INTENTIONAL LIVING

DECEMBER ISSUE

HOLIDAY, ELEVATED
Create a home that welcomes.

GATHER BEAUTIFULLY
Good food.
Great company.

THE GIFT OF INTENTION
Give thoughtfully.
Live fully.

YOUR NEXT CHAPTER
Reflect, reset & begin again.

MAKE ROOM FOR JOY
Celebrate what matters most.

DR. KEITH HARLEY

DECEMBER 2026

A LETTER FROM DR. KEITH



Making Room for What Matters Most

Dear Intentional Living Family,

December invites us to slow down long enough to notice what we have been rushing past: the warmth of home, the people who show up for us, and the quiet joy of being present.

I love a beautifully decorated room, a thoughtful gift, and a reason to dress for the occasion. But the heart of the holidays is in how we make people feel. A welcoming table means more when we make time for the conversation. A gift becomes meaningful when it says, *I see you.* And a home becomes a sanctuary when there is room to breathe.

That is the spirit of this December issue. These pages invite you to celebrate with intention: bring beauty into your home, gather with people you cherish, and create moments that feel like you.

Give yourself permission to celebrate within your means and protect your peace. You do not have to accept every invitation, recreate every tradition, or carry every responsibility. Choose what brings meaning to your season, and leave room for rest.

As the year comes to a close, I also invite you to put pen to paper. What are you grateful for? What have you outgrown? What would you like to carry into 2027? Let your journal be a place for honest answers, without pressure to have everything figured out.

If this season feels tender, there is room for that, too. Joy and grief can share the same table. Reach for connection in whatever form feels right for you.

My hope is that this issue inspires you to make room for love, laughter, reflection, and possibility. You deserve to experience the life you are working so hard to create.

With love and intention,

Dr. Keith Harley

PUBLISHER, INTENTIONAL LIVING MAGAZINE

Create a life you don't have to take a vacation from.

INTENTIONAL LIVING

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DR. KEITH HARLEY • PUBLISHER

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KH
KEITH HARLEY

THE INTENTIONAL LIVING MAGAZINE

OoPs.

YOU WEREN'T SUPPOSED TO SEE THIS YET.

You made it through the cover.
You found the Contents.
You read Keith's letter.

And now you're probably wondering…

"Where's the next page?"

Fair question.

The December Issue is ready,
but we're not quite ready to reveal it all.

You've had a first look at the Cover,
Contents, and Letter from Keith.

THE REST OF THE ISSUE
OFFICIALLY LAUNCHES

DECEMBER 1, 2026

UNTIL THEN,
CONSIDER THIS YOUR PREVIEW.

The Art of Gathering

HOME
FOOD
STAVEL
WELLNESS
LIFE

KH
KEITH HARLEY