INTENTIONAL LIVING

THE OCTOBER ISSUE

THE INTENTIONAL HOUR

AN ORDINARY *NIGHT MADE* EXTRAORDINARY.

THE FALL HOME RESET

LIGHTING • FRAGRANCE
FLOWERS • ORDER

THE

INTENTIONAL HOME

Fall isn't just about decorating. It's about changing how home feels.

COZY DINNERS / CANDLELIGHT / SLOW EVENINGS

CURATED BY DR. KEITH HARLEY

INTENTIONAL LIVING. ELEVATED.

CONTENTS

THE FALL HOME RESET

01 **FROM KEITH**
A season to make room.

02 **THE INTENTIONAL HOME**
Make space for comfort, connection, and everyday joy.

03 **THE LIVING ROOM**
Make room for real life.

04 **THE DINING ROOM**
A table worth lingering at.

05 **THE FINISHING EDIT**
The pieces that give a room its point of view.

06 **A HOME THAT WORKS FOR YOU**
Simple shifts for a more intentional home.

08 **THE FALL HOME RESET**
12 changes that shift the energy of a room.

10 **THE OCTOBER TABLE**
Good food. Better company.

12 **THE FALL UNIFORM**
One color story. Two ways to wear it.

15 **THE OCTOBER RESET**
Five small rituals for a season that asks us to slow down.

16 **THE OCTOBER ESCAPE**
New York at the holidays.

19 **MAKE ROOM FOR WHAT MATTERS**
Choose a life that feels like yours.

21 **THE OCTOBER EDIT**
Four small shifts for a home, wardrobe, table, and week.

23 **THE SEASONAL SHIFT**
A fall reset for skin and scalp.

25 **THE HOLIDAY HEAD START**
December starts in October.

27 **THE NEW INTENTIONAL LIVING MERCHANDISE**
Essentials for daily rituals.

30 **INTENTIONAL LIVING HOLIDAY GIFT GUIDE**
Gifts worth giving. Things worth keeping.

31 **MAKE EVERY MEAL INTENTIONAL**
In the kitchen with Keith.

32 **EXCALIBLADES THE COLLECTION**
Beautiful tools for everyday cooking.

33 **THE LAST WORD**
Take the good part with you.

34 **CLOSING**
Live intentionally.

35 **NEXT MONTH THE ART OF GATHERING**
Make room for the people who matter.

Home Food Style
Travel Wellness Life



A LETTER FROM KEITH

Dear Friends,

When I think about intentional living, I often come back to one question: How does your life feel when you walk through your front door?

Home is where we begin the morning, recover from difficult days, welcome the people we love, and spend so many of the ordinary moments that become our lives. It does not have to be perfect or expensive to care for us well. It does need our attention.

This October issue is an invitation to look at home with fresh eyes. Perhaps one room needs warmth. Perhaps your mornings need more breathing space. Perhaps it is time to clear something away, set the table, light a candle, or make room for a conversation you have been putting off. Those choices may seem small, but they change the experience of a day.

As the season shifts, I am asking myself what I want my home to make possible: rest, joy, creativity, connection, and a sense that I can fully be myself here. I hope these pages help you ask the same question—and take one meaningful step toward your answer.

Your present situation is not your final destination. That is true of the life you are building, and it is true of the place you call home.

With intention,

Keith R. Harley, Jr.

Dr. Keith R. Harley, Jr.





HOME / COVER STORY

THE INTENTIONAL HOME

A room can be beautiful and still ask more of you. This October, we make space for comfort, connection, and everyday joy.

BY DR. KEITH R. HARLEY, JR.

THE LIVING ROOM

Make room for real life.



NOTHING HERE IS TOO PRECIOUS TO BE LIVED IN.

The modern living room is the place where the day opens up. Start with a seat that brings people together, then give the room a surface for books, a drink, or a conversation that runs long. Rich chocolate and pale oak keep the contrast fresh.

01 / THE SOFT ANCHOR



Curvia chocolate velvet sectional: a curved, modular place to gather.

SHOP CURVIA / $2,499 >

02 / THE SCULPTURAL CENTER



Stria reeded white oak table: tactile surface with a concealed drawer.

SHOP STRIA / $1,299 >

THE DINING ROOM

A table worth lingering at.



SET THE TABLE ON A TUESDAY. LET THE OCCASION BE LIFE.

The point is not a flawless tablescape. It is a place where people can stay. An expressive table shape brings energy; olive seating grounds it. Keep the centerpiece low, so the people across from you remain the focus.

THE TABLE



Lumina: a 58-inch freeform pearl lacquer top over bleached oak, edged in champagne gold.

SHOP LUMINA / $2,599 >

THE SEAT



Harrison: a sculptural looped back in deep olive velvet with integrated arms.

SHOP HARRISON / $449 >

THE FINISHING EDIT

Pillows, mirrors, art, and objects give a room its point of view. Choose one statement, then let the smaller pieces echo its color or shape.



01 / WALL ART

Monochrome Drift

A 60 x 48-inch painted focal point gives a quiet wall scale and movement.

SHOP / $699 >



02 / MIRROR

Islay Black Mirror

Its irregular black frame adds depth to an entry or bedroom.

SHOP / $599 >



03 / COLOR

Encina Rust Pillow

Embroidered velvet warms up a neutral seat.

SHOP / $89 >



04 / TEXTURE

Lowry Olive Pillow

Pleats add a deep green, tactile note.

SHOP / $89 >



05 / OBJECT

Tortoise Glass Bowl

Mouth-blown glass gives a table an artful edge.

SHOP / $69 >

ONE STATEMENT. TWO TEXTURES. ROOM TO BREATHE.

PRICES CHECKED SEPT. 28, 2026. PRODUCT IMAGES: Z GALLERIE, PUBLICATION CLEARANCE REQUIRED.

A HOME THAT WORKS FOR YOU







01

THE FIRST FIVE MINUTES

Give your entry a place for keys, bags, and the things that otherwise follow you into every room. Add one welcoming detail: a lamp, a branch, or a piece of art you love.

02

A PLACE TO GATHER

Clear enough table space to share a meal or conversation. Good company remembers how it felt to be welcomed, not whether every detail matched.

03

ROOM TO REST

Make the bedroom quieter at night. Put away one visual distraction, soften the light, and give yourself a few minutes to settle before sleep.



HOME IS A PRACTICE

An intentional home is never finished. It changes as you do. Begin with one corner that asks something of you every day, and make that corner easier to live in. Notice what shifts. Then choose the next one.

YOUR ONE-WEEK HOME RESET

- Day 1: Name the feeling.
- Day 2: Clear one surface.
- Day 3: Improve the light.
- Day 4: Make room to sit.
- Day 5: Set the table.
- Day 6: Invite connection.
- Day 7: Notice what changed.



THE FALL HOME RESET

12 changes that shift the energy of a room

A room can change without starting over.

Begin with what you notice every day: the way light falls, where you land when you come in, and whether there is room to sit and stay.

01 CHANGE THE LIGHT

Use a lamp near the chair you love. Let the overhead light rest after dinner.

02 GIVE THE ENTRY A LANDING

Create one clear place for keys, a bag, and the things that follow you home.

03 EDIT ONE SURFACE

Remove everything, then return only what is useful, beautiful, or meaningful.

04 BRING IN TEXTURE

Put a throw where you sit and a pillow that offers real comfort.

05 MOVE A CHAIR

Turn one seat toward a person, a view, or the place where you want to linger.

06 CHOOSE ONE DEEPER COLOR

Repeat a burgundy, olive, tobacco, or chocolate note twice, then stop.

A MORE INVITING ROOM BEGINS WITH ONE DECISION.

The finishing decisions.

The room becomes yours in the details. Pick the changes that serve the way you actually live; leave the rest.

07 **LET ART LEAD**

Give one expressive piece the wall space it deserves instead of crowding it.

08 **CATCH THE LIGHT**

Place a mirror where it reflects daylight or a warm lamp, not clutter.

09 **SET A WEEKDAY TABLE**

Use the good napkins or a favorite bowl without waiting for company.

10 **CREATE AN EVENING CUE**

Lower the lights, put away a screen, and allow the room to slow with you.

11 **MAKE ROOM TO GATHER**

Clear a seat and a tabletop so a guest can feel immediately welcome.

12 **KEEP WHAT FEELS LIKE YOU**

The final edit is personal. Leave room for the objects and memories that tell your story.



MAKE YOUR HOME FEEL LIKE THE LIFE YOU WANT.

THE OCTOBER TABLE

Southern comfort, color and company.

PULL UP A CHAIR

A memorable fall dinner begins before the first plate is passed. Give people a beautiful place to settle in, then bring the food to the table family style. The conversation becomes part of the meal.

THE MENU

Glazed roast chicken, skillet cornbread, collard greens, baked macaroni and cheese, roasted sweet potatoes and deviled eggs. End with a peach dessert while everyone is still talking.

KEITH'S GATHERING RULE

Let the table feel abundant, then make serving easy. Keep a clear path for passing dishes and choose music that gives the room a pulse without taking over the conversation.

SHOP THE SETTING
STRIA OVAL DINING TABLE ↗

SHOP THE SEATING
STRIA GREEN CHENILLE DINING CHAIR ↗

Editorial scene inspired by the linked Z Gallerie pieces; product details may vary.

GOOD FOOD. BETTER COMPANY.

A SOUTHERN SUPPER WITHOUT THE RUSH

The generous table feels effortless when the work is spread across two days. Give every dish a place in the plan and save your attention for the people at the table.

THE DAY BEFORE

Season the chicken. Wash and prep the greens. Bake the cornbread, set out the serving pieces, and make the peach dessert. Chill what needs chilling.

TWO HOURS BEFORE

Roast the chicken and sweet potatoes. Start the macaroni and cheese. Warm the greens gently; cut the cornbread into generous squares.

AT THE TABLE

Put the chicken in the center and surround it with sides. Invite everyone to pass a dish. Serve dessert after the table has had time to talk.



THE POINT IS TO GATHER.

Southern hospitality is a full plate, a comfortable chair, and the freedom to stay a little longer. Keep the menu colorful and the mood loose.

WITH DR. KEITH HARLEY

THE FALL UNIFORM

ONE COLOR STORY. TWO WAYS TO WEAR IT.

WOMEN

THE OVERSIZED BLAZER
Brown, double-breasted; a strong shoulder over soft volume.

GREEN SATIN PANTS
Fluid pleats bring movement and a saturated fall color.

MEN

COLORBLOCK JACKET
Navy suede effect with a burgundy line for a sporty edge.

BROWN PLEATED PANTS
An easy drape balances the clean shape of the jacket.

WEAR COLOR WITH CONFIDENCE.

Styled visualization inspired by the linked Zara products; details and availability may change.

Keiths FALL *Favorites!*

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

effortless sophistication

on the go

a sweet indulgence

kitchen essentials

drive greater

gather in comfort

modern glamour

self care season

01
MID BROWN SUIT
A modern classic for the season ahead.

A mid brown suit brings warmth, versatility, and effortless refinement to fall. Perfect for the office, dinner, or any occasion where intention meets style.

WHY I LOVE IT

- Timeless and versatile
- Elevates any occasion
- A modern take on a classic



02
BLACK WIDE TROUSERS
Relaxed fit. Refined style.

Black wide trousers bring effortless sophistication and all-day comfort. A modern silhouette that pairs with everything from knits to blazers.

WHY I LOVE IT

- Chic and comfortable
- Endless styling options
- A wardrobe essential



03
TUMI CROSSBODY
Function meets refinement.

The TUMI crossbody keeps your essentials close in signature style. Sleek, durable, and designed for a life on the move.

WHY I LOVE IT

- Sophisticated and practical
- Premium craftsmanship
- Perfect for travel and daily wear



04
SALT PEPPER MILLS
Every meal better seasoned.

Sleek, elevated salt and pepper mills bring a touch of luxury to the everyday ritual of cooking and dining. Beautiful on the counter, essential at the table.

WHY I LOVE IT

- Stylish and functional
- Elevates everyday meals
- A small detail with big impact



05
TURTLE BROWNIES
A decadent fall treat.

Rich chocolate, gooey caramel, and crunchy pecans make these turtle brownies the perfect indulgence for the season. Because intentional living always leaves room for dessert.

WHY I LOVE IT

- Rich, indulgent flavor
- Perfect for entertaining
- A seasonal favorite



06 CITY CHIC SECTIONAL
Comfort that brings people together.

The ultimate gathering piece. This modern sectional combines clean lines with deep, inviting comfort — perfect for cozy fall nights and meaningful conversations.

WHY I LOVE IT

- Spacious and versatile
- Modern, timeless design
- Made for connection



07 ROLLS ROYCE
A higher standard for the journey.

Rolls Royce represents the pinnacle of craftsmanship, innovation, and timeless elegance. A reminder to move through life with intention and excellence.

WHY I LOVE IT

- Unmatched craftsmanship
- Iconic design and presence
- A symbol of living intentionally



08 SILVER BOW POUF
A statement in any space.

This silver bow pouf adds a touch of modern glamour and versatility. Use it as extra seating, a chic accent, or a functional piece of art in your home.

WHY I LOVE IT

- Unique and stylish
- Functional and versatile
- Instantly elevates a room



09 TINECO FLOOR WASHER
A cleaner home, less effort.

The Tineco floor washer makes it simple to keep your home spotless. Powerful, smart, and easy to use — because a clean space supports a clear mind.

WHY I LOVE IT

- Vacuum and wash in one
- Saves time and effort
- Keeps my home guest-ready



10
KAYALI VANILLA
Warm. Inviting. Unforgettable.

Kayali Vanilla is a rich, captivating fragrance that blends warmth and sweetness in a scent that lingers beautifully through the season and beyond.

WHY I LOVE IT

- Luxurious and long-lasting
- Warm, elegant scent
- Perfect for fall and evening wear



11 ORDINARY TONER
Simple skincare. Real results.

The Ordinary toner with glycolic acid gently exfoliates, helps refresh skin, and keeps my routine simple and effective. A small step that makes a big difference.

WHY I LOVE IT

- Gentle and effective
- Keeps skin healthy, brighter, with a more even tone in my routine





LIFE / A NOTE FROM KEITH

THE OCTOBER RESET

Five small rituals for a season that asks us to slow down.

When the season changes, I ask myself what deserves my energy now. My reset begins with a few honest choices, repeated with care.

01 LET LIGHT IN

Open the curtains. Step outside. Give the morning a few unhurried minutes.

02 CLEAR ONE SURFACE

Choose one table or corner. Keep what serves you; let the rest go.

03 SET THE TABLE

Make an ordinary meal feel worth sitting down for.

04 MOVE WITH CARE

A walk or stretch can create a little room to think.

05 CLOSE THE DAY

Write what mattered. Name tomorrow's priority. Let today be enough.

NEW YORK AT THE HOLIDAYS



FIVE STOPS. ONE UNFORGETTABLE CITY.

New York around the holidays has always had my heart. Here is the weekend I would build around the city's color, flavor, and wonder: a memorable stay, a beautiful dinner, a classic slice, a restorative pause, and that unmistakable tree.

BY DR. KEITH HARLEY

01 / THE STAY

THE FIFTH AVENUE HOTEL

A jewel box of color and character in NoMad. Make the hotel part of the experience, not just the address.

1 WEST 28TH STREET • EXPLORE THE HOTEL ↗

NEW YORK STYLE / AN EVENING WORTH DRESSING FOR

02 / THE DINNER

THE MODERN

At MoMA, contemporary cooking meets the sculpture garden. This is the polished dinner that makes a holiday trip feel like an occasion.

9 WEST 53RD STREET

Reserve ahead for The Modern. The Bar Room also welcomes walk-ins when space allows.

SEE MENU & RESERVATIONS ↗



THE NEW YORK TREE

ROCKEFELLER CENTER CHRISTMAS TREE

2026 lighting and visiting details are pending. Check the official site before travel.



04 / THE SLICE

JOE'S PIZZA

The classic New York street slice. The original shop is now a few doors from its old Bleecker-and-Carmine corner. Stop, fold, and savor.

7 CARMINE ST • VISIT JOE'S ↗



05 / THE PAUSE

AIRE ANCIENT BATHS

Candlelit thermal baths in a restored Tribeca textile factory. Set aside time for the water circuit or a massage before the city calls again.

88 FRANKLIN ST • BOOK AIRE ↗

Venue photography: hotel, restaurant, Joe's Pizza, AIRE, Rockefeller Center. Tree image from a prior season.

A NOTE FROM KEITH

Make Room for What Matters

On the courage to choose a life that feels like your own

BY DR. KEITH HARLEY

There is a particular kind of exhaustion that sleep cannot fix. You can have a full calendar, a beautiful home, and a life that looks impressive from the outside, yet still feel as though you have disappeared from your own days. You answer the message, make the appointment, accept the invitation, solve the problem. Then, somewhere between what everyone needs and what you promised yourself, your own life gets postponed.

I know how easy it is to call that responsibility. Sometimes it is. But sometimes the bravest, most responsible thing we can do is pause long enough to ask: Whose priorities are running my life?

October gives us an honest answer if we are willing to listen. The light changes. The pace shifts. What we kept telling ourselves we would do "when things settle down" still waits for us. The invitation of this season is not to become a different person by November. It is to stop treating the person you already are as an afterthought.



PHOTO COURTESY OF DR. KEITH HARLEY

A full calendar is not proof of a full life. Some commitments nourish us; others simply keep us moving. The difference becomes clearer when we name what we value before we add one more thing. In research on what psychologists call self-concordant goals, Kennon Sheldon and Andrew Elliot found that goals aligned with a person's interests and values drew more sustained effort and, when attained, contributed more to well-being.[1] That is a useful question for any ambitious person: Is this goal mine, or have I become excellent at pursuing something I never truly chose?

I am not asking you to abandon duty, family, or the people who count on you. I am asking you to include yourself among those people. A boundary can be a loving sentence: "I cannot do that this week." It can be the dinner you keep with a friend, the quiet morning you refuse to give away, the hour you spend planning the next chapter of your work. Space does not appear by accident. We make it, and then we protect it.

THE PERSONAL ESSAY / CONTINUED

The life in front of you

The second thing we need to reclaim is attention. It is possible to be physically present everywhere and fully present nowhere. Researcher Sophie Leroy described attention residue: after moving from one task to another, part of the mind can remain with the first task, making it harder to engage deeply with the next.[2] That finding makes the little interruptions of an ordinary day feel less little. Every unnecessary switch asks something of us. The conversation at the table deserves more than the fraction of us left after a dozen notifications.

So choose one place this month where you will be undivided. It may be a family meal without the phone. It may be twenty minutes with your own thoughts before you let the world speak first. It may be listening to a friend without composing your answer while they are still talking. These moments sound small because they are repeatable. Repetition is how a value becomes a life.

I also want to be careful about the way we talk about time. Not everyone can simply delegate the chores or take a day away. Time is shaped by work, money, caregiving, and circumstance. A study led by Ashley Whillans found an association between spending money on time-saving services and greater life satisfaction, with an experiment showing a mood benefit from a time-saving purchase over a material one.[3] The point is not that peace has a price tag. It is that time is a real resource. Where you have a choice, spend it in a way that serves your life.

That may mean asking someone else to help. It may mean letting a task be good enough. It may mean declining an event you would have accepted last year. The shape of the choice will differ from person to person, but the question remains: What am I making room for? An empty hour has no meaning until we fill it with something honest.

Start with one promise so specific that you know exactly when it will happen. Psychologists Peter Gollwitzer and Paschal Sheeran reviewed 94 tests of implementation intentions—plans that connect a situation to an action—and found a meaningful improvement in goal attainment.[4] “I need to reconnect” is a wish. “If it is Sunday afternoon, I will call my sister before I open my inbox” is a plan. “I should rest” is a wish. “After dinner on Thursday, I will take a walk before turning on the television” gives that wish a place to live.

The goal is not to be perfect. October. You are allowed to begin in the middle of a crowded week. You are allowed to change your mind about what success should look like. You are allowed to want a life with accomplishment and room to breathe, with generosity and a place for your own joy.

Ask yourself what matters. Then look at the next seven days. Let one small, visible choice bring those two answers closer together. A meaningful life is built in that space—between what we say we cherish and what we make time to do. Your present situation is not your final destination.

TAKE THIS INTO YOUR WEEK

1. What am I saying yes to out of habit rather than conviction?
2. Which relationship, ritual, or dream needs protected time this month?
3. What one “if-then” promise will I keep this week?

RESEARCH NOTES

1 Sheldon & Elliot, Journal of Personality and Social Psychology (1999)
2 Leroy, Organizational Behavior and Human Decision Processes (2009)
3 Whillans et al., PNAS (2017)
4 Gollwitzer & Sheeran, Advances in Experimental Social Psychology (2006)

SEASONAL LIVING

The October Edit

Four small shifts for a home, wardrobe, table, and week that feel more like you.



01 HOME / WARMTH WITH RESTRAINT



02 STYLE / THE FALL UNIFORM

01 / THE OCTOBER EDIT

One room, new mood

Choose a room where life actually happens. Begin with one deep color—plum, rust, olive, or ochre—then repeat it twice in textiles or art. A lamp at eye level, a textured throw, and a branch from the market can shift the mood without replacing the furniture. Let the room look lived in, not staged.

DO THIS WEEK

Edit one surface. Keep the pieces you use or love, and give everything else a place.

02 / THE OCTOBER EDIT

The fall uniform

Build three reliable combinations around a jacket or coat you love. Try a rich knit with dark denim; tailored trousers with a soft shirt; or a monochrome base with one bold accessory. Fit, texture, and ease carry more weight than a crowded closet.

DO THIS WEEK

Set out one complete look, including shoes and bag, for the week ahead.

EDITORIAL IMAGERY GENERATED FOR THIS FEATURE; ITEMS SHOWN ARE STYLING INSPIRATION, NOT SHOPPING LINKS.

THE OCTOBER EDIT / CONTINUED

Bring the season to the table



03 TABLE / MAKE GATHERING EASY



04 LIFE / GUARD YOUR TIME

03 / THE OCTOBER EDIT

Invite them in

A generous table does not require a complicated menu. Make one main dish, add something roasted and colorful, then let bread, greens, or a dessert from a favorite bakery do the rest. Use serving bowls, low flowers, and candles; leave room for people to pass a plate and linger. The gathering is the occasion.

DO THIS WEEK

Choose a date and invite two people before you perfect the menu.

04 / THE OCTOBER EDIT

Reserve a little space

Before the month fills itself, put one meaningful hour on the calendar. It could be a walk, a phone call, a bookstore visit, or time to plan a dream. Give it the same respect you would give an appointment with someone else. The point is to experience this season while you are in it.

DO THIS WEEK

Write down when that hour starts and what you will do first.

YOUR OCTOBER, IN FOUR MOVES

01 Refresh one room

02 Wear one ready look

03 Set a date to gather

04 Protect one hour

EDITORIAL IMAGERY GENERATED FOR THIS FEATURE; ITEMS SHOWN ARE STYLING INSPIRATION, NOT SHOPPING LINKS.

BEAUTY & WELLNESS

The Seasonal Shift

A thoughtful fall reset for skin, scalp, and the way we care for ourselves



GENERATED EDITORIAL PHOTOGRAPHY / MODELS ARE ILLUSTRATIVE

The air changes before our routines do. A familiar cleanser suddenly feels too strong; hands feel tight after washing; a scalp that was comfortable in summer begins to itch. The answer is rarely a shelf full of new bottles. It starts with noticing what your skin and scalp are telling you, then making a few sensible adjustments.

Skin: protect the barrier

Keep showers brief and warm rather than hot. Use a gentle cleanser, and smooth moisturizer onto skin while it is still damp. The American Academy of Dermatology (AAD) recommends this timing because moisturizer helps hold existing water in the skin. A richer cream may feel better on dry areas; choose a texture that suits your face rather than assuming one formula fits every need.[1]

Scalp: learn the difference

Flaking does not always mean a “dry scalp.” Dandruff and other conditions can look similar, and the right response depends on the cause. A gentle, non-medicated shampoo may help simple dryness; persistent or severe flaking, redness, pain, or hair loss deserves a dermatologist’s assessment. Do not scrub an irritated scalp simply because the season changed.[2]

THE ONE STEP THAT STAYS

Fall sunlight still brings UV exposure. Use broad-spectrum, water-resistant SPF 30 or higher on exposed skin and reapply as directed while outdoors. [3]

SOURCES: 1 AAD DRY SKIN CARE • 2 AAD DRY SCALP CONDITIONS • 3 AAD SUN PROTECTION. CLICK SOURCE NUMBERS ABOVE.

THE SEASONAL SHIFT / SHOPPING EDIT

A simpler fall shelf

Seven useful finds for skin, scalp, and lips. Tap a photograph or name to explore the exact product.



01 / CLEANSE

La Roche-Posay Toleriane Hydrating Gentle Facial Cleanser

Creamy wash for normal to dry, sensitive skin.

VIEW PRODUCT →



02 / MOISTURIZE

CeraVe Moisturizing Cream

Fragrance-free cream for face or body.

VIEW PRODUCT →



03 / PROTECT

EltaMD UV Clear SPF 46

Broad-spectrum daily face sunscreen.

VIEW PRODUCT →



04 / SCALP CARE

Vanicream Shampoo

Non-medicated wash for sensitive scalps.

VIEW PRODUCT →



05 / LIP COMFORT

Aquaphor Lip Repair Stick

A moisturizing stick for dry lips.

VIEW PRODUCT →



06 / SPRAY TONER

Tower 28 SOS Daily Rescue Facial Spray

A hypochlorous-acid mist; follow with moisturizer if needed.

VIEW PRODUCT →



07 / SOFT COVERAGE

bareMinerals Complexion Rescue Tinted Moisturizer SPF 30

Hydrating tint; shade Opal pictured. Choose your match.

VIEW PRODUCT →

PRODUCT PHOTOGRAPHS: BRANDS AND TARGET PRODUCT LISTINGS. DETAILS CHECKED SEPTEMBER 2026. EDITORIAL SELECTIONS; AVAILABILITY AND SHADES MAY CHANGE. NO CLAIM OF PERSONAL USE BY DR. HARLEY.

THE SAVE-AND-USE GUIDE

The Holiday Head Start

A little planning now makes more space for the moments you want to remember.



01 / THANKSGIVING: MAKE THE GATHERING FEEL EASY

☐ 01 DECIDE THE SIZE

Choose your guest list and send the invitation early. Ask about allergies, accessibility, and arrival times before you plan the menu.

☐ 02 BUILD A FLEXIBLE MENU

Pick one main, two reliable sides, one fresh dish, and dessert. Mark what you will make, buy, or ask a guest to bring.

☐ 03 TEST THE TABLE

Count seats, plates, glasses, serving pieces, and refrigerator space. Borrow what you lack instead of buying in a rush.

☐ 04 DIVIDE THE WORK

Shop shelf-stable ingredients ahead. Prepare one dish in advance, set the table the night before, and give helpers clear jobs.

A HOST'S BACKWARD PLAN

ONE WEEK OUT

Confirm the count; make the shopping list.

TWO DAYS OUT

Prep a dish; chill drinks; gather serving pieces.

THE DAY OF

Warm, finish, welcome, and sit down together.

YOUR HOSTING NOTE

The feeling I want guests to leave with: _____

GENERATED EDITORIAL PHOTOGRAPHY • CHECK THE BOXES AS YOU GO

THE HOLIDAY HEAD START / CONTINUED

December starts in October



02 / A CALMER, MORE PERSONAL DECEMBER

☐ **01 SET YOUR INTENTION**

Name three experiences worth protecting: a shared meal, an evening out, a quiet morning, or a tradition that feels like yours.

☐ **02 MAKE A GIFT MAP**

List people, a comfortable spending range, and one thoughtful idea each. Keep room for shipping, wrapping, and charitable giving.

☐ **03 EDIT THE CALENDAR**

Mark travel, hosting, work deadlines, and rest days. Leave at least one unscheduled evening after your busiest commitments.

☐ **04 CHOOSE THE HOME MOOD**

Select one palette, reuse what you own, and add greenery, light, or ribbon where it will be enjoyed most. Start with the entrance or table.

☐ **05 HANDLE THE LOGISTICS**

Check addresses, travel reservations, gift delivery windows, and supplies for guests before the final week arrives.

☐ **06 LEAVE ROOM FOR JOY**

Put the activity you most look forward to on the calendar now. Protect it as deliberately as any other appointment.

THE FIRST ACTION

This week, I will: _____

GENERATED EDITORIAL PHOTOGRAPHY • KEEP THIS SPREAD FOR YOUR SEASONAL PLANNING

INTENTIONAL LIVING

Intentional Living Merchandise

& HOME RITUALS

Everyday essentials for a more intentional life.

Thoughtfully chosen products to bring more comfort, beauty, and intention into your day. From your morning coffee to a peaceful night's rest, each item is designed to support the simple rituals that make life feel good.









01 / APPAREL

T-Shirt

$14.97

Soft, comfortable, and perfect for everyday living.



02 / DRINKWARE

15 oz. Ceramic Mug

$16.50

Your daily reminder to slow down and enjoy the moment.



03 / DRINKWARE

40 oz. Tumbler

$23.97

Keeps your favorite drinks at the perfect temperature — wherever the day takes you.



04 / KITCHEN

Canvas Apron

$43.92

Cook, create, and gather with intention.



05 / WELLNESS

Good Night Spray

~~$25.99~~ **$21.00**

A calming blend to help you unwind and enjoy a restful night.

06 / WELLNESS

Good Morning Spray

~~$25.99~~ **$21.00**

A refreshing blend to help you start your day with intention.

07 / HOME

Three-Wick Candle

$45.00

A warm, inviting scent to create a peaceful home environment.

08 / BUNDLE

Home Ritual Bundle

$79.99

The complete collection for your daily rituals. Save and bring intention to every part of your day.

Home Ritual Bundle

Bring more intention into your everyday.

Our Home Ritual Bundle combines your favorite daily essentials — coffee, calm, energy, and warmth — to create a more intentional home.

SHOP THE COLLECTION →

NOW AVAILABLE

Intentional Living

THE HOLIDAY GIFT ISSUE

Gifts Worth Giving. Things Worth Keeping.

A special edition filled with thoughtful gifts, beautiful moments, and inspired ideas for the season. From the art of giving to the joy of self-care, this issue helps you celebrate what matters most — at home and beyond.





THE ART OF GIVING

Thoughtful gifts that create beautiful moments.



HOME FOR THE HOLIDAYS

Small luxuries that make everyday living feel special.



THE SELF-CARE EDIT

Elevated essentials for a more intentional you.

The Holiday **GIFT ISSUE**

Discover Keith's curated gift ideas, beautiful home inspiration, and seasonal rituals to make this holiday season more intentional.

READ THE ISSUE →



Explore the collection

excaliblades.com

EXCALIBLADES

THE COLLECTION

Beautiful tools. *Everyday possibilities.*





From the Excaliblades family archive

A FAMILY STORY. A PASSION FOR COOKING.

Excaliblades is a family-owned business in Dallas, Texas. Inspired by Curtis's childhood fascination with knives and lessons from his father, the company brings together a love of cooking, craftsmanship and family.

VG-10 steel core | 67-layer Damascus steel | Full-tang construction | G10 handles

FIND YOUR BLADE



8-Inch Chef Knife

Your everyday all-rounder for slicing vegetables, mincing herbs and preparing proteins.



6.5-Inch Nakiri Knife

A straight-edged vegetable specialist for push cuts, chopping greens and preparing root vegetables.



4-Inch Paring Knife

Small and precise for peeling fruit, trimming vegetables, slicing garlic and detailed prep.

Care for your craft: Hand-wash and dry promptly. Use a wood or plastic cutting board.

Create your next memorable meal.

excaliblades.com

Christy@excaliblades.com | 469-744-3156

INTENTIONAL LIVING

CLOSING NOTE

The Last Word

BY DR. KEITH HARLEY

OCTOBER 2026



Take the good part with you.

Intentional living is not a performance. A beautiful table, an outfit that makes you feel good, a trip that stays with you—each can bring delight. What matters is the life we create around those moments.

I hope October has invited you to look again at your surroundings, your people, and your own plans. Keep what helps you grow. Give yourself permission to release an expectation that no longer belongs to you.

The season ahead will ask for your time. Before it fills up, choose one thing to protect: a tradition, a conversation, a boundary, or an hour that belongs to you. Put that choice into the coming week.

You do not need every answer today. Thank you for spending this part of the journey with me. May your next chapter have beauty, courage, good company, and room for joy.

TAKE THIS INTO NOVEMBER

What deserves more of your attention now?

PHOTO ILLUSTRATION BASED ON DR. HARLEY'S APPROVED PORTRAIT

INTENTIONAL LIVING

Live with intention.

Make every day an experience.

Style, home, food, travel, wellness, and the courage to create a life that feels like your own.

CONTINUE THE CONVERSATION

Dr. Keith Harley

drkeithharley.com

Your present situation is not your final destination.

OCTOBER 2026 • DR. KEITH HARLEY



INTENTIONAL LIVING



THE COVER STORY

THE ART OF GATHERING

Make room for the people who matter.

STYLE

THE NOVEMBER WARDROBE

Texture. Presence. Ease.

HOME

A TABLE WITH SOUL

Style, warmth, and a reason to linger.

WELLNESS

REST BEFORE THE RUSH

Protect your peace this season.

LIFE

GRATITUDE IN ACTION

What we choose to give.

DR. KEITH HARLEY

THE GATHERING ISSUE • NOVEMBER 2026