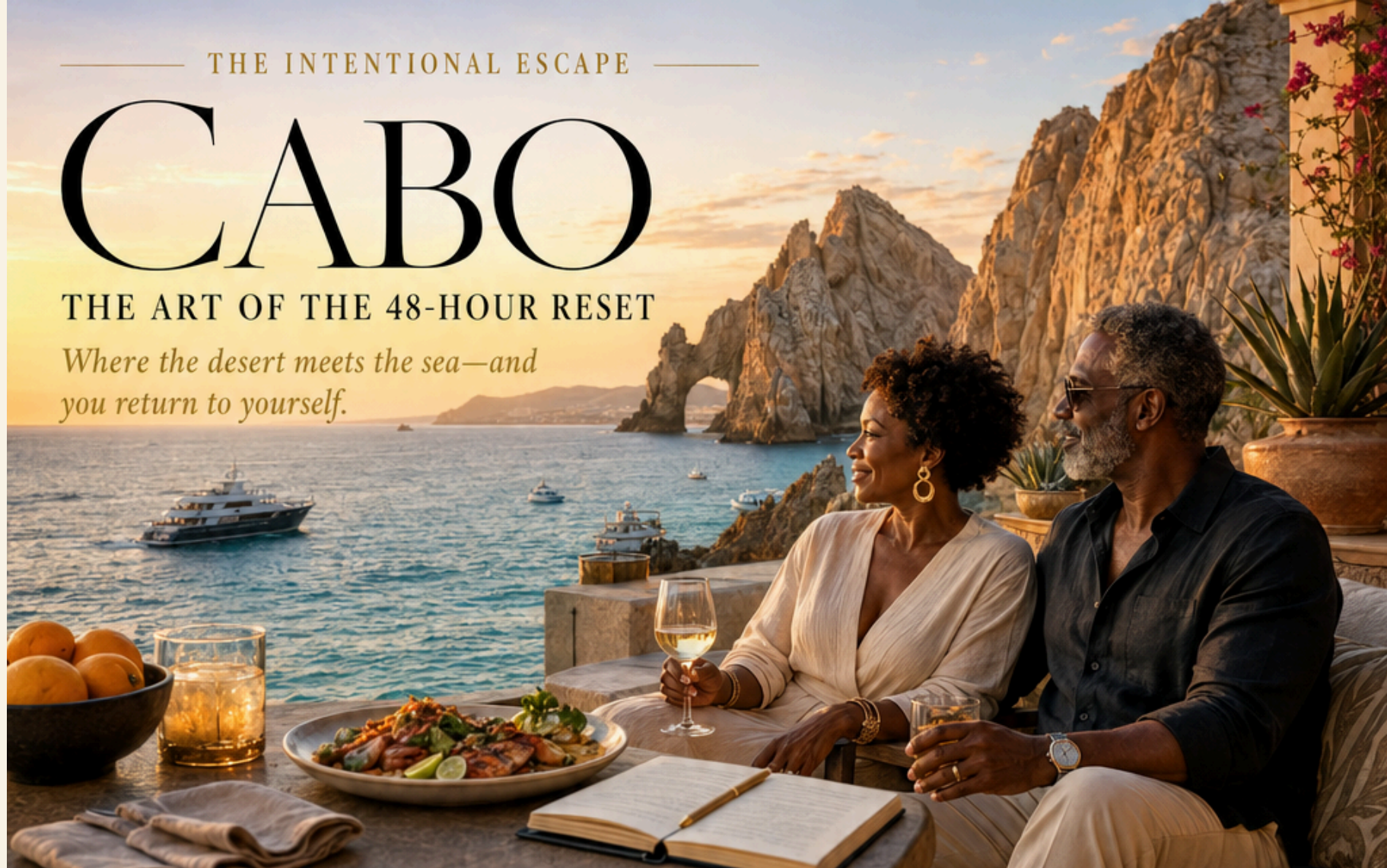
*“The second part of life is shorter. We do not
have time to waste living a life that no longer fits.”*

— Dr. Keith Harley —

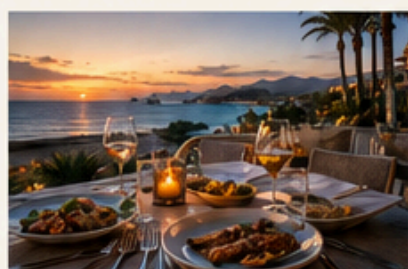
CABO

THE ART OF THE 48-HOUR RESET

Where the desert meets the sea—and you return to yourself.



Cabo reminds me that rest does not always mean doing nothing. Sometimes it means changing the view, slowing the pace, and allowing beauty to wake you back up. With dramatic desert landscapes, turquoise water, exceptional food, and space to breathe, Los Cabos is made for an intentional reset.



01 ARRIVE & EXHALE

Settle in, unpack, step onto the terrace, and resist the urge to fill every hour. Begin with a beautiful dinner and let the destination introduce itself slowly.



02 MOVE & DISCOVER

Start with sunrise movement, then experience El Arco at Land's End from the water. Spend the afternoon near the sea, followed by fresh Baja flavors and a golden-hour dinner.



03 RETURN RENEWED

Enjoy a quiet breakfast, journal what the trip gave you, and bring one new ritual home. The best escape should change how you return.

THE INTENTIONAL CABO GUIDE



Choose the feeling first: rest, romance, food, adventure, or reconnection.



Leave room in the schedule.



Pack breathable neutrals, sun protection, and one elevated dinner look.



Always confirm local beach and swimming conditions.



Savor regional ingredients, fresh seafood, and Baja flavors.

“The goal is not to escape your life. It is to return to it more awake.”

— Dr. Keith Harley



THE MIDYEAR CHECK-IN

Are You Living the Life You Said You Wanted?

July is not a deadline. It is an invitation to pause, tell yourself the truth, and make the second half of the year more intentional than the first.

At the beginning of a year, we make promises with hope. By the middle of it, life has usually interrupted the plan. Responsibilities expand. Priorities compete. Some goals lose their meaning, while others reveal how deeply they matter. A midyear check-in is not about judging what you failed to accomplish. It is about measuring whether the way you are living still agrees with the person you are becoming.

I have learned that progress is not always loud. Sometimes it looks like better boundaries, an honest conversation, a doctor's appointment you stopped postponing, money finally directed with purpose, or the courage to rest before exhaustion makes the decision for you. These choices may never appear on an achievement list, but they determine the quality of a life.

Reflection becomes useful when it leads to action. Research on behavior change suggests that specific goals, self-monitoring, and meaningful feedback can help people turn intention into consistent behavior. That does not mean tracking every minute or demanding perfection. It means becoming willing to notice the gap between what you say matters and what repeatedly receives your time.

Begin with peace. What is draining you, and what boundary would protect your emotional energy? Examine purpose. Does your current work use your gifts, or have you confused being busy with being called? Look honestly at health—not only weight or appearance, but sleep, movement, stress, medical care, and the habits that support your future self. Consider relationships. Who knows the real you, and where are apology, forgiveness, or deeper connection needed? Finally, review your finances. Your spending, saving, and giving should reflect your values instead of your impulses.

You do not have to repair everything in July. Choose one area, define one honest next step, and give it a place on the calendar. A life changes when truth becomes a decision and a decision becomes a practice.

“*You do not need a new year to make a new decision. You only need an honest moment.*”

— Dr. Keith Harley

THE FIVE-PART LIFE AUDIT



PEACE — What deserves less access to your energy?



PURPOSE — What work feels meaningful now?



HEALTH — Which habit will protect your future?



RELATIONSHIPS — Who needs your presence or honesty?



FINANCES — Does your money reflect your priorities?

RESEARCH LENS

Behavior-change research has repeatedly examined goal setting, self-monitoring, action planning, and feedback as tools for turning intentions into practice. The lesson is not to chase perfection—it is to make progress visible, specific, and repeatable.

GETTING DRESSED IS AN ACT OF SELF-RESPECT

*Style is not simply what you wear.
It is how you prepare to meet
your own life.*



Every morning, before we answer an email, enter a meeting, care for someone else, or face the demands of the day, we make a quiet decision about how we will present ourselves. Getting dressed can feel ordinary, but it is one of the first opportunities we have to practice intention.

I do not believe style is about labels, price tags, or performing for other people. It is about alignment. The strongest wardrobe supports the person you are today while making room for the person you are becoming. When clothing fits properly, feels authentic, and serves the life you actually live, it removes friction. You spend less time negotiating with your closet and more time participating in your life.

Self-respect appears in the details: clothes that are clean and cared for, shoes maintained, grooming considered, and a fit that allows you to move with confidence. This is not vanity. It is preparation. The way we care for our appearance can communicate that the moment matters, the people in front of us matter, and we matter too.

An intentional wardrobe does not need to be enormous. Begin with a foundation of versatile pieces, then add color, texture, and personality. Buy less impulsively. Tailor what deserves a better fit. Release what no longer represents you. Repeat the pieces you love without apology. Personal style becomes powerful when it is consistent enough to be recognized and flexible enough to keep evolving.

The goal is not to become the best-dressed person in every room. The goal is to enter the room feeling present, prepared, and unmistakably yourself.

“*Getting dressed is not about impressing the room. It is about deciding how you will enter it.*”

— Dr. Keith Harley

THE INTENTIONAL CLOSET



FIT FIRST —
Tailoring can elevate even the simplest garment.



BUILD A FOUNDATION —
Choose versatile pieces that work together.



ADD YOUR SIGNATURE —
Color, eyewear, jewelry, fragrance, or a beautiful shoe.



CARE IS STYLE —
Clean, press, repair, polish, and store pieces properly.



DRESS FOR YOUR REAL LIFE —
Your wardrobe should support your actual days.

ONE SUIT. FIVE LIVES.

The smartest wardrobe does not give you more to wear. It gives you more ways to wear what you already own.



A well-made suit is not one outfit. It is a system. Change the layer, shoe, proportion, and finishing details, and the same foundation can move from a meeting to dinner, a summer event, or the weekend. The secret is to stop seeing the jacket and trousers as a fixed pair. Together they create authority; separately they become two of the hardest-working pieces in your wardrobe.

The same formula works across wardrobes: begin with a beautifully fitted suit, dress, or jacket, then change the layer, shoe, accessory, and occasion.

01 THE BOARDROOM



Wear the complete suit with a crisp white shirt, polished oxford shoes, a restrained tie, and a structured watch. Keep the lines clean and let fit communicate confidence.



03 THE ELEVATED WEEKEND



Separate the jacket from the trousers. Pair it with a premium white T-shirt, dark denim or relaxed chinos, clean leather sneakers, and sunglasses.



05 CREATIVE CONFIDENCE

Wear the suit trousers with a knit polo or the jacket with wider trousers. Introduce color through eyewear, jewelry, or an unexpected shoe—but choose one statement at a time.



02 DINNER AFTER DARK



Replace the shirt and tie with a black silk shirt or fine-gauge knit. Add a textured evening jacket, sleek boots or loafers, and one piece of understated jewelry.



04 THE SUMMER EVENT



Choose an open-collar patterned shirt, woven belt, pocket square, and suede loafers. Roll the trouser hem only when the proportion and occasion allow it.



THE FINISHING PIECES



SHOES change the attitude.



JEWELRY adds personality.



EYEWEAR frames your presence.



A BAG brings polish and function.



COLOR creates memory.



FIT makes every combination believable.

“Style becomes intentional when every piece earns more than one life.”

— Dr. Keith Harley



THE INTENTIONAL CIRCLE

THE PEOPLE AROUND YOU ARE SHAPING YOUR LIFE

Adult relationships do not survive on history alone. They require presence, reciprocity, honesty, and the courage to decide who should have access to the life you are building.

THE ARCHITECTURE OF A CIRCLE

There comes a point in adulthood when friendship can no longer depend on convenience. School, work, neighborhoods, and shared routines may have introduced us, but history alone cannot sustain a relationship. People change. Responsibilities grow. Values become clearer. The circle that once formed naturally must eventually be built intentionally.

I have learned that access is one of the most valuable things we give another person. Access means more than having your telephone number or following your life online. It means proximity to your private thoughts, your family, your dreams, your fears, and the decisions that shape your future. Everybody can be treated with kindness, but everybody should not receive the same level of access. Discernment is not cruelty. It is stewardship.

A healthy circle is not made entirely of people who agree with you. Agreement can feel comfortable while still keeping you small. The right people can celebrate your progress without competing with it, tell you the truth without humiliating you, and challenge your thinking without trying to control your life. They do not require you to become less successful, less joyful, or less honest in order to keep the relationship comfortable.

Reciprocity matters. Every friendship will move through seasons when one person carries more, but permanent imbalance creates resentment. If one person is always calling, listening, planning, apologizing, encouraging, and repairing, the relationship may have become a responsibility rather than a refuge. Love should be generous, but it should not require one person to disappear.

This is why mature friendship demands participation. We cannot repeatedly say that people matter and then offer them only what remains after work, family, ambition, and exhaustion have taken everything else. Connection needs a place on the calendar. It requires invitations, returned calls, remembered details, shared rituals, and the willingness to be present before a crisis forces us to show up.

WHO POURS BACK INTO YOU?

Pay attention to how you feel after spending time with someone. Do you feel grounded, expanded, and understood—or anxious, depleted, and edited? One difficult evening does not define a relationship, but a consistent pattern is information. The people closest to you should not make peace impossible.

“

Everybody cannot have unlimited access to you. Your circle should protect your peace, challenge your thinking, and celebrate your growth.”

— Dr. Keith Harley

CONTINUED: BOUNDARIES, LONELINESS & THE COURAGE TO BEGIN AGAIN →

THE COURAGE TO CONNECT—AND BEGIN AGAIN



BOUNDARIES ARE NOT REJECTION

A boundary is not a punishment designed to make another person suffer. It is a clear statement about what allows a relationship to remain respectful and sustainable. Sometimes the boundary is about time. Sometimes it concerns privacy, money, language, family, or the way conflict is handled. A healthy person may not always like your boundary, but they can eventually respect that you have one.

The real test is consistency. A boundary repeatedly announced and repeatedly abandoned teaches people that your discomfort will always be negotiable. Say what you mean without unnecessary cruelty, then allow your behavior to support your words. Not every boundary requires a dramatic ending. Some relationships simply need a different distance.

THE CONVERSATION WE KEEP AVOIDING

Many adult relationships do not end because love disappeared; they weaken because assumptions replaced conversation. We expect people to recognize needs we never expressed, apologize for injuries we minimized, or understand silence that meant something different to them. Honest conversation creates risk, but avoidance creates distance.

Begin with observation rather than accusation. Describe what happened, explain its impact, and ask whether the relationship can work differently. Listen for accountability, not perfection. A sincere person may need time to understand, but they will not continually make your pain the price of remaining connected.

BECOME THE FRIEND YOU KEEP ASKING FOR

Before creating a list of what others should provide, examine what it feels like to be in relationship with you. Do you listen without turning every story back toward yourself? Can you celebrate good news without comparison? Do you protect confidences, repair harm, arrive when promised, and tell the truth with love? The circle changes when we change what we contribute to it.

We do not need perfect people. We need relationships in which honesty can survive, care can move in both directions, and growth is not treated as betrayal. Build that kind of circle—and become worthy of remaining in it.

LONELINESS CAN EXIST IN A CROWDED ROOM

Social isolation is the absence of contact or support; loneliness is the painful gap between the connection we have and the connection we desire. A person can be surrounded by colleagues, relatives, followers, and invitations and still feel unseen. The answer is not always to collect more people. Often it is to create more honesty with a few.

Public-health research has increasingly treated social connection as essential to well-being. The U.S. Surgeon General has described loneliness and isolation as a major public-health concern, and the CDC notes that high-quality relationships can support longer, healthier lives. Connection is not a luxury reserved for people with extra time. It is part of how human beings remain resilient.

MAKE ROOM FOR NEW RELATIONSHIPS

Some people are grieving circles that no longer exist. A move, divorce, career change, loss, conflict, or season of caregiving may have altered the community around you. Beginning again can feel awkward because adult friendship requires initiative without a guarantee of return.

Go where repetition makes familiarity possible: a class, faith community, professional group, neighborhood event, volunteer project, walking club, or recurring dinner. Offer a specific invitation instead of saying, “We should get together.” Be curious. Follow up. Allow trust to grow at the speed of evidence. New connection rarely arrives fully formed; it is built through repeated moments of reliability.

A PRACTICE OF CONNECTION

- 1 Name three people who consistently bring truth, peace, and mutual care.
- 2 Schedule one meaningful conversation before the month ends.
- 3 Repair one relationship where accountability and safety are possible.
- 4 Enter one recurring space where new community can grow.
- 5 Ask yourself: What experience do people have when they are close to me?

RESEARCH LENS

Sources informing this feature include the U.S. Surgeon General’s advisory on social connection, CDC guidance on connectedness, and a major meta-analysis of social relationships and mortality. Research provides the evidence; daily participation creates the relationship.

“Do not only search for your people. Become someone your people can trust.”

— Dr. Keith Harley



STOP OVERTHINKING

Protecting your peace from the noise inside your head.

A personal reflection by Dr. Keith Harley

WHY THIS BOOK, WHY NOW

Overthinking can disguise itself as responsibility. We replay the conversation because we want to understand it. We rehearse every possible outcome because we want to be prepared. We revisit the decision because we are afraid of making the wrong one. The mind stays busy, but the life remains still.

That is why Nick Trenton's *Stop Overthinking* belongs in The Summer Reset Issue. The book addresses negative thought spirals, stress, mental clutter, and the difficulty of returning attention to the present. Its practical focus reminded me that every thought does not deserve equal authority.

REFLECTION OR RUMINATION?

Reflection has a destination. It helps us understand what happened, identify what can be learned, and decide what to do next. Rumination circles the same question without producing new information. It may feel like problem-solving, but often it is fear repeating itself in different language.

I have started asking a simple question: *Is this thought giving me information, or is it only giving me anxiety?* If there is a responsible action available, I can take it. If there is no new action, no new evidence, and no decision to make, continuing the mental meeting will not create peace.

WHAT I AM TAKING WITH ME

The goal is not to stop thinking deeply. Thoughtfulness is a strength. The goal is to recognize when thinking has stopped serving the life in front of us. We can notice a trigger without building a home inside it. We can prepare without attempting to control every outcome. We can learn from yesterday without forcing tomorrow to answer questions it has not reached.

Protecting the mind also requires boundaries. Constant news, comparison, unresolved conversations, and unlimited access to other people's opinions can keep the nervous system in a permanent state of reaction. Sometimes the most intentional decision is to close the application, silence the notification, write the concern down, take one useful action, and return to the room we are actually in.

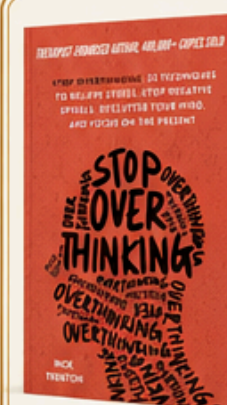
Peace is not the absence of every difficult thought. It is the ability to decide which thoughts receive our attention, which require action, and which must be allowed to pass.

“Every thought does not deserve a meeting. Some thoughts need to be acknowledged—and dismissed.”

— Dr. Keith Harley

THE FIVE-MINUTE MENTAL RESET

1. **NAME IT** —
What thought keeps repeating?
2. **CHECK IT** —
What facts do I actually have?
3. **SORT IT** —
Is this reflection, planning, or rumination?
4. **ACT ON IT** —
What is one responsible next step?
5. **RELEASE IT** —
If no action is available, return to the present.



STOP OVERTHINKING

Nick Trenton

23 techniques addressing stress, negative spirals, mental clutter, and present-moment focus.

Keith's note: Read slowly. Practice one technique before collecting another.

NEXT MONTH

THE CONFIDENCE ISSUE

THE COURAGE TO BE SEEN

An issue devoted to
self-esteem, confidence,
visibility, and becoming
impossible to diminish.

INTENTIONAL LIVING CONTINUES

AUGUST 2026

INTENTIONAL LIVING



KEITH'S SUMMER FAVORITES

— THE INTENTIONAL EDIT —

ELEVATED LIVING

Beautiful things that make everyday life feel elevated.

01

2026 BMW
7 SERIES 740i

Modern presence, advanced technology, and exceptional comfort—the kind of automobile that makes every arrival feel like an experience.

02

Z GALLERIE
MIEL FLOOR VASE

Every room needs one piece that speaks before anything else does. Its sculptural shape and gold finish bring warmth, movement, and modern luxury.



03

ASAKUKI
ESSENTIAL OIL DIFFUSER

Scent, light, and quiet moments can transform the atmosphere of a home. I love products that make calm feel intentional.



04

BLACK LEATHER
LOAFERS

A timeless loafer can elevate denim, ground a tailored look, and move effortlessly between casual and sophisticated.

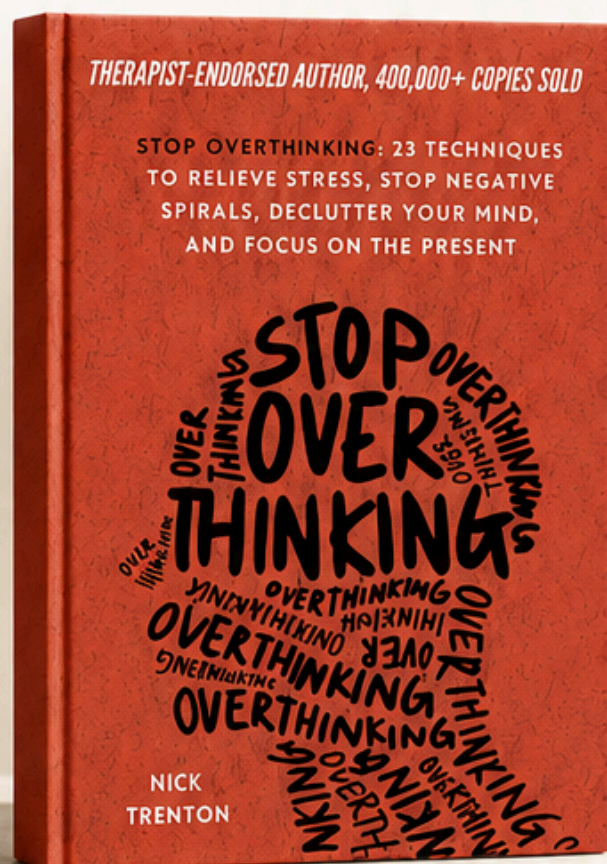


KEITH'S SUMMER FAVORITES

THE INTENTIONAL EDIT

MIND, ENERGY & SELF-CARE

Intentional rituals for protecting your peace and caring for yourself well.



05

STOP OVERTHINKING

BY NICK TRENTON

Everything occupying your mind does not deserve your energy. This book offers practical ways to interrupt negative thought patterns and return to the present.



06

MARY KAY TIMEWISE REPAIR® VOLU-FIRM® SET

Caring for mature skin is not about erasing age. I love a complete regimen that makes consistency easier through every stage of life.



07

DOVE INDULGE WARM VANILLA & SWEET CREAM BODY WASH

A comforting fragrance and skin that feels cared for can transform an ordinary shower into an everyday luxury.



08

FOAINCORE REUSABLE MAKEUP REMOVER PADS

A practical, attractive, and reusable addition to an intentional skincare routine.



09

FREQUENSE RISE MANGO LEMONADE

RISE fits into my morning ritual when I want an energized start. I enjoy the refreshing flavor and the simplicity of the routine.

SHOP THE EDIT

Product links are included in the digital edition.

Disclosure: Some links are affiliate links, which means I may earn a commission from qualifying purchases at no additional cost to you.



FINANCIAL PEACE BEGINS WITH THE TRUTH

Your lifestyle needs more than income. It needs a system that directs money toward stability, freedom, generosity, and the future you say you want.

THE MONEY CONVERSATION WE AVOID
Financial stress grows in the space between what we assume and what we are willing to measure. We may know our salary and still not know our true monthly cost of living, how much interest debt is consuming, whether beneficiaries are current, or what would happen if income stopped for ninety days. Wealth begins with clarity—not appearance.

I believe money should support the life, not become the performance of one. A beautiful home, travel, clothing, generosity, and memorable experiences can all belong in an intentional life, but enjoyment without structure eventually becomes anxiety. The goal is not deprivation. The goal is to know that today is not quietly stealing from tomorrow.

BUILD BREATHING ROOM

Begin with five numbers: monthly take-home income, essential expenses, minimum debt obligations, liquid savings, and retirement contributions. Then review what remains. That gap—positive or negative—is telling you the truth about the system.

The Federal Reserve's 2024 household survey found that 63 percent of adults said they could cover a hypothetical \$400 emergency using cash or its equivalent. Only 35 percent of non-retirees believed their retirement saving was on track. These findings are not an invitation to panic. They are evidence that financial breathing room must be built deliberately.

Choose a first emergency-savings target you can reach, then continue building toward a reserve appropriate for your household, job stability, health, and responsibilities. Automate a transfer on payday, even while the amount is modest. Consistency gives the habit time to become capacity.

MAKE THE PLAN VISIBLE

Give every dollar a responsibility before the month begins: living, giving, debt reduction, protection, saving, investing, and enjoyment. Review the plan together when finances are shared. A budget should not feel like punishment; it is permission to spend what has already been assigned without creating a surprise later.

List every debt with its balance, interest rate, minimum payment, and due date. Keep minimums current, then direct additional money according to a method you can sustain. Review insurance, wills, powers of attorney, retirement beneficiaries, and important documents with qualified professionals. Financial peace is not one account. It is a coordinated system.

“Financial peace is not about having everything. It is about knowing that what you have is being directed with purpose.”

— Dr. Keith Harley

THE CREDIT RESET

- 1. GET THE FACTS —**
Review reports from the nationwide credit bureaus through the federally authorized [AnnualCreditReport.com](https://www.annualcreditreport.com).
- 2. CHECK FOR ERRORS —**
Look for accounts that are not yours, incorrect late payments, duplicated debts, wrong balances, and outdated personal information.
- 3. DISPUTE ACCURATELY —**
The CFPB advises contacting both the credit-reporting company and the business that supplied incorrect information.
- 4. BUILD THE PATTERN —**
Pay every bill on time, reduce revolving balances, avoid unnecessary applications, and monitor progress.
- 5. REJECT THE GIMMICKS —**
Accurate negative information generally cannot simply be erased. You can dispute errors yourself without paying a credit-repair company.

RESEARCH LENS

Federal Reserve SHED 2024
Consumer Financial Protection Bureau
Federal Trade Commission

CONTINUED: BUILD YOUR PART-TIME FORTUNE & REIMAGINE RETIREMENT →



BUILD YOUR PART-TIME FORTUNE

Your full-time job can fund today while your focused after-hours work builds options for tomorrow.

DO NOT WAIT FOR ONE INCOME TO DO EVERYTHING

A full-time job can provide stability, benefits, experience, relationships, and the capital to build something carefully. It does not have to be treated as the enemy of entrepreneurship. For many people, the responsible path is not a dramatic resignation. It is a disciplined experiment conducted without destroying the foundation already supporting the household.

The Federal Reserve reported that adults continued earning beyond traditional employment: in 2024, 13 percent made money through gig or resale activity and 9 percent performed short-term tasks. Additional income can create flexibility, but activity is not automatically a fortune. A real enterprise must eventually produce value, repeatable revenue, useful records, and an asset that can grow beyond one exhausted person selling every available hour.

START WITH A PROBLEM, NOT A LOGO

Ask what you know how to do, who needs it, what outcome you can produce, and why someone would pay. Test one clear offer with real customers before spending heavily on branding, inventory, equipment, or a website. The Small Business Administration recommends market research and a business plan because enthusiasm is not the same as demand.

Protect the full-time job while you build. Review employment agreements for conflicts, outside-work rules, confidentiality, and ownership of intellectual property. Never use an employer's time, equipment, data, or clients without permission. Create a separate bank account and bookkeeping system. Track income, expenses, receipts, mileage, and contracts from the beginning.

PROTECT THE MONEY YOU EARN

Side income is still income. The IRS states that gig income is taxable even when it is part-time, temporary, paid in cash, or not reported on an information form. Independent workers may need estimated tax payments, and net self-employment earnings of \$400 or more can trigger a federal filing requirement. Tax rules are personal and can change, so use current IRS guidance and a qualified tax professional.

Decide in advance how profit will be divided among taxes, reinvestment, reserves, debt reduction, retirement, and personal reward. Revenue is not take-home pay. A part-time fortune becomes real when the business keeps clean records, survives a slow month, and creates choices instead of a second financial emergency.

RETIREMENT DOES NOT MEAN YOU STOP

Retirement should be planned financially, but it should also be designed emotionally. Leaving a title can remove structure, identity, community, and a reason to be expected somewhere. The next chapter needs more than enough money; it needs purpose.

Retirement can mean moving from required work to chosen contribution: consulting, mentoring, teaching, creating, serving, investing time in family, or growing a smaller enterprise with greater freedom. The Department of Labor encourages people to define retirement needs, use employer plans, and plan early. Social Security also allows benefits and work to overlap, although earnings rules may affect benefits before full retirement age. Verify current rules before making decisions.

Do not retire only from something. Retire toward something. Ask what wisdom you want to transfer, what work you would still do with more control, and what kind of week would make the next decade feel alive.

“Retirement is not the end of your usefulness. It is the beginning of choosing where your experience goes next.”

— Dr. Keith Harley

THE PART-TIME FORTUNE PLAN

- 1 **NAME THE SKILL** — What result can you reliably create?
- 2 **CHOOSE ONE CUSTOMER** — Who has the problem?
- 3 **TEST ONE OFFER** — Sell before scaling.
- 4 **PROTECT THE JOB** — Honor agreements and boundaries.
- 5 **SEPARATE THE MONEY** — Banking, records, and taxes.
- 6 **BUILD AN ASSET** — Systems, intellectual property, audience, or repeat customers.
- 7 **SET THE EXIT CONDITIONS** — Define the revenue, reserves, and evidence required before changing employment.

RETIREMENT & WORK



Working while receiving Social Security may affect benefits before full retirement age. Earnings limits change; verify the current year directly with SSA.



RESEARCH / SOURCE NOTE

Federal Reserve SHED 2024

- U.S. Small Business Administration
- Internal Revenue Service
- U.S. Department of Labor
- Social Security Administration

ADVERTISEMENT

STEP UP

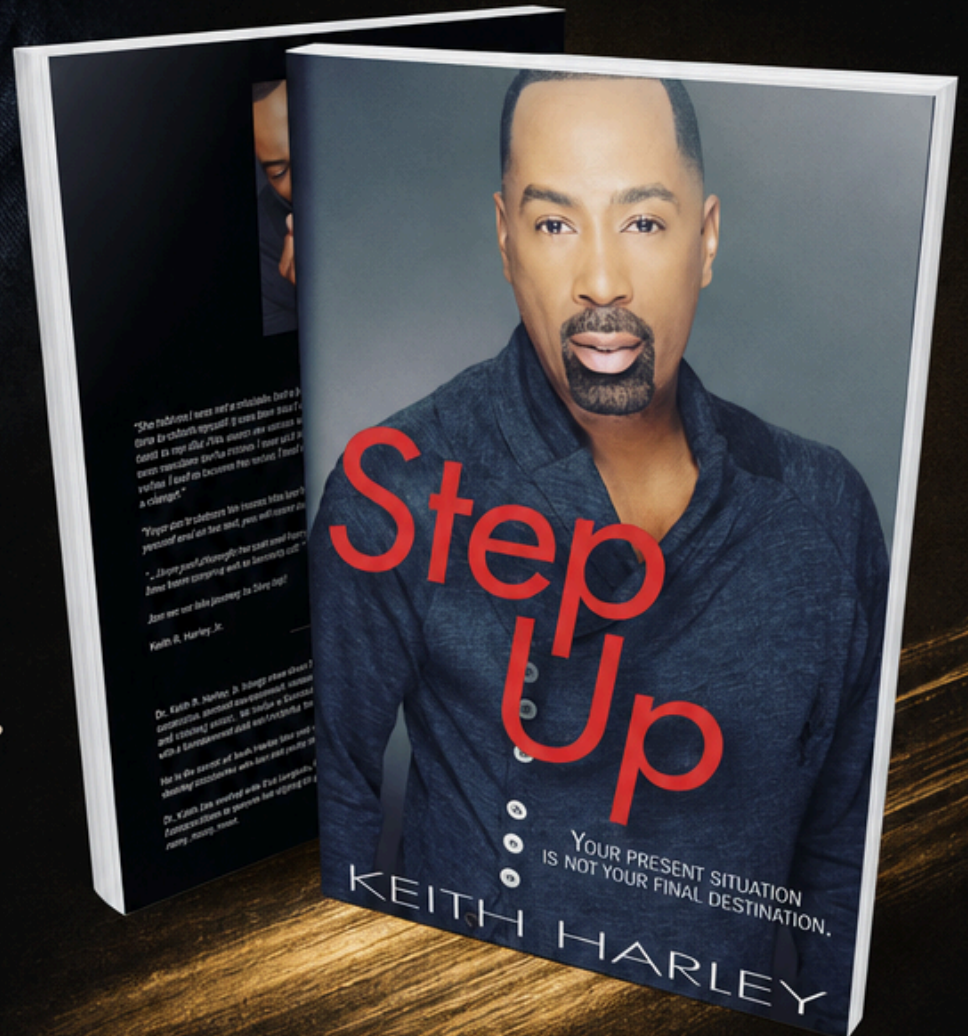
YOUR PRESENT SITUATION
IS NOT YOUR FINAL DESTINATION

Your next chapter
begins with one
intentional decision.

An inspiring guide by
bestselling author
Dr. Keith R. Harley, Jr.

AVAILABLE NOW

KEITHHARLEYCOLLECTION.COM



SCAN TO ORDER

INTENTIONAL LIVING

THE CONFIDENCE ISSUE

THE
COURAGE
TO BE
SEEN

Self-Esteem:
How to Build It,
Protect It & Live It

CONFIDENCE
IS A PRACTICE
Stop Shrinking.
Start Showing Up.

DR. KEITH HARLEY

AUGUST 2026