

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 —

CONTENTS

THE CONFIDENCE ISSUE

Stop shrinking. Start showing up.

- | | |
|---|--|
| <p>01 THE CONFIDENCE ISSUE
Cover</p> <hr/> <p>02 TABLE OF CONTENTS
The guide to what's inside</p> <hr/> <p>03 A LETTER FROM KEITH
A note from the publisher</p> <hr/> <p>04 THE COURAGE TO BE SEEN
Showing up without Apology</p> <hr/> <p>06 REBUILDING SELF-ESTEEM
After Life has tested you</p> <hr/> <p>08 CONFIDENCE AFTER 50
Experience is your advantage</p> <hr/> <p>10 THE CONFIDENCE RESET
Stop Waiting to feel ready</p> <hr/> <p>12 THE COHRIDENCE RESET - SPREADSHEET
Pause and Tell us the Truth.</p> <hr/> <p>14 STOP SHRINKING
5 Ways to Show up Fully</p> | <p>16 DESIGNING YOUR NEXT CHAPTER
Creating Home that reflects who you are becoming</p> <hr/> <p>18 STYLE IS A STATEMENT
Modern Style, Accessories, and Presence</p> <hr/> <p>20 FALL 2026 - THE NEW EXPRESSION
The season's defining looks</p> <hr/> <p>22 THE ART OF PURPOSE
O'brian Jone / Obj Art</p> <hr/> <p>28 CREATE A SPACE THAT REFLECTS YOUR WORTH
Art, Design and Shoppable inspiration</p> <hr/> <p>24 INVEST IN THEIR PROMISE
Stars United Global Outreach</p> <hr/> <p>26 THE ART OF BECOMING
You Are Allowed to outgrow the person you had to be.</p> <hr/> <p>29 MAKE IT COUNT
Dr. Keith Harley x Domestic King</p> <hr/> <p>30 THE INTENTIONAL LIVING JOURNAL
Reflection with Purpose</p> <hr/> <p>31 SHARE AND WIN DRAWING
The Intentional Living Swag Bag</p> <hr/> <p>32 THE LAST WORD
A Closing Reflection from Dr. Keith Harley</p> <hr/> <p>33 THE FALL ISSUE
Arriving September 22</p> |
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CONFIDENCE IS A PRACTICE.

This issue is an invitation to rebuild self-trust, honor your experience, elevate your surroundings and become visible in the life you are creating.

STOP SHRINKING. START SHOWING UP.

A LETTER FROM KEITH

Confidence begins when we stop abandoning ourselves.

Dear Intentional Living family,

There comes a point in life when you realize that shrinking has never protected you—it has only delayed you. You can make yourself quieter, smaller and easier for other people to understand, but none of that will bring you closer to the life you were created to live.

I know what it feels like to question your worth. I know what it means to carry insecurity, to struggle with self-esteem and to wonder whether your time has passed. But I also know this: your present situation is not your final destination. The confidence you need is not somewhere outside of you waiting to be discovered. It is built each time you keep a promise to yourself, speak honestly, set a boundary, take care of your body, honor your gifts and show up before you feel completely ready.

This issue is about the courage to be seen—not simply by the world, but by yourself. It is an invitation to look at your life without shame, recognize how far you have come and decide that your next chapter deserves your full participation.

Confidence is not arrogance. It is not perfection, volume or performance. Real confidence can be quiet. It is the steady knowledge that you have value even while you are growing. It allows you to enter a room without begging for permission, receive a compliment without rejecting it and pursue a new dream without apologizing for your age or your ambition.

As you read these pages, I want you to think about where you have been hiding. What dream have you made smaller? What truth have you avoided saying? What part of yourself have you been waiting for someone else to approve?

You do not need to become a different person before you begin. You need to become more faithful to the person you already know you are becoming.

Stop shrinking. Start showing up. Your life is waiting for the version of you who finally believes it is worthy of being lived fully.

With intention,

Dr. Keith R. Harley, Jr.

Publisher, Intentional Living Magazine



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BEFORE YOU TURN THE PAGE

SET YOUR INTENTION

This issue is about more than looking confident. It is about remembering who you are, recognizing your worth, and refusing to let past experiences determine what is still possible for your life.

As you move through these pages, I invite you to slow down and ask yourself:

| *Where have I been underestimating myself?*

| *What would I do differently if I truly trusted who I am becoming?*

| *What is one courageous step I can take right now?*

Confidence does not require you to have everything figured out. Sometimes, it simply means believing that you are worthy of taking the next step.

Today, I choose to walk into the next chapter of my life with confidence, intention, and the expectation that something extraordinary is still ahead of me.

Your present situation is not
your final destination.

— Dr. Keith R. Harley, Jr.



THE COURAGE TO BE SEEN

Confidence is not a performance.
It is a relationship with yourself.

BY DR. KEITH R. HARLEY, JR.

Stop shrinking. Start showing up.



The room is not waiting for a perfect version of you.

Many of us learned how to disappear without leaving the room. We softened an opinion, delayed a dream, dressed to avoid attention or accepted less than we needed. We called it patience, humility or being realistic. But underneath those explanations was often a quieter truth: being fully seen felt risky.

Why visibility can feel dangerous

Social rejection is not imaginary pain. Experimental research shows that rejection can disrupt attention and temporarily lower self-esteem, positive mood and a sense of control. If you have been criticized, excluded or misunderstood, your instinct to protect yourself makes sense. The problem begins when protection becomes a permanent way of living. Avoidance may reduce discomfort today while slowly weakening trust in your own voice.

Build worth on something steadier

Confidence becomes fragile when it depends on applause, comparison or always being right. Research comparing self-esteem with self-compassion suggests that self-compassion offers a more stable, less contingent way of relating to yourself. It allows you to acknowledge a mistake without turning the mistake into your identity. The question changes from 'What is wrong with me?' to 'What happened, what do I need, and what is the next responsible step?'

Remember your values before the pressure arrives

Self-affirmation is more than repeating flattering sentences. In research, it often means reflecting on values, strengths or relationships that give life meaning. Studies have found that values-based self-affirmation can buffer stress and, in some circumstances, improve problem-solving under pressure. Before a difficult meeting, post or conversation, write down the value you intend to embody—honesty, service, creativity, faith, courage or excellence. Let that value lead the moment instead of your fear of evaluation.



Authenticity is not oversharing

Authenticity means reducing the distance between what you know, what you value and how you live. Studies have linked authentic behavior and authentic self-expression with greater subjective well-being. That does not mean every person deserves every detail of your life. Boundaries are part of authenticity. You can be truthful without being exposed, visible without being available to everyone, and confident without becoming loud.

Action creates evidence

Most people wait to feel confident before they act. But confidence is often the evidence that action leaves behind. Apply. Publish. Introduce yourself. Wear the look. Ask the question. Keep one promise to yourself. Each completed action tells your spirit, 'I will not abandon you today.' Start small enough to be responsible and visible enough to matter.

Stay teachable while you become visible

Being seen does not require pretending to know everything. Mature confidence can receive correction without collapsing. It can say, 'I was wrong,' 'I need help,' or 'I am still learning' without confusing a moment of imperfection with a loss of worth. The goal is not to perform certainty. It is to participate honestly.

Your next visible step

Name one place where you have been shrinking. Choose one action that reflects your values. Take it within the next 24 hours, then record what happened—not only how others responded, but how it felt to stop abandoning yourself. The courage to be seen is not one fearless moment. It is a daily decision to let your life become the announcement.

REBUILDING SELF-ESTEEM

AFTER LIFE HAS TESTED YOU

What happened to you may explain a wound.
It does not define your worth.

BY DR. KEITH R. HARLEY, JR.

You experienced a setback. You are not the setback.

A setback is an event—not an identity

Life can shake the story we tell about ourselves. A relationship ends. A business struggles. A body changes. A room fails to applaud. When enough disappointments arrive, circumstances can begin to sound like character evidence: 'If this failed, perhaps I am a failure.' Rebuilding begins by naming the event accurately. You experienced a setback; you are not the setback. Someone failed to value you; that does not set your value.

Replace judgment with accurate language

Self-criticism often speaks in permanent words: always, never, ruined, too late. Accurate language is not empty positivity. 'I ruin everything' becomes 'This decision did not produce the result I wanted, and I can study it.' 'I am behind' becomes 'I am beginning with experience I did not have before.' Research on self-compassion suggests that a less condemning response to failure can support resilience, motivation and healthier coping.

Restore evidence through small promises

Self-esteem does not return because you win an argument with your reflection. It returns as your actions become believable. Make the appointment. Complete the walk. Save the money. Send the email. Prepare the meal. Finish the page. Each completed promise becomes evidence that you can depend on yourself again. Choose commitments small enough to complete and meaningful enough to matter.

Let support become part of the rebuild

Studies of resilience repeatedly identify social support as a protective resource. Choose people who can tell you the truth without diminishing you—people who respect your future and do not require you to remain identified with your hardest season. Support does not remove responsibility. It makes responsible action less lonely.





Do not force a growth story

Adversity can lead to new priorities, stronger relationships or a deeper sense of personal strength, but growth is not owed on a schedule. Research on post-traumatic growth is nuanced: reported growth can coexist with distress. You do not have to call pain a gift to prove that you are healing. Honor what happened, accept the help you need and allow meaning to develop honestly.

Create new evidence

Comparison cannot tell you whether your life is aligned. You rarely know the full timing, support or cost behind another person's progress. Measure today's choices against your own values. Then do one thing each week that the wounded version of you avoided: introduce yourself, try again, wear the look, ask for the opportunity, enter the room.

The five-part rebuild

1. Separate the event from your identity. 2. Speak to yourself with accurate, specific language. 3. Keep one small promise every day. 4. Choose a circle that supports truth and growth. 5. Take one visible action that creates new evidence.

The truth to carry forward

You are allowed to grieve what hurt you and still build what heals you. Self-esteem is not pretending the test never happened. It is refusing to let the test write the conclusion. What happened to you may explain a wound, but it does not define your worth.

CONFIDENCE AFTER 50

THE YEARS DID NOT DIM ME.
THEY TAUGHT ME HOW TO SHINE.



BY DR. KEITH R. HARLEY, JR.

Publisher • Author • Intentional Living Visionary

“I did not survive everything that tested me
just to arrive here and play small.”

A PERSONAL DECLARATION

I am not going backward. I am building forward—with wisdom.

I REFUSE TO BECOME INVISIBLE

I did not fight through insecurity, low self-esteem, financial struggle and years of people-pleasing just to arrive at this chapter and make myself smaller. I have spent too much of my life questioning whether I was enough. Now I understand: confidence after 50 is not about pretending that life never tested you. It is about standing in the evidence that it did—and recognizing that you are still here, still growing, still ambitious and still capable of becoming more.

CONFIDENCE IS NOT YOUTH WITH GOOD LIGHTING

For too long, society has treated confidence as if it belongs to the young. We are told to chase the face we had, the body we had and the life we had. I am not interested in going backward. I am interested in becoming wiser, healthier, more stylish, more financially secure and more intentional than I have ever been. I am not trying to look like I am 30. I am showing the world what possibility looks like when experience finally meets courage.

STOP ASKING PERMISSION

At this age, I no longer need permission to change direction, start over, dress boldly, build something new, walk into the room or leave a room that no longer honors me. Confidence grows every time you make a decision that matches the life you say you want. It grows when you stop explaining every boundary. It grows when you stop apologizing for your standards. It grows when your own approval becomes more important than the applause of people who were never assigned to understand your vision.

LET THE YEARS BECOME EVIDENCE

Every disappointment taught me something. Every door that closed forced me to see another direction. Every season when I felt overlooked made me ask whether I was overlooking myself. I can now look at my past without allowing it to imprison my future. The years are not proof that time is running out; they are proof that I know more about how I want to use it. Wisdom should not make us timid. Wisdom should make us precise.

CONFIDENCE REQUIRES ACTION

You cannot think your way into a new life while repeating the habits that built the old one. Confidence is built through action: the workout you complete, the opportunity you pursue, the money conversation you stop avoiding, the idea you finally share, the trip you book, the room you enter and the promise you keep to yourself. Action leaves evidence. Evidence changes identity. Eventually you stop saying, 'I hope I can,' because you have shown yourself that you will.

PROTECT THE FUTURE YOU KEEP PRAYING FOR

I want financial freedom. I want my name to carry weight. I want to speak on stages, travel the world, live in the best health of my life and help other people believe that their present situation is not their final destination. Those desires require more than inspiration. They require discipline, consistency, standards and the courage to be visible. I cannot keep praying for expansion while negotiating with the habits that keep me small.

MY DECLARATION

Confidence after 50 means I am no longer waiting to be chosen. I choose myself. I choose the future that still calls my name. I choose to be seen before everything is perfect. I choose to make every day an experience. This chapter is not a quiet ending. It is a powerful beginning—and I plan to use every lesson, every scar, every gift and every day I have left to make it count.



INTENTIONAL LIVING • THE CONFIDENCE ISSUE

REFLECT • RESET • MOVE

THE CONFIDENCE RESET

Stop waiting to feel ready—and choose one courageous action

WORDS BY DR. KEITH R. HARLEY, JR.

CONFIDENCE IS A CHOICE YOU MAKE AGAIN

A deliberate pause can return authority to you before fear makes the decision.

Confidence is often misunderstood.

We imagine it as a permanent state: something we either possess or lack. We look at people who appear certain, accomplished, or comfortable in their own skin and assume they never question themselves.

But confidence is not the absence of uncertainty. It is the decision to keep moving even when uncertainty is present.

There will be moments when an opportunity feels larger than your experience, a room makes you question whether you belong, or an old insecurity suddenly returns. That does not mean you have lost your confidence. It means you have reached a moment that requires you to choose it again.

That is what a confidence reset is: a deliberate pause that helps you separate what is true from what fear is trying to make you believe.

PAUSE BEFORE YOU RETREAT

Insecurity often creates urgency.

It tells you to decline the invitation, abandon the idea, delete the post, avoid the conversation, or make yourself smaller before anyone has the opportunity to judge you.

You do not have to obey that first reaction.

Pause. Take a breath. Give yourself enough time to recognize what is happening. You may not need to escape the situation. You may simply need to calm the part of you that remembers an earlier season when being visible did not feel safe.

A pause interrupts the pattern. It gives the confident version of you enough time to enter the conversation.

SEPARATE THE FACT FROM THE STORY

Fear is a convincing storyteller.

The fact may be: "I have never done this before."

The story becomes: "I am not qualified, everyone will notice, and I will embarrass myself."

The fact may be: "They have not responded yet."

The story becomes: "They rejected me because I am not good enough."

Ask yourself: What do I actually know, and what am I assuming?

This question returns authority to you. It does not guarantee the outcome you want, but it prevents an imagined outcome from controlling your next decision.

REMEMBER YOUR EVIDENCE

When confidence drops, we tend to forget everything we have already survived, learned, completed, and overcome.

Create an evidence list.

Write down the difficult decisions you have made, the rooms you have entered, the skills you have developed, and the moments when you kept going despite fear. Include the quiet victories that no one applauded.

You do not need to pretend you have never struggled. Your evidence is powerful precisely because you struggled and continued.

Your present situation may feel unfamiliar, but it is not the first time you have had to rise.

CHOOSE ONE COURAGEOUS ACTION

Confidence grows through evidence, and action creates evidence.

Do not overwhelm yourself by trying to solve the entire situation at once. Identify the smallest meaningful action that moves you forward.

Send the email. Make the call. Submit the application. Attend the event. Ask the question. Record the video. State the boundary. Request the opportunity. Begin the first page.

The action should be small enough to complete but significant enough to interrupt avoidance.

Every courageous action teaches your mind something new: I can trust myself to move.

MOVE BEFORE YOU FEEL COMPLETELY READY

Waiting to feel fearless can become another form of hiding.

Preparation matters. Wisdom matters. Timing matters. But there is a point when additional preparation stops serving excellence and begins protecting insecurity.

You may still feel nervous when you take the next step. Your voice may shake. You may question yourself afterward. None of that cancels the courage of moving forward.

Confidence frequently arrives after the action—not before it.

The goal is not to become a person who never feels doubt. The goal is to become someone who no longer allows doubt to make every decision.

You are allowed to pause. You are allowed to regroup. You are allowed to begin again.

But you are no longer required to shrink.



"Confidence frequently arrives after the action—not before it."

YOUR CONFIDENCE RESET

Pause. Tell the truth. Choose your next courageous action.

Set aside 10–15 quiet minutes. Answer honestly from where you are today.

1 CHECK YOUR CONFIDENCE

How confident do you feel about the situation you are facing?

- ☐ 1 — Completely stuck
- ☐ 2 — Fear is controlling me
- ☐ 3 — Uncertain but open
- ☐ 4 — Capable but nervous
- ☐ 5 — Ready to take action

2 NAME THE MOMENT

What situation, conversation, opportunity, or decision caused you to question yourself?

3 IDENTIFY YOUR FIRST REACTION

What did insecurity make you want to do?

- ☐ Avoid
- ☐ Delay
- ☐ Decline
- ☐ Remain silent
- ☐ Seek approval
- ☐ Make myself smaller
- ☐ Give up before beginning
- ☐ Other

4 EXAMINE THE STORY

What are you afraid might happen?

Is this a verified fact—or a story created by fear?

- ☐ Verified fact
- ☐ Fear-based assumption
- ☐ A combination of both

5 RETURN TO THE TRUTH

What do you know to be true about the situation?

What information do you still need before making a wise decision?

6 REMEMBER YOUR EVIDENCE

List three experiences that remind you that you are capable.

I have already...

Which personal strength helped you?

☐ Courage ☐ Discipline ☐ Creativity ☐ Faith ☐ Resilience ☐ Preparation ☐ Resourcefulness

7 CHANGE THE MESSAGE

Fear is telling me: _____

But the truth I am choosing is: _____

8 CHOOSE ONE COURAGEOUS ACTION

What is the smallest meaningful action you can take next?

- ☐ Send the email ☐ Make the call ☐ Ask the question ☐ Attend the event
- ☐ Submit the proposal ☐ Publish the content ☐ State the boundary ☐ Begin the work

9 MAKE THE COMMITMENT

My next courageous action is: _____

I will complete it by: _____ Time: _____

Accountability person: _____

10 COMPLETE THE RESET

After taking the action, what happened—and what did you learn about yourself?

Confidence now: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 My next courageous action: _____

MY CONFIDENCE DECLARATION

I do not need to feel fearless to move forward. I have evidence that I am capable, permission to learn as I go, and the courage to take my next step.

Signature: _____ Date: _____

STOP SHRINKING

FIVE WAYS TO SHOW UP FULLY

You do not have to become louder.
You have to become less willing to disappear.

BY DR. KEITH R. HARLEY, JR.

Stop shrinking. Start showing up.



Shrinking can look respectable

You do not have to hide in a corner to disappear. Shrinking can look like overexplaining every boundary, laughing away a compliment, staying quiet to prevent disagreement, delaying an opportunity until you feel flawless or changing your personality to earn admission to a room. Research on self-silencing shows that repeatedly suppressing needs and feelings to preserve connection can carry psychological—and possibly physical—costs. The goal is not to become louder. It is to become less willing to abandon yourself.

1. Stop apologizing for having standards

Standards are not demands that everyone live your way. They are decisions about what you will participate in. State them calmly: 'That does not work for me.' 'I need more notice.' 'I am not available for that conversation.' Assertiveness differs from aggression because it protects your dignity without denying someone else's. Studies of assertiveness training suggest these skills can strengthen self-esteem and reduce distress.

2. Let your voice take up its natural space

Say what you mean without rehearsing ten explanations. Begin with one clear sentence, then allow silence to do its work. You can be kind and direct at the same time. Practice in low-risk situations: correct the order, ask the question, offer the idea, name the preference. Voice becomes more trustworthy through use.

3. Receive without deflecting

When someone compliments your work, style or spirit, notice the impulse to argue with the gift. Try saying, 'Thank you. I appreciate that.' Receiving is not arrogance; it is allowing goodness to reach you. The same principle applies to help, opportunity and healthy attention. You do not have to reduce yourself to prove that you are humble.



4. Enter before you feel completely ready

Preparation matters, but perfection can become camouflage. Research links maladaptive perfectionism with procrastination and reduced well-being. Choose a responsible starting point, then let action teach you what thinking cannot. Publish the first version. Attend the event. Make the call. Confidence is often the evidence that action leaves behind.

5. Stop auditioning for belonging

The right room may challenge you, but it will not require you to erase yourself. Stop performing constant agreement, usefulness or emotional ease in exchange for inclusion. Adult friendship research consistently connects supportive relationships with well-being. Choose circles where truth, reciprocity and growth can coexist.

The 24-hour show-up practice

Choose one visible action: state a boundary, share an idea, accept a compliment, ask for an opportunity or enter a room you have been avoiding. Do it within 24 hours. Then write down what you learned. Measure success by participation, not applause.

The truth

You do not have to become someone else to take up space. You have to stop editing your existence for the comfort of the room. Stop shrinking. Start showing up.

INTENTIONAL LIVING • THE CONFIDENCE ISSUE

HOME • IDENTITY • REINVENTION

DESIGNING YOUR NEXT CHAPTER

Creating a home that reflects who you are becoming

WORDS BY DR. KEITH R. HARLEY, JR.

A thoughtfully edited home makes room for comfort, beauty, meaning—and evolution.

YOUR HOME CAN TELL A NEW STORY

Transformation begins when your surroundings support the life you are intentionally creating.

There comes a moment when you realize that your surroundings may still be telling an old story.

The furniture may have been selected for a different season. The rooms may reflect obligations you have outgrown, habits you no longer enjoy, or choices made by a version of you who was simply trying to survive. Nothing is necessarily wrong with the space—but it may no longer represent the person you are becoming.

Designing your next chapter does not require purchasing a new home or replacing everything you own. It begins with a more personal question: Does my environment support the life I am intentionally creating?

A beautiful home should do more than impress visitors. It should restore your energy, support your routines, reflect your values, and remind you of what is possible. The goal is not perfection. The goal is alignment.

LET GO OF WHAT BELONGS TO THE PAST

Every meaningful transformation requires editing.

Look around your home and notice what you have kept from guilt, habit, or fear of change. Perhaps it is furniture you never truly loved, a crowded shelf, an unfinished room, or an object connected to a chapter that has already ended.

Releasing something does not mean disrespecting the life you lived. It means creating room for the life that is still waiting for you.

Begin slowly. Remove one item that no longer feels useful, beautiful, or meaningful. Pay attention to how the room feels afterward. Sometimes confidence begins with the willingness to stop holding on.

DECIDE HOW YOU WANT TO FEEL

Before choosing colors, furniture, or accessories, decide what you want the room to give you.

Do you want your bedroom to feel peaceful? Should your living room encourage conversation? Do you need your office to make you feel focused and capable? Would your dining area feel better if it encouraged you to slow down and enjoy your meals?

The strongest rooms are not created by copying trends. They are designed around an experience.

A sophisticated home can still be warm. A luxurious room can remain comfortable. A minimal space can still carry personality. Your surroundings should feel like you—not like a showroom you are afraid to live in.

ELEVATE ONE ORDINARY EXPERIENCE

Intentional living is often built through small improvements repeated every day.

Create a chair where you can read without interruption. Place fresh flowers where you will see them in the morning. Upgrade the lighting in the room where you spend the most time. Set the table for yourself, even when no guests are coming. Display the books, artwork, photographs, and objects that remind you of your values and aspirations.

These choices may appear small, but they communicate something important: My daily life is worthy of care.

That is the difference between decorating a room and intentionally designing an experience.

“Your home does not need to document only where you have been. It can also create space for where you are going.”

CHOOSE FEWER THINGS WITH GREATER MEANING

Confidence is not demonstrated by filling every corner.

A well-designed home gives important objects enough room to be appreciated. Rather than collecting more, consider choosing fewer pieces with stronger purpose, better quality, or deeper personal meaning.

That may be an original work of art, a beautiful chair, a sculptural vase, a photograph from a meaningful journey, or a table around which the people you love can gather.

Luxury is not simply about price. It can be found in craftsmanship, comfort, order, light, texture, and the way a space makes you feel when you enter it.

LEAVE ROOM FOR WHO YOU ARE BECOMING

Your home does not need to document only where you have been. It can also create space for where you are going.

If you want to become a writer, create a place to write. If wellness is part of your next chapter, make movement and healthy choices easier within your environment. If you want deeper relationships, create spaces that invite people to sit, talk, eat, and stay awhile.

Design is most powerful when it supports action.

You do not have to complete the entire transformation today. Start with one room, one corner, or one daily ritual. Make a choice that reflects the standards, confidence, and peace you want to carry into the future.

Your present surroundings do not have to remain your final environment.

You are allowed to edit. You are allowed to elevate. You are allowed to create a home—and a life—that reflects the person you worked so hard to become.

THE NEXT-CHAPTER HOME EDIT

1. What feeling do I want this room to create? 2. What no longer belongs in this season? 3. Which daily experience could I make more intentional? 4. What meaningful object deserves greater visibility? 5. What is one change I can complete this week?

STYLE IS A STATEMENT

Before you say a word,
your style has already introduced you.

**“STOP SAVING THE GOOD PIECES
FOR A LIFE YOU HAVE NOT STARTED.”**

— DR. KEITH R. HARLEY, JR. • PUBLISHER

Fashion is not vanity. It is visible intention.

STYLE • PROPORTION • ACCESSORIES • PRESENCE

YOUR STYLE SPEAKS FIRST

Before you introduce yourself, your style has already entered the room. It communicates energy, standards, creativity and self-respect. Style is not about wearing the most expensive thing. It is about making intentional choices that say, 'I know who I am, and I am not afraid to let you see it.'

MEN: MASTER PROPORTION

Men's style becomes powerful when fit and proportion are deliberate. Try a longer coat over wide trousers, a cropped jacket with a higher waist or a fluid shirt beneath strong tailoring. Mix one refined fabric with one unexpected texture—leather with silk, wool with sheer knit, denim with polished metal. Then choose one focal point and let it lead.

WOMEN: DRESS THE ENERGY

Women's style does not need to choose between strength and softness. Use shape to create presence: a sculptural collar, a defined waist, a dramatic sleeve or a fluid trouser. Contrast makes a look memorable—ivory against oxblood, satin against leather, restraint against one fearless detail. Dress for the energy you intend to carry, not the insecurity you are trying to hide.

ACCESSORIES ARE PUNCTUATION

Accessories finish the sentence. A cuff can make a simple sleeve feel architectural. Sunglasses can introduce mystery. A structured bag can bring discipline to a fluid look. Rings, belts, scarves, earrings and shoes should not all compete. Choose a hero piece, then allow the others to support it. The goal is not more. The goal is meaning.

CONFIDENCE IS THE FINAL LAYER

The best outfit cannot replace self-belief, but it can help you practice visibility. Stand taller. Stop saving the good pieces for a life you have not started living. Wear the coat. Add the jewelry. Try the silhouette. Your wardrobe should not be a museum of postponed confidence. It should support the person you are becoming right now.

**PUBLISHER'S STYLE NOTE**

Dr. Keith R. Harley, Jr.



WOMEN: SHAPE + CONTRAST



ACCESSORIES: CHOOSE A HERO

FALL 2026 THE NEW EXPRESSION

Fashion moves beyond quiet minimalism into color, contrast, proportion and personality.



EXPRESSIVE MENSWEAR

THE UPDATED LADY

PLAYFUL PROPORTIONS

KEY COLORS



Burgundy • Electric Blue • Royal Purple • Butter Yellow • Turquoise • Red

RESEARCH + EDIT: SLOANE • EDITOR-IN-CHIEF

THE INTENTIONAL FALL EDIT

WHAT TO WEAR • CARRY • DRIVE



1 MODERN POWER

Softened hourglass jackets, sculpted waists and relaxed tailoring replace rigid corporate suiting.

2 ART DECO NIGHT

Fringe, geometry, velvet, gloves and ornamental jewelry bring 1920s glamour into 2026.

3 PROPORTION PLAY

Cropped jackets, cocoon coats, exaggerated trousers and dramatic shapes make basics expressive.

4 POWER OF STYLING

Layer familiar pieces in unexpected ways. Fall 2026 rewards imagination more than accumulation.

5 RICH TEXTURE

Sheer layers, second-skin dresses, deep florals, faux exotic texture and satin create visual depth.

THE OBTAINABLE LUXURY EDIT REAL PRODUCTS • REAL VEHICLES • CLICK TO EXPLORE



TORY BURCH
Miller Swing Crossbody
\$295

SHOP



ZARA
Limited Edition Leather Heel
\$149

SHOP



ZARA
Metallic Mini Pearl Choker
\$45.90

SHOP

THE DRIVE EDIT THREE DISTINCT LEVELS OF FALL 2026 STYLE



CHEVROLET
2026 Blazer
FROM \$34,300

EXPLORE



MERCEDES-BENZ
2026 AMG GLC 63 S E Coupe
FROM \$93,450

EXPLORE



GENESIS
2026 GV80 Coupe
FROM \$81,850

EXPLORE

THE ART OF PURPOSE

O'BRIAN JONES

From Grady, Arkansas, to an internationally collected artist.



“Art has the power to inspire, heal, and create lasting connections.”



OBJ ART

THE COURAGE TO CREATE YOUR OWN PATH

O'Brian Jones turned uncertainty, faith and disciplined work into a global creative practice.

“ Purpose is not always a straight road. Sometimes it asks you to begin, return, adjust—and still refuse to abandon what you know you were created to do.

FROM A SMALL TOWN TO A LARGER VISION

Jones was born and raised in Grady, Arkansas. In a 2020 VoyageDallas interview, he described loving the closeness of his hometown while also knowing that he wanted to build a different future. Dallas became the place where that vision expanded.

After relocating, he entered corporate America, but the pull toward entrepreneurship and art kept getting louder. He eventually left his nine-to-five job to focus on OBJ Art and began sharing his work online. Social media became more than promotion; it became the bridge between his imagination and a growing community of collectors.

The transition was not effortless. Jones has spoken openly about temporarily returning to a traditional job to make ends meet, experiencing canceled commissions and creating pieces that did not sell. Those setbacks could have become evidence to stop. Instead, he treated them as part of the education of becoming a working artist.

THE NUMBERS BEHIND THE PERSEVERANCE

By the time of that 2020 interview, Jones said he had created more than 600 one-of-a-kind works. Wexel Art now describes him as a prolific Dallas-based artist who sold more than 700 original paintings internationally before turning thirty—a remarkable marker of both creative output and entrepreneurial discipline.

His work is bold, distinctive and emotionally driven. Jones has explained that OBJ Art is inspired by the connection of his own heart as well as the visions of his clients. That combination—personal expression meeting another person's story—helps explain why the work belongs in homes and businesses, not simply on gallery walls.

The deeper lesson is not a number. It is the willingness to keep creating while the outcome remains uncertain. Confidence did not arrive first and remove every obstacle. It grew through repetition, risk, prayer, adjustment and the decision to allow art to become his voice.

THE INTENTIONAL LESSON

Confidence is built while the outcome is still uncertain.

01

BEGIN BEFORE CERTAINTY

Jones did not wait for every risk to disappear. He moved toward the work, learned publicly and allowed action to strengthen belief.

02

LET SETBACKS EDUCATE YOU

Returning to traditional work and facing canceled commissions did not erase the vision. Adjustment became part of the practice.

03

MAKE PURPOSE VISIBLE

Hundreds of original works exist because inspiration was paired with consistency. Purpose became something people could encounter, collect and carry home.

CREATE A SPACE THAT REFLECTS YOUR WORTH

Your home should support your peace—not quietly argue with it.



A room does more than hold furniture. It teaches us what to expect. Clutter can keep unfinished decisions in view. Harsh lighting can make rest feel impossible. A chair placed without purpose can make peace feel accidental.

Intentional design begins with a different question: How do I want to feel when I enter this room? Calm. Inspired. Welcomed. Focused. Restored. Once the feeling is clear, every choice—what stays, what moves and what is introduced—has a reason.

Your home does not need to look expensive. It needs to feel considered. Worth is reflected through care: clean surfaces, warm light, meaningful art, comfortable seating and visible space for the rituals that strengthen your life.

DESIGN THE FEELING FIRST

A beautiful room becomes powerful when it makes the life you want easier to live.

BEGIN WITH CLARITY

Start with one honest sentence: ‘In this room, I want to feel...’ That feeling becomes the filter. If the answer is restored, remove what creates friction and add what encourages ease. If it is inspired, make your books, tools or artwork visible. If it is welcomed, arrange seating for conversation rather than display.

REMOVE THE VISUAL NOISE

This is not a demand for minimalism. It is a request for clarity. Group related objects, create breathing room around what matters and release items that no longer serve the room’s purpose. A meaningful object becomes more powerful when it is not competing with twenty others.

LAYER THE SENSES

Use warm lamps instead of relying only on overhead light. Add texture through linen, wool, wood, leather or woven materials. Choose a restrained scent. Let music change the pace of the evening. Display fresh branches, a favorite book or art that tells the truth about what you value.

MAKE YOUR NEXT CHAPTER VISIBLE

Create one clear cue for the person you are becoming: a journal beside the morning chair, a water carafe near the bed, open floor space for stretching, an organized wardrobe or a table ready to welcome people. Confidence grows when the environment supports the promises you are making to yourself.

USE WHAT YOU LOVE NOW

Stop saving the beautiful candle, the good glasses or the soft throw for a future occasion. Everyday life is the occasion. Intentional living means allowing beauty to participate in an ordinary Tuesday—not as performance, but as proof that your present life deserves care.



CREATE ONE VISIBLE CUE

A journal, clear space, warm light and a place to pause can turn intention into a daily practice.

THE Z GALLERIE EDIT

Four more ways to layer confidence, warmth and modern glamour.



ENCINA EMBROIDERED PILLOW

Rust / Ivory

[VIEW AT Z GALLERIE](#)

[CLICK TO SHOP](#)



CARA WALL MIRROR

Antique Gold

[VIEW AT Z GALLERIE](#)

[CLICK TO SHOP](#)



GEO POP WOOL RUG

Oxblood / Airy Blue

[VIEW AT Z GALLERIE](#)

[CLICK TO SHOP](#)



STRIA BUFFET

Fluted Oak

[VIEW AT Z GALLERIE](#)

[CLICK TO SHOP](#)

SHOP THE ROOM

Real art and accents to bring the palette home.



BLACK, IVORY & GOLD STRIPES

Gina Kelly • Art.com

[VIEW AT ART.COM](#)

[CLICK TO SHOP](#)



MODERN MUDCLOTH I

June Vess • Art.com

[VIEW AT ART.COM](#)

[CLICK TO SHOP](#)



FORMA STACKED ACCENT TABLE

Ox Blood • Z Gallery

[VIEW AT Z GALLERIE](#)

[CLICK TO SHOP](#)



ARLEN METAL TABLE LAMP

Gold • Z Gallery

[VIEW AT Z GALLERIE](#)

[CLICK TO SHOP](#)

YOUR HOME IS A DAILY MESSAGE

Let it say: I protect my peace. I make room for beauty. I honor what matters. I am creating a life that supports the person I am becoming.

INVEST IN THEIR PROMISE.

A life of service became a mission to change what young people believe is possible.

“They’re not at risk. They’re at promise.”

— STAR WILLIAMS

NORTH TEXAS GIVING DAY

AUG 27 — SEP 17

CAMPAIGN GOAL \$10,000

Support free programs, scholarships and youth development across Dallas County.



STAR WILLIAMS

FOUNDER + EXECUTIVE DIRECTOR

U.S. Navy veteran. Educator. Advocate. Builder of possibility.



A STAR WITH A MISSION

How Star Williams turned military service, lived experience and an unwavering belief in young people into a decade of impact.



THE MOMENT THAT CHANGED EVERYTHING

Before she founded Stars United Global Outreach, Star Williams had already built a life around service. During more than two decades in the U.S. Navy, she traveled, volunteered and saw how opportunity can reshape a future. But a visit home revealed something she could not ignore: the Dallas communities she remembered still faced many of the same educational and economic gaps. Star decided that service after the military would begin in her own backyard.

In 2015, she launched Stars United Global Outreach with a clear conviction: young people should not be defined by the circumstances surrounding them. They should be equipped to see themselves as leaders, entrepreneurs, college students and changemakers. That belief became the organization’s defining language—moving the label from “at risk” to “at promise.”

“Every individual, regardless of circumstance, deserves access to opportunities that enable them to thrive.”

THE BLUEPRINT FOR POSSIBILITY

Its Blueprint for Success model develops leadership, life skills, financial literacy, entrepreneurship and STEM. Students receive mentorship, hands-on learning and exposure to careers and college environments. The goal is not simply to deliver a workshop. It is to build confidence, decision-making ability and practical knowledge that can change the direction of a young person’s life—and often strengthen an entire family.

The work is personal for Star. She has spoken openly about dyslexia and the courage it took to face her own fear of reading aloud. By sharing that experience, she models the vulnerability she asks of students: name the challenge, keep learning and refuse to let it become the final definition of your future.

Today, Stars United serves youth and young adults ages 10–24 across Dallas County. Its current campaign focuses on access, including reliable transportation that helps students attend consistently and complete programs. Supporters have already helped the organization award more than \$30,000 in college scholarships to over 25 students while keeping core youth programming free.



REAL EXPERIENCES. PRACTICAL SKILLS. EXPANDED POSSIBILITY.



THE IMPACT

\$30K+

COLLEGE SCHOLARSHIPS

25+

STUDENTS AWARDED

100%

GIFTS SUPPORT YOUTH WORK

The campaign goal is to increase program participation and completion by improving reliable access.

INVEST IN WHAT’S NEXT.

SCAN TO GIVE



DONATE / SHARE



BECOMING REQUIRES PARTICIPATION.

The future is built by what you practice today.

DR. KEITH R. HARLEY, JR.

THE ART OF BECOMING

You are allowed to outgrow the person you had to be.

BY DR. KEITH R. HARLEY, JR.

BECOMING IS NOT A DESTINATION

We keep believing that one day we will finally arrive—confident, healed, successful and certain. But becoming is not a finish line. It is the daily decision to meet your life honestly and still choose growth. You build the next version of yourself through the standards you keep, the habits you repeat and the courage you practice when no one is watching.

RELEASE THE VERSION THAT KEPT YOU SAFE

Some versions of you were created for survival. They learned to stay quiet, please people, avoid risk and accept less because less felt safe. Honor the person who helped you survive—but do not make survival your permanent identity. The behavior that protected your past may now be preventing your future.

REINVENTION IS NOT BETRAYAL

Changing your mind does not make you inconsistent. Raising your standards does not make you difficult. You are allowed to outgrow goals, relationships and identities that once made sense. Reinvention is not denying your history. It is deciding that your history will become wisdom instead of a life sentence.

BECOME ON PURPOSE

The next version of you will not appear because you made a vision board and waited. Becoming requires participation. Protect your health, money, time and peace. Enter the room. Make the call. Start the work. Every intentional action is a vote for the person you are becoming.

LET THE FUTURE RECOGNIZE YOU

Your present situation is not your final destination—but your future needs evidence that you are serious. Give it discipline, boundaries, consistency, imagination and faith followed by action. You are not too old, too late or too damaged to become someone new. Stop rehearsing who you used to be. Become the person your next chapter requires.

“YOU ARE NOT TOO OLD, TOO LATE OR TOO DAMAGED TO BECOME SOMEONE NEW.”

— DR. KEITH R. HARLEY, JR.



PLATINUM COLLABORATION

Keith Harley and Domestic King

MAKE IT COUNT



DR. KEITH HARLEY x DOMESTIC KING

NEW RELEASE

THE SOUNDTRACK FOR GETTING UP, RESETTING YOUR ENERGY & OWNING YOUR DAY

Choose your platform • Scan to listen

SCAN TO LISTEN



SCAN TO LISTEN



SCAN TO LISTEN



AVAILABLE NOW • STREAM IT. FEEL IT. LIVE IT.

THE INTENTIONAL LIVING JOURNAL

A MONTHLY GUIDE TO LIVING LIFE ON PURPOSE

INTENTIONAL LIVING

Simple steps to align your daily choices with your deepest values.

PERSONAL GROWTH

Mindset, habits, and inspiration to become your best self.

WELL-BEING

Nourishing your body, mind, and spirit for a balanced life.

GIVE YOUR LIFE SOMEWHERE TO SPEAK

Reflection creates clarity, Clarity makes intentional action possible.

Some of the most important conversations you will ever have are the quiet ones you have with yourself.

They happen when the world stops demanding an answer, the phone is out of reach, and you finally have enough space to hear what has been waiting beneath the noise.

That is where intentional journaling begins.

Journaling is not about perfect handwriting, polished sentences, or documenting every detail of your day. It is an opportunity to tell yourself the truth. It allows you to recognize what you are feeling, examine what is shaping your decisions, and choose how you want to move forward.

A blank page gives your life somewhere to speak.

BEGIN WITH HOW YOU WANT TO LIVE

Many people begin their mornings by immediately responding to everyone else. They check messages, open email, scroll through social media, and allow the needs of the outside world to determine the emotional direction of the day.

Intentional living invites us to begin differently.

Before asking what everyone else needs, pause and ask: How do I want to feel today? What deserves my attention? What promises do I need to keep to myself?

THE FIVE-MINUTE DAILY PRACTICE

1. Today, I want to feel...
2. What matters most today is...
3. One promise I will keep to myself is...
4. Today taught me...
5. Tomorrow, I will...

These questions may appear simple, but they shift us from reaction to direction. They remind us that even when we cannot control every circumstance, we can still choose the spirit, standards, and priorities we bring into the day.

CREATE EVIDENCE OF YOUR GROWTH

Confidence is not always a feeling that suddenly arrives. Often, it develops when we begin collecting evidence that we can trust ourselves.

Every time you write down an intention and honor it, you strengthen that trust. Every time you recognize a difficult emotion without allowing it to control you, you practice emotional courage. Every time you acknowledge progress that might otherwise have gone unnoticed, you build a more truthful picture of who you are becoming.

Your journal becomes a record of promises kept, lessons learned, boundaries established, and moments when you chose yourself.

On difficult days, those pages can remind you that you have already survived uncertainty, made courageous decisions, and grown beyond versions of yourself you once believed were permanent.

REFLECT WITHOUT JUDGMENT

Evening reflection is not an invitation to criticize everything you failed to accomplish. It is a chance to close the day with honesty and compassion.

Ask yourself: What nourished me today? What drained me? What did I learn? What am I ready to release?

Not every day will be productive. Not every choice will be perfect. Intentional living does not require perfection—it requires awareness.

When you can examine your day without shame, you gain the clarity to make tomorrow different. And when you miss a day of journaling, simply return. Consistency does not mean never stepping away. It means refusing to let one interruption become permanent abandonment.

FROM REFLECTION TO ACTION

A journal becomes powerful when it moves you from reflective into intentional action.

Writing about the life you desire is meaningful. Choosing one action that supports it is transformative.

If you write that you want peace, identify the boundary that will protect it. If you want better health, choose the next meal, walk, appointment, or conversation that moves you forward. If you want confidence, decide where you will speak, show up, ask, or stop shrinking.

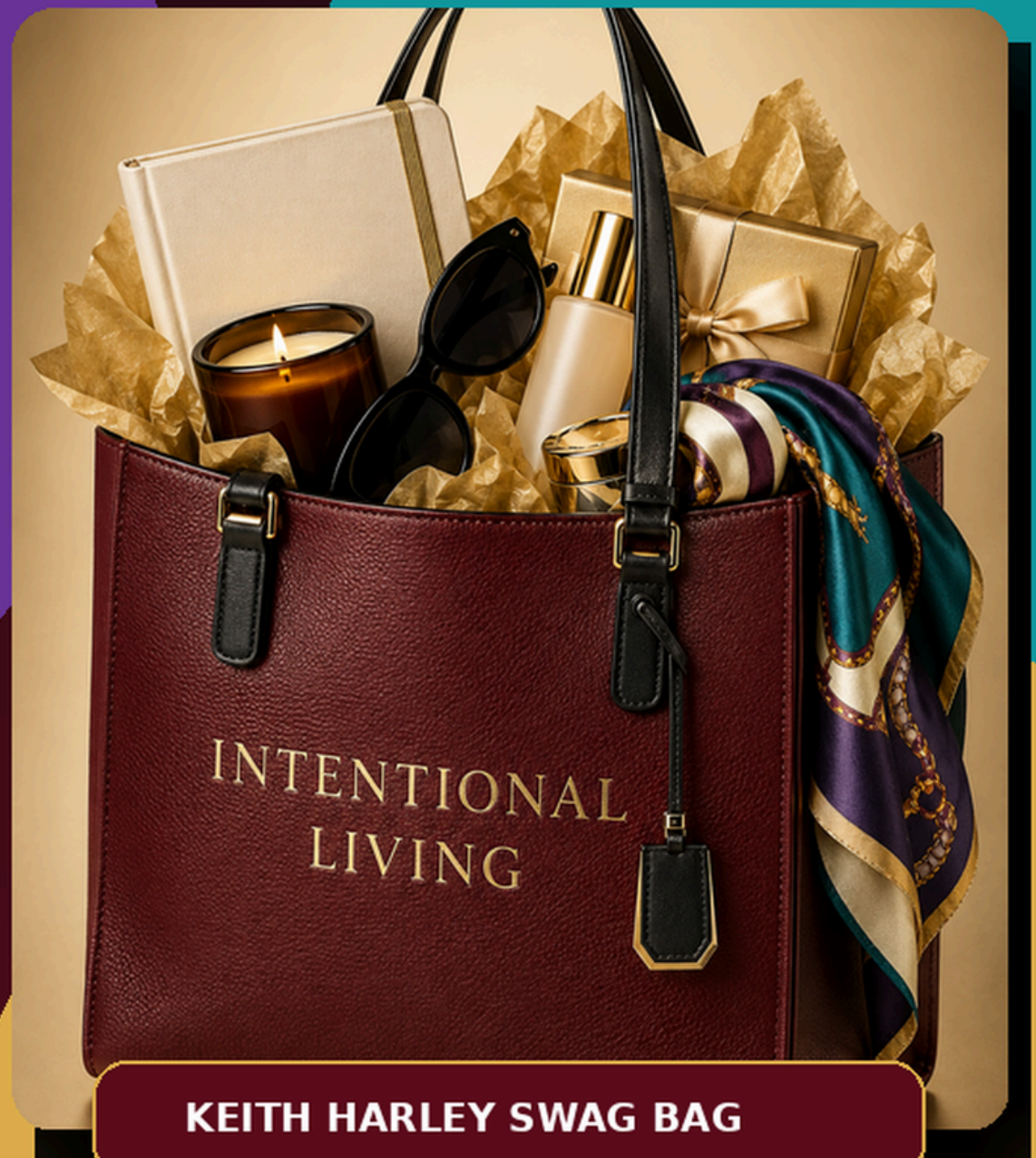
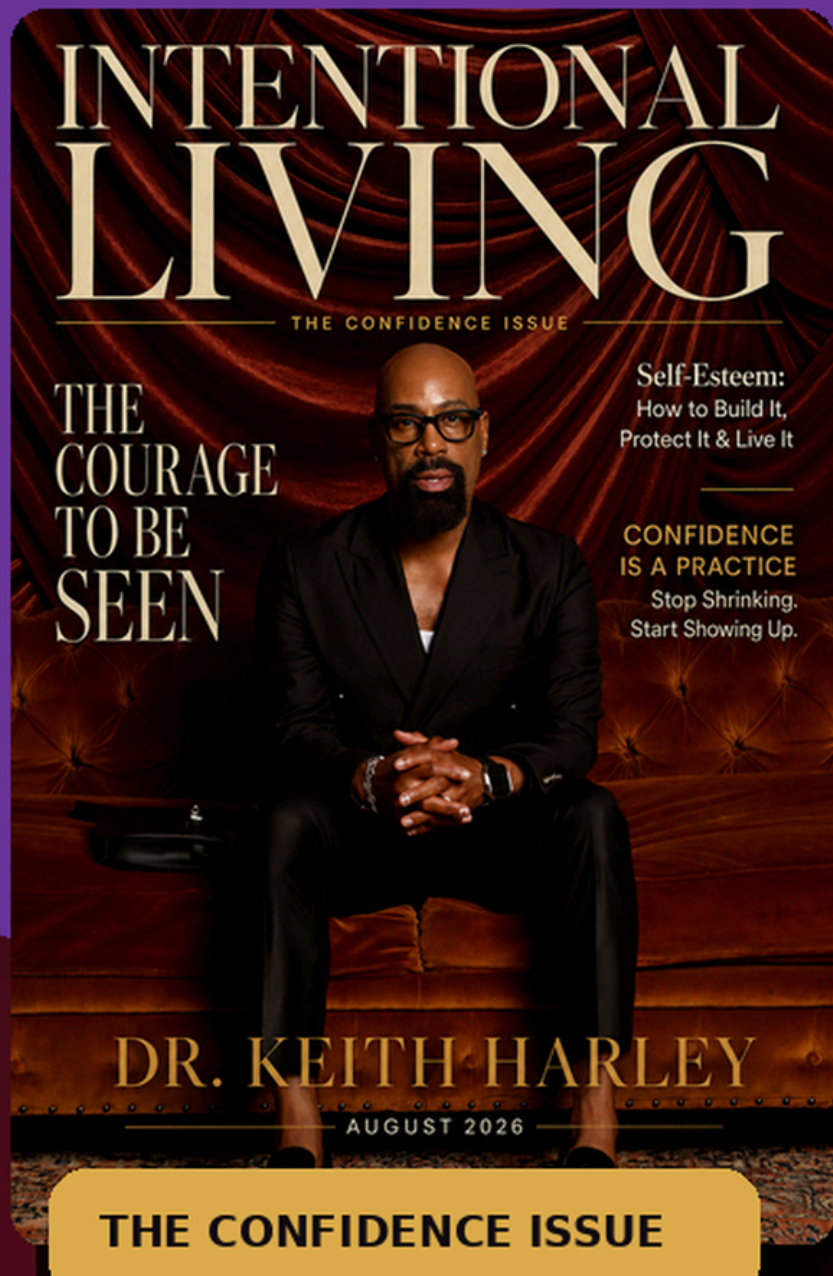
Your next chapter will not be created by thought alone. It will be created through thoughtful action—one clear decision at a time.

A beautiful notebook cannot change your life by itself. But the truth you place inside it, the promises you make, and the actions you take afterward can help you become the person you have been waiting to meet.

SHARE & WIN DRAWING

SHARE THIS ISSUE WITH 5 PEOPLE

and you'll be entered into the drawing for a Keith Harley
Intentional Living Swag Bag filled with gifts!



SCAN TO READ • SHARE • INSPIRE

www.drkeithharley.com

No purchase necessary. Winner selected by random drawing.

THE LAST WORD

A CLOSING REFLECTION FROM DR. KEITH HARLEY

Your present situation is not your final destination.

Confidence is not a destination you reach once and keep forever. It is a practice. Some days it will feel natural. Other days it will look like taking the next step while your voice still shakes.

Remember what these pages asked of you: tell yourself the truth without tearing yourself down. Keep promises that rebuild self-trust. Protect your energy. Dress and design your life with intention. Let purpose become visible through action. Enter the room.

You are not too old. You are not too late. You are not disqualified because the first plan changed. The chapter ahead does not need a perfect version of you. It needs a present one.

STOP SHRINKING. START SHOWING UP.

Your present situation is not your final destination.

BEFORE YOU TURN THE PAGE

Leave this issue with one decision: do not wait for another season to become visible in your own life. Walk toward what is calling you. Take your wisdom, your courage and every lesson you earned with you. The next chapter begins the moment you choose to enter it.



THE FALL ISSUE

ARRIVES
SEPTEMBER 22

INTENTIONAL LIVING
MAGAZINE

*Intentional Living.
Elevated.*

INTENTIONAL LIVING

THE SEPTEMBER ISSUE

ELEVATE YOUR STANDARDS

The life you want
requires a new
standard.

BEGIN AGAIN

Your next chapter
starts now.

HOME, ELEVATED

Design a life that
restores you.

CONFIDENCE AFTER 50

Experience is
your advantage.

FALL STYLE

Quiet luxury.
Strong presence.



DR. KEITH HARLEY

SEPTEMBER 2026