

INTENTIONAL LIVING

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

CONTENTS

01 | COVER

02 | LETTER FROM KEITH
Why the life you want
requires a new standard.

03 | ELEVATE YOUR
STANDARDS

06 | BEGIN AGAIN
Your next chapter
starts now.

08 | CONFIDENCE AFTER 50
Experience is
your advantage.

10 | FALL STYLE
Quiet luxury.
Strong presence.

12 | HOME ELEVATED
Design a life that
restores you.

16 | OLD SCHOOL SLIDERS
Timeless style.
Modern living.

18 | THE 48 HOURS RESET
A short pause.
A powerful shift.

19 | 7 DAY RESET
Small steps.
A bigger you.

20 | SPIRITUAL HYGIENE
A cleaner mindset.
A fuller life.

21 | THE STANDARDS
REFLECTION
Pause. Evaluate. Realign.

22 | THE INTENTIONAL LIVING –
THE GIFT GUIDE
Thoughtful finds
with meaning and style.

23 | THE INTENTIONAL LIVING –
SEASONAL RESET
Prepare now. Enjoy Later.

24 | WELCOME WITH INTENTION
Halloween atmosphere.
Thanksgiving connection.

25 | CELEBRATE. CLOSE. BEGIN AGAIN.
Christmas with meaning.
A New Year with direction.

26 | THE INTENTIONAL LIVING –
HOME RITUAL COLLECTION
Rituals for a more meaningful home.

29 | MAKE IT COUNT
Live with intention.

30 | THE LAST WORD
Your present situation is not
your final destination.

31 | NEXT ISSUE –
THE INTENTIONAL HOME
A more intentional tomorrow.

A LETTER FROM KEITH

ELEVATE YOUR STANDARDS

There comes a moment when wanting more for your life is no longer enough. You must decide that what you desire deserves a higher standard.

For years, many of us have accepted less than we deserved—not because we lacked vision, but because we became comfortable, distracted, afraid, or simply tired. We learned to adjust to situations that no longer reflected who we were becoming.

But elevation begins with a decision.

It is the decision to stop negotiating with your peace, your health, your time, your surroundings, and your purpose. It is choosing to show up for yourself with the same energy you have spent showing up for everyone else.

Elevating your standards is not about perfection, pretending, or proving that you are better than anyone. It is about alignment. Your daily choices should begin to match the future you keep asking for.

This September issue is an invitation to examine every area of your life. What are you tolerating? Where have you been settling? What would change if you truly believed your next chapter deserved your best?

You are not too old. You are not too late. You are not starting from nothing—you are starting from experience.

Raise the standard. Honor the person you are becoming. Then step boldly into the life waiting for you.

Your present situation is not your final destination.

Keith

DR. KEITH R. HARLEY, JR. • PUBLISHER

INTENTIONAL LIVING. ELEVATED.

ELEVATE YOUR STANDARDS

THE STANDARD YOU ACCEPT

Standards are the quiet decisions that shape a life. They determine what you tolerate, what you repeat, what you protect, and what you believe is possible for you.

Sometimes settling does not look like failure. It looks like patience that has gone on too long. It looks like loyalty to a situation that keeps diminishing you. It looks like calling yourself practical when fear is really making the decision.

You can be grateful for your life and still know that something must change. Gratitude should never require you to remain stuck.

A higher standard begins when you stop asking, 'Can I survive this?' and start asking, 'Does this support the person I am becoming?'

That question changes everything. It changes the relationships you entertain, the promises you make to yourself, the condition of your surroundings, the care you give your body, and the seriousness with which you approach your purpose.

You do not raise your standards by making one dramatic announcement. You raise them through consistent, private choices. You go to bed when your body needs rest. You leave the conversation that keeps violating your peace. You prepare for the opportunity before anyone is watching. You maintain your home because your environment affects your spirit. You keep the promise you made to yourself.

Every one of those choices sends a message: my life matters.

“
‘A higher standard is not punishment. It is proof that you finally believe your future is worth protecting.’

WORDS BY DR. KEITH R. HARLEY, JR.

THE STANDARDS AUDIT

01 YOUR PEACE

Stop treating constant access to you as a requirement. Protecting your peace may mean creating boundaries, delaying a response, or leaving spaces where disrespect has become normal.

02 YOUR BODY

Your body is carrying every dream you have. Give it rest, movement, nourishment, medical care, and patience. Health is not separate from your purpose; it supports it.

03 YOUR ENVIRONMENT

Your home does not have to be expensive to feel elevated. Clear what creates chaos. Repair what you have ignored. Add beauty where you can. Let your surroundings remind you that you are worthy of care.

04 YOUR TIME

Your calendar reveals your priorities. Make room for solitude, preparation, wellness, meaningful work, and the people who restore you. Stop giving your best hours to what produces your smallest life.

05 YOUR PURPOSE

Treat your vision like it matters. Study. Prepare. Practice. Follow through. You do not need permission to become more disciplined about the future God placed in your heart.

START TODAY

Choose one area where your current standard no longer matches your desired life. Write down what you will no longer accept, what the new standard will be, and one action you will complete within the next 24 hours.

Do not wait for a new year, a perfect Monday, or someone else's approval. Elevation begins the moment your decisions become stronger than your excuses.

The door is open. Walk through it.

**YOUR PRESENT SITUATION
IS NOT YOUR FINAL DESTINATION.**

DR. KEITH R. HARLEY, JR.



“

*A missed day is information—
not a verdict.*

REVIEW. ADJUST. CONTINUE.

FIVE DECISIONS

that make elevation practical.

03

PUT IT ON THE CALENDAR

If a priority never receives time, it remains an intention. Schedule the walk, writing block, grocery trip, financial review, quiet hour or conversation before the week fills itself.

04

MEASURE THE BEHAVIOR

Track the action, not your mood. Did you complete the walk? Did you protect the hour? Did you cook the meal? Evidence builds self-trust more reliably than vague self-criticism.

05

REVIEW WITHOUT PUNISHMENT

At the end of the week, ask what worked, what created resistance and what needs to change. A missed day is information, not a reason to abandon the standard.

*“TRACK THE ACTION,
NOT YOUR MOOD.”*

THE RESET IS COMPLETE WHEN

The new standard has a clear sentence,
a supporting environment, protected
time, visible evidence and a weekly review.

SENTENCE / ENVIRONMENT / TIME / EVIDENCE / REVIEW

PUT IT ON THE CALENDAR

*If it never receives time,
it remains an intention.*

BEGIN AGAIN

*Move forward without abandoning
the wisdom you earned.*

REINVENTION / LIFE / PURPOSE

REINVENTION IS OFTEN QUIETER THAN IT LOOKS.

Beginning again can feel like proof that the first plan failed. It can also be proof that you listened closely enough to your life to recognize when a new direction became necessary.

Reinvention is often described as a dramatic reveal: a new career, new city, new body, new relationship or new public identity. Real reinvention is usually quieter. It begins in the private moment when you admit that the current way of living no longer fits. The external change comes later.

The first task is to separate grief from shame. You may need to grieve the time, money, energy or hope invested in what did not continue. Grief honors what mattered. Shame turns the ending into a verdict about your worth. Do not confuse the two.

The second task is to inventory what remains. A chapter may close, but it does not take every skill, relationship, lesson or gift with it. Ask what the experience taught you about leadership, care, courage, systems, boundaries, money, health or love. Carry the wisdom. Leave the identity that no longer serves you.

The third task is to begin at a scale your present life can support. You do not need to announce the entire reinvention. Take the class. Make the appointment. Write the outline. Prepare the room. Publish the first piece. Walk for 20 minutes. A new life often enters through a small door.

Finally, allow the new chapter to have its own shape. If you spend all your energy proving that the new beginning is better than the old life, you remain emotionally attached to the old measurement. Build what is honest now. Let it become successful on its own terms.

“

A NEW LIFE OFTEN ENTERS THROUGH A SMALL DOOR.

“

You are not behind.

You are beginning with information the earlier version of you did not have.

THE BEGINNING AGAIN INVENTORY

Five questions for carrying wisdom forward.

01 What is complete, even if I did not choose the ending?

02 What wisdom am I carrying forward?

03 What identity or expectation am I willing to release?

04 What is the smallest credible next step?

05 Who can support the new chapter without trying to control it?

BEGIN HERE

Choose one answer. Take one credible step within the next 24 hours.

THE OVER 50 CLUB

CONFIDENCE AFTER 50

*Experience is your advantage—
not your expiration date.*

There is a confidence available in the second half of life that youth cannot imitate. It is not the confidence of knowing everything. It is the confidence of having survived enough to know that a difficult season can change, an ending can become an opening and a life can be rebuilt more than once.

After 50, the pressure to disappear can arrive in subtle forms. Culture may celebrate the new before it respects the seasoned. A changing body, career shift, retirement, relationship change or unrealized dream may make you question whether the most important chapters have already happened. They have not.

Your experience is not excess baggage. It is evidence. You have learned what drains you, what restores you, which rooms require performance and which relationships allow truth. Wisdom means using what those experiences taught you instead of repeatedly beginning from zero.

Confidence after 50 is also the freedom to edit. You can release the clothes that belong to an old identity, the schedule that reflects someone else's priorities and the explanations you give to people committed to misunderstanding you. You can build a life that fits who you are now.

“
*Experience is not excess
baggage. It is evidence.*”

DR. KEITH R. HARLEY, JR.

**YOU ARE NOT
STARTING FROM ZERO.**

*You are starting
from wisdom.*

**YOUR
EXPERIENCE
IS THE
ADVANTAGE.**

*You are not
starting
from zero.
You are
starting
from
wisdom.*

5 WAYS TO USE YOUR ADVANTAGE

Five deliberate ways to turn lived experience into forward motion.

01 LEAD WITH EVIDENCE

List three things you know how to handle now that once overwhelmed you. Let lived proof replace self-doubt.

02 UPDATE THE PICTURE

Dress, move, learn and create for your present life instead of trying to recreate an earlier version of yourself.

03 BECOME VISIBLE ON PURPOSE

Share your knowledge, publish the idea, make the introduction and enter the room. Your experience deserves expression.

BE SEEN.

04 INVEST IN STRENGTH

Support the body and mind that will carry your next chapter with professional care, rest and consistent movement.

05 CHOOSE EXPANSION

Let curiosity, travel, style, culture, relationships and new skills keep your life awake and your vision moving forward.

**“ I AM NOT STARTING
FROM SCRATCH.**

***I AM STARTING
FROM EXPERIENCE.***

LIVED PROOF. FORWARD MOTION.

FALL STYLE

SEPTEMBER 2026

QUIET LUXURY. LOUD PRESENCE.

COLOR / TEXTURE / ATTITUDE

THE FIRST LUXURY

**FIT
COMES
FIRST.**

THE SEASONAL SHIFT

Fall style does not require a completely new wardrobe. Shift the weight, texture and proportion. Let cobalt, oxblood, yellow, black and chrome create the impact. Keep the silhouette intentional.

Fashion is visible intention.

TAILOR THE FIT. TURN UP THE COLOR.

THE FALL EDIT

SEPTEMBER 2026

STYLE IS A STATEMENT.



01 POWER PURPLE

02 OXBLOOD

03 TURQUOISE

04 MUSTARD

THREE WAYS TO WEAR IT

01 POLISHED

Dark trouser. Fine-gauge knit. Clean leather shoe. Restrained watch.

02 TEXTURED

Dark denim. Statement overshirt. Simple tee. Suede loafer or minimal sneaker.

03 AFTER DARK

Monochromatic base. Structured jacket. Stronger fragrance. One unforgettable accessory.

KEEP THE FIT. PUSH THE COLOR. OWN THE ROOM.

GENERATED EDITORIAL | SEPTEMBER 2026

HOME ELEVATED

DESIGN A LIFE THAT RESTORES YOU.



THE FEELING COMES FIRST

An elevated home is not a showroom. It is a place that supports how you want to feel and how you want to live. Begin with one sentence: “In this room, I want to feel calm, welcomed, focused, inspired or restored.”

Then design backward from that feeling.

01 LIGHT

Layer lamps at different heights. Shift to warmer light in the evening.

02 TEXTURE

Mix velvet, linen, wool, wood, leather and woven pieces.

03 SCENT + SOUND

A playlist, candle, flowers or a branch can reset the room.

04 RITUAL

Keep one beautiful, visible place for the habit you want to protect.



THE ONE ROOM RESET

COLOR AFTER DARK

FIVE MOVES. ONE NEW FEELING.

RESET THE ROOM

without starting over.

A HOME WITH A POINT OF VIEW

*Let the room hold
the life you are creating.*

01

NAME THE FEELING

Choose calm, welcome, focus, inspiration or restoration.

02

REMOVE TEN ITEMS

Clear what interrupts the feeling or creates visual noise.

03

REPAIR ONE DETAIL

Clean, mend or finish the neglected thing you keep noticing.

04

ADD WARMTH + NATURE

Bring in warmer light and one natural element.

05

MAKE RITUAL VISIBLE

Create a beautiful place for reading, journaling or unwinding.

KEITH'S EDIT

THE COLOR AFTER DARK CURATION

01 CURVIA

DUSTY BLUE VELVET
SECTIONAL

02 CHESSA

CHECKERBOARD MARBLE
TABLE

03 DOVER

FIG VELVET SWIVEL CHAIR

04 EMBER GLOW

AMBER GLASS CHANDELIER

SCAN THE CURATED LOOK





OLD SCHOOL SLIDERS

*Turn a familiar meal
into an experience.*

FAMILIAR. GENEROUS. MADE FOR SHARING.

*The elevation is in
the details.*



THE DETAILS.

A good meal does not have to be complicated to feel intentional. Soft toasted buns, a well-seasoned patty, crisp pickles and a simple sauce make the familiar feel special.

INGREDIENTS

- 1 pound ground beef
- 1 small onion, finely diced
- Salt, black pepper + garlic powder
- 8 slider buns
- 8 small slices American or cheddar
- Dill pickle chips
- Butter for toasting
- Sauce: mayo, ketchup + yellow mustard

QUICK SAUCE

| mayo + ketchup + yellow mustard

MAKE IT.

- 1 Divide the beef into eight loose portions. Season both sides.
- 2 Heat a skillet or griddle over medium-high. Add the diced onion; set the beef on top.
- 3 Press each portion once into a thin patty. Brown, turn and finish cooking.
- 4 Cook to 160°F / 71°C, checked with a food thermometer.
- 5 Add cheese for the final minute and cover briefly. Butter and toast the buns.
- 6 Layer sauce, patty and pickles. Serve immediately with fries, slaw or salad.

SERVE IT WITH

| oven fries / slaw / salad

THE INTENTIONAL TOUCH

STAY A LITTLE LONGER.

Use a large board, linen napkins and small bowls for pickles and sauce. Turn off the television, choose a playlist and let a casual meal become the reason everyone stays longer.

SAFE FINISH

160°F / 71°C

USE A FOOD
THERMOMETER



48 HOURS TO RESET

THE 48 HOUR RESET

Travel lightly. Return to yourself.

THE IDEA

A reset does not always require a long vacation. Forty-eight intentional hours can create enough distance from routine to help you hear yourself again. The destination matters less than the design of the experience.

Choose a place close enough that travel does not consume the trip. One good hotel, a walkable neighborhood or a quiet rental can be enough. Pack a simple uniform, one dinner look, comfortable shoes, a book and a journal. Leave room in the bag and in the schedule.

PACK LIGHT

SIMPLE LAYERS

ONE DINNER LOOK

COMFORTABLE SHOES

BOOK + JOURNAL

CHANGE YOUR PACE

Do not schedule every hour. The point is not to perform relaxation. Create enough space for your pace to change. Return with one decision—not a giant list—that makes ordinary life feel more like the life you travel to experience.

RETURN WITH

ONE DECISION.

ONE BOUNDARY / ONE HABIT / ONE PRIORITY

THE REAL LUXURY

LEAVE ROOM IN THE BAG + THE SCHEDULE.

LET YOUR PACE CHANGE.

GENERATED EDITORIAL TRAVEL PHOTOGRAPHY

FRIDAY - SUNDAY

A SIMPLE RHYTHM

FRIDAY EVENING

ARRIVE + EXHALE

Unpack completely, take a walk and enjoy one unhurried dinner.

SATURDAY AM

WAKE + MOVE

Coffee, sunlight, movement and one cultural or design experience.

SATURDAY PM

PAUSE + NOTICE

Choose a long lunch, one hour without the phone and time to read or write.

SATURDAY EVE

DRESS + REMEMBER

Dress intentionally and choose one memorable meal or performance.

SUNDAY AM

REVIEW + RETURN

Name what you will carry home—and what you are ready to leave behind.

ONE GOOD HOTEL.
ONE CLEAR DECISION.

WHAT THE

SEVEN DAY RESET TAUGHT US

Consistency matters
more than performance.

The Seven-Day Reset was never meant to prove that a life can be perfected in one week. It was designed to interrupt autopilot. Morning intention, evening reflection, movement, hydration, quiet and honest choices gave the community a simple structure for paying attention again.



THE MOST IMPORTANT LESSON:

RETURN.

A reset is not a rescue fantasy. It is a return. You return to the water you said you would drink, the walk you planned, the thought you needed to write down and the room you wanted to clear. When a day does not go as planned, return again—without turning one missed action into a verdict about your discipline.

A REPEATABLE RESET HAS THREE PARTS.

01

CUE

Open the curtains, start a playlist or fill a glass.

02

PRACTICE

Give ten minutes to journaling, movement or preparation.

03

CLOSE

Acknowledge completion, choose what comes next and repeat.

RITUAL GROWS STRONGER

because it fits real life.

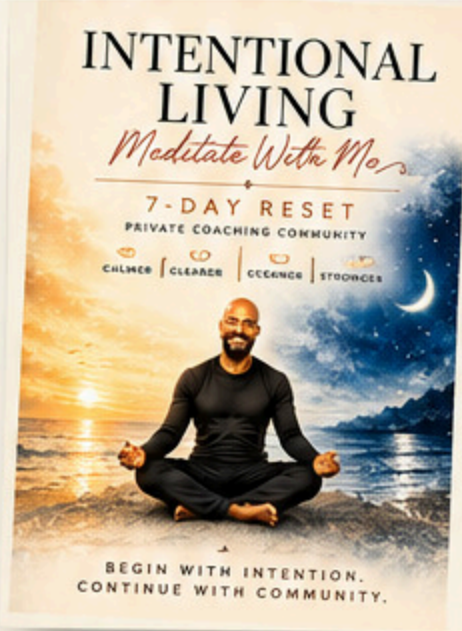
KEEP THE RESET

ALIVE

- 01 Choose one morning practice and one evening practice to continue.
- 02 Track completion for seven days without scoring your worth.
- 03 Share the practice with someone who encourages consistency.

- 04 Review what changed in your energy, environment or attention.
- 05 Adjust the practice until it fits real life.

THE RESET IN PRACTICE



SPIRITUAL HYGIENE

BY IYANLA VANZANT

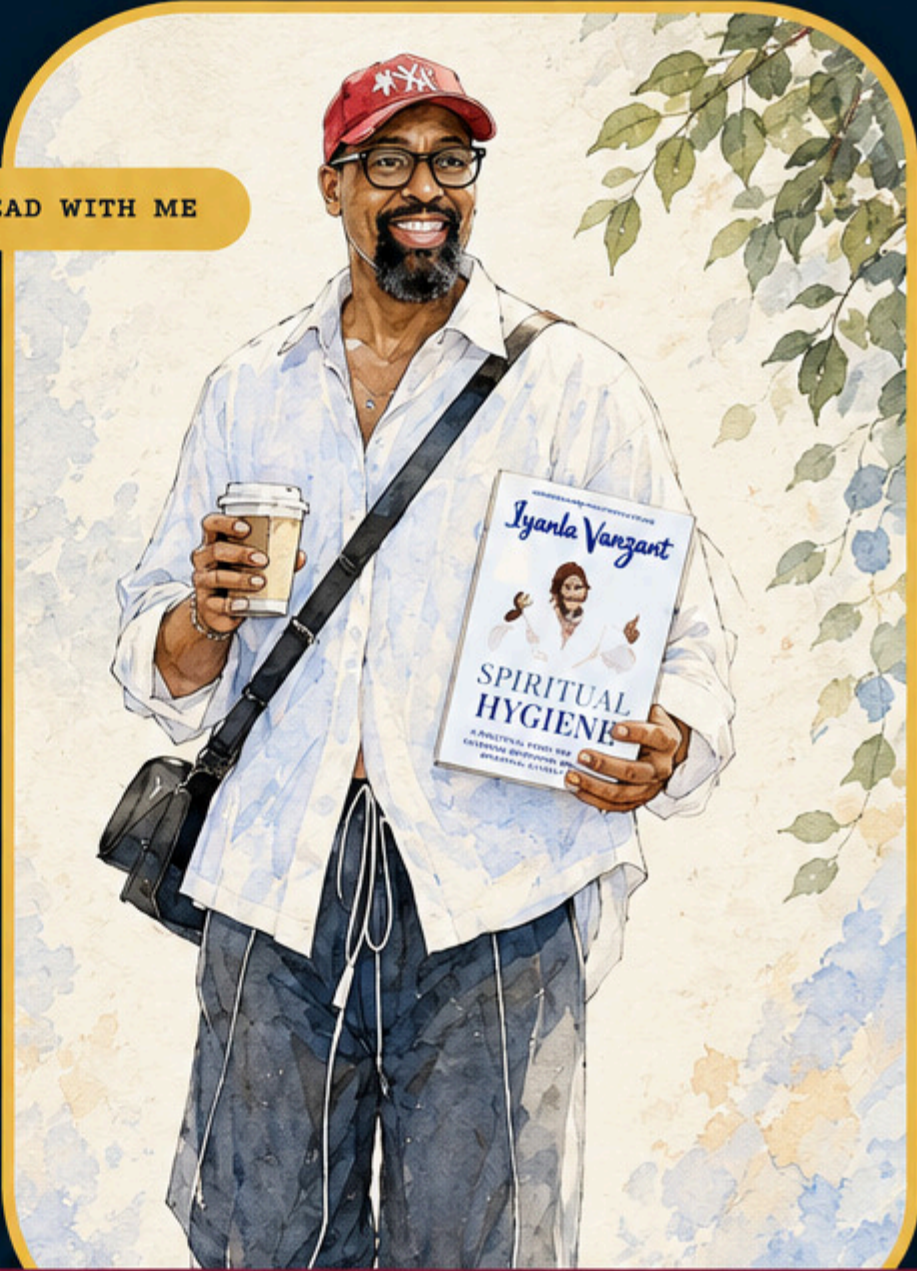
Intentional living is also the care of what is happening within us.

For September, I chose *Spiritual Hygiene* because intentional living is not only about how our lives look on the outside. It is also about caring for what is happening within us.

The book invites readers to examine the emotional, mental and spiritual clutter they may be carrying, strengthen boundaries, protect peace and reconnect with inner authority. That conversation belongs inside an issue about standards. The boundaries you set, the energy you permit and the daily practices you repeat all shape the life you experience.

Read slowly. Keep a journal close. When a passage creates discomfort, pause before trying to solve it. Ask what the reaction is protecting, what pattern it reveals and what a healthier standard might require next.

READ WITH ME



PROTECT YOUR PEACE.
RETURN TO YOURSELF.

READING REFLECTION

PAUSE AT THE QUESTION THAT FEELS MOST ALIVE.

- 01 — What am I carrying that no longer belongs to me?
- 02 — Where does my peace need a stronger boundary?
- 05 — What would inner authority look like this week?

- 03 — What daily practice helps me return to myself?
- 04 — Whose approval has been influencing my choices?



SCAN TO GET THE BOOK
Amazon book page

THE

STANDARDS

REFLECTION

TURN ONE INSIGHT INTO ONE VISIBLE ACTION.

Do not rush the answer. Name what is true, then choose what becomes visible next.

01

Where is my current standard no longer supporting the life I want?

02

What have I been tolerating because it became familiar?

03

What will the new standard be?

04

What boundary, system or environment will protect it?

05

What action will I complete in the next 24 hours?

MAKE IT *VISIBLE*

MY NEXT STANDARD

MY FIRST ACTION

COMPLETION DATE

INTENTIONAL LIVING

THE GIFT GUIDE

THE INTENTIONAL GIFT LIST

Thoughtful finds
with meaning
and style.

CELEBRATE AT HOME

Modern entertaining
made beautifully
simple.

STYLE FOR THE SEASON

Modern looks made
for celebrating.

GIFTS OF EXPERIENCE

Memories worth
making together.

HOLIDAY ELEVATED

Warmth, beauty and
intentional joy.

HOLIDAY IDEAS AND GIFTS

CURATED BY DR. KEITH HARLEY • SPECIAL EDITION 2026

THE INTENTIONAL SEASONAL RESET

Prepare now. Enjoy later.

SAME HOME.
A MORE INTENTIONAL
SEASON AHEAD.

FALL
BEGINS
SEPTEMBER 22

ORGANIZED
SPACES
BRIGHTER
DAYS

A HOME
THAT WELCOMES
WHAT MATTERS
MOST

FALL CLEANING, THE INTENTIONAL WAY

- ☐ Choose the feeling each room should create.
- ☐ Clear the entryway, closets and high-traffic surfaces.
- ☐ Wash windows, throws, bedding and curtains.
- ☐ Replace filters and test smoke and carbon-monoxide alarms.
- ☐ Rotate the wardrobe; repair, donate and store with intention.
- ☐ Deep-clean the kitchen before holiday cooking begins.
- ☐ Create one visible fall ritual station.
- ☐ Schedule the maintenance task you keep postponing.

“

A seasonal reset is not about perfection. It is about preparing your home to support the life you want to experience.”

WELCOME with INTENTION

Halloween atmosphere. Thanksgiving connection.



HALLOWEEN WITHOUT THE CHAOS

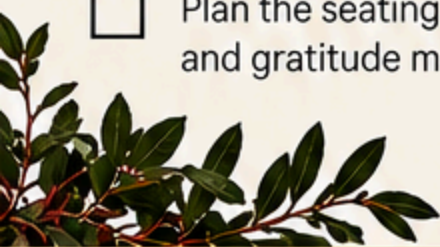
- ☐ Choose the decorating mood and budget by October 1.
- ☐ Check outdoor lighting and create a safe, welcoming path.
- ☐ Plan one treat, one signature drink and one memorable moment.
- ☐ Prepare costumes, candy and the front-door plan one week early.
- ☐ Pack and label every decoration on November 1.



"We prepare early so presence—not pressure—defines the celebration."

THANKSGIVING, GATHER WELL

- ☐ Confirm the guest list and menu by November 1.
- ☐ Assign dishes and ask about dietary needs.
- ☐ Inventory linens, serving pieces, chairs and tableware.
- ☐ Shop the pantry early; buy fresh ingredients later.
- ☐ Plan the seating, music, lighting and gratitude moment.



CELEBRATE. CLOSE. BEGIN AGAIN.

Christmas with meaning. A New Year with direction.

SLOWER
KINDER
DEEPER
MORE
MEANINGFUL

SAME
BRAVER
CLEARER
HEALTHIER
HAPPIER

CHRISTMAS, PROTECT THE MEANING

- ☐ Choose three words for how Christmas should feel.
- ☐ Create the gift list and budget before shopping.
- ☐ Inventory decorations before buying anything new.
- ☐ Schedule cards, shipping, giving and gatherings.
- ☐ Plan a limited menu and two signature moments.
- ☐ Protect rest and say no to what creates resentment.

NEW YEAR'S, BEGIN CLEAR.

- ☐ Review the year: wins, lessons and unfinished business.
- ☐ Clear old papers, subscriptions and digital clutter.
- ☐ Close small financial tasks before December 31.
- ☐ Reset the bedroom, bathroom and kitchen.
- ☐ Schedule January health and wellness appointments.
- ☐ Choose one word and three standards for the new year.

“Prepare the systems early so you can be present for the moments that matter.”

INTENTIONAL LIVING

— INTRODUCING —
THE INTENTIONAL HOME RITUAL COLLECTION



SET THE TONE

From your first intention in the morning
to your final exhale at night.

COMING OCTOBER 8

WWW.DRKEITHHARLEY.COM

INTENTIONAL LIVING. ELEVATED.

INTENTIONAL LIVING

THE STORY BEHIND THE RITUAL

WHY WE CREATED IT

Intentional Living has never been about saving the good life for special occasions. It is about shaping ordinary moments with purpose. I developed this collection because the atmosphere of our homes influences how we begin, how we move through the day and how we return to ourselves at night. Fragrance became a simple way to mark those transitions—and to make every day an experience.

THREE MOMENTS. ONE INTENTION.

MORNING INTENTION

AWAKEN

A fresh beginning—a reminder to enter the day with clarity, gratitude and purpose.

THE INTENTIONAL HOUR

CENTER

Permission to slow down and reclaim one meaningful hour for reading, reflection, conversation, music or rest.

EVENING RESET

RESTORE

A signal that the demands of the day are complete. Exhale, soften the room and return home to yourself.

Together, they create a daily rhythm: awaken, center, restore. This is more than home fragrance. It is Intentional Living—made visible, memorable and repeatable.”

— DR. KEITH HARLEY

SET THE TONE

THE INTENTIONAL HOME RITUAL COLLECTION

WWW.DRKEITHHARLEY.COM



INTENTIONAL LIVING

THE INTENTIONAL HOME RITUAL COLLECTION

MORNING
INTENTION

THE
INTENTIONAL
HOUR

EVENING
RESET

SET THE TONE

COMING OCTOBER 8

INTENTIONAL LIVING. ELEVATED.

PLATINUM COLLABORATION

Keith Harley and Domestic King

MAKE IT
COUNT

MUSIC

MOVEMENT

+ A NEW MORNING

THE INTENTIONAL MORNING

Make It Count was created to interrupt the kind of morning in which heavy thoughts, negative news or a rushed schedule takes control before you have decided how you want to live the day. The song is an invitation to stand up, move your body, open the curtains and redirect the atmosphere.

Motivation does not always arrive as a speech. Sometimes it arrives as rhythm. A familiar song can become a cue for water, movement, preparation and a better first decision. The goal is not to deny difficulty. It is to remember that energy can be directed and that one intentional action can influence what happens next.

PRESS PLAY.

Redirect the atmosphere.

Create a three-song morning sequence. Let the first song wake up the room, the second move the body and the third accompany planning. Keep the phone away from negative news until the ritual is complete. Do not let the morning happen to you. Step into it with intention.

THE THREE-SONG SEQUENCE

- 01 — WAKE
- 02 — MOVE
- 03 — PLAN

OPEN THE ROOM

SHIFT THE ENERGY

CHOOSE THE DAY

DO NOT LET THE MORNING HAPPEN TO YOU.

APPROVED PRESS ARTWORK / KEITH HARLEY + DOMESTIC KING

THE LAST WORD

Your present situation is not your final destination.

A higher standard is not a declaration that your current life has no value. It is a decision to care for that life more intentionally.

This issue asked you to look at your peace, body, environment, time and purpose. It invited you to use experience as an advantage, begin again without shame, dress with presence, create a restorative home, share a familiar meal and make enough space to hear yourself. None of those choices requires perfection. They require participation.

You will not raise every standard in one week. Choose the one that creates the greatest amount of alignment. Protect it. Practice it. Review it. When you miss the mark, return without punishment. That standard is not proven by never falling short. It is proven by what you choose when you notice.

Your next chapter deserves your full participation. Stop treating the life you want as something that begins later. Use the good glass. Prepare the room. Make the appointment. Wear the look. Take the walk. Finish the page. Make the call. Let today contain evidence that you believe your future is worth protecting.

**STOP TREATING THE LIFE YOU WANT AS
SOMETHING THAT BEGINS LATER.**

Your present situation is not your final destination.

INTENTIONAL LIVING. ELEVATED.

OCTOBER PREVIEW

Next month: The Intentional Home. Fall is not only about decorating. It is about changing how home feels through fragrance, flowers, lighting, bedding, organization, comforting food, layered style and the rituals that help us slow down and reconnect.



INTENTIONAL LIVING

THE OCTOBER ISSUE



THE FALL HOME RESET

Create a warmer,
more intentional
home.

DINNER WORTH STAYING IN FOR

Simple recipes and
meaningful moments.

THE ART OF HAVING PEOPLE OVER

Warm spaces.
Stronger
connections.

FALL STYLE AFTER 50

Timeless looks.
Modern presence.

REST IS A STANDARD

Build a more balanced life.

THE INTENTIONAL HOME

Make your home feel like the life you want.

OCTOBER 2026

DR. KEITH HARLEY

INTENTIONAL LIVING. ELEVATED.

COMING SOON

OCTOBER 22

2026

THE INTENTIONAL HOME

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