FALL 2014 ISSUE 10

BE WISE

-AN INSPIRATIONAL MAGAZINE-

THE BACK TO

SCHOOL

ISSUE

ABOUT BE WISE MAGAZINE

BE WISE was created from the dream and desire of one girl to make a difference. Ceciley Hallman, the creator of BE WISE loves working with people and her passion is helping others understand that they are of worth.

Being wise begins with understanding who we really are. In order to Be Wise and make smart choices in our life we need to know we are of worth. This magazine is dedicated to uplifting, inspiring, and teaching people to understand that they are of infinite worth and the importance of Being Wise.

We hope this magazine can bring everyone who comes across it the courage to stand strong, remember who they are, and never give up.

"One person can make a difference, and everyone should try."
-John F. Kennedy

LETTER *from the* EDITOR

It's that time of year again! I don't know about you, but there is something so exciting about going back to school. Although I have already graduated from college, I currently work at a high school, so I am still able to experience the start of a new school year. Wherever you might be in your journey of life, whether it's high school or college or if you are done with school like me, take this time and use it as a fresh new start. Set goals, develop your talents, reach out to those in need, make a difference, become the person you want to become. Throughout this magazine we have shared many different tips and tricks to help this be your best year yet! We hope that as you read this magazine you will be inspired and have the desire to be the best you can be.

Remember in all that you do, BE WISE.

-Ceciley Hallman, Editor in Chief

FALL 2014 | ISSUE 10
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BE WISE

WHAT MAKES BE WISE DIFFERENT?

There are so many harmful messages and images portrayed by today's popular media that skew our perception of Beauty. While yes, we do include sections in our magazine about "Beauty", "Fashion", and other topics that can be found in today's popular media, we strive to couple these subjects with true and uplifting ideals.

We believe that true beauty comes from knowing who we are and understanding our infinite worth and potential. Contrary to society's expectations, we do not believe that true beauty comes from cosmetics.

So, then why would we include articles such as "make-up tips and tricks"? Although we do not believe it is the makeup that makes someone beautiful we do believe that it is important to care for the bodies we have been blessed with. When we present ourselves well, and are properly groomed, not only do we feel better about ourselves, our confidence increases and we can be an influence for good in the lives of others.

This does not mean that we believe the only way to feel confident and be a positive example to others is by wearing makeup. This does, however, mean that we strongly believe in the importance of caring for our bodies; whether it be by good habits of health and fitness, or properly caring for our skin and hair.

We need to BE WISE in all the decisions we make. This includes things as simple as the clothes we wear, the relationships we have, the way we spend our time, and even the makeup we put on our faces.

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BEWISE

THEBLOG.COM

BEAUTY | ENTERTAINMENT | FASHION | INSPIRATION

BEAUTY

Awesome beauty tips can be found on BE WISE the blog. Not only do we offer great tips and tricks as well as lists of our favorite products, you can find inspirational posts about true beauty and ways to not only look beautiful, but feel beautiful as well.

FASHION

On BE WISE the blog you can find our Editor's "Currently Craving" items featuring different clothing and accessories. You will always be able to find fashionable and modest outfit ideas at www.bewisetheblog.com

INSPIRATION

Our Editor-in-Chief weekly shares inspirational posts about self-worth and Being Wise on our blog www.bewisetheblog.com

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TOTE BAGS

MUGS

PHONE CASES

7 SIMPLE *health* AND *fitness* TIPS

MODELS **CAITLIN, LIBBY, SANITHIA** from **NIYA MODEL MANAGEMENT @NIYAMODELS**
ART DIRECTOR **BLAQ OBLIQUE @BLAQ_OBLIQUE** || STYLING **JOSEPH KNOOP @THEBTNMKR**
MAKEUP **KIM GEDDES @KIMGEDDES** || HAIR **VALERIE FARLEY @VALERIE.DOESHAIR**

be Kind
swoob

1. MAKE A PLAN AND SET GOALS

Its really hard to accomplish something if you don't know what you're working for. Set goals for yourself, but be reasonable. If you make the goals too far fetched you will likely end up giving up too soon and accomplishing little to nothing.

MODEL: **SANITHIA** || JACKET: **TRENDS FASHION BOUTIQUE** || TOP: **STYLE LATELY** || LEGGINGS: **SWOOB** || WATER BOTTLE: **SWOOB** ||

2. TRACK YOUR PROGRESS

This one makes a huge difference. Not only will it hold you accountable it will motivate you when you see the progress you've made. Even when they are small changes it helps a ton knowing that you are moving forward and accomplishing your goals.

MODEL: **LIBBY** || JACKET: **TRENDS FASHION BOUTIQUE** || TOP: **THE KINDRED STREET** || LEGGINGS: **SWOOB** || WATER BOTTLE : **SWOOB** ||

3. DRINK MORE WATER

Not only is drinking water vital for your well being it will also help decrease the amount of headaches you get. We discovered this handy little app called Drinking Water. Its a free app that helps track how much water you are drinking throughout the day and it helps a ton.

MODEL: **K** || JACKET: **TRENDS FASHION BOUTIQUE** || HEAD PHONES: **SKULLCANDY** || LEGGINGS: **SWOOB** || WATER BOTTLE : **SWOOB** ||

swoop

be
Kind

4. DON'T DEPRIVE YOURSELF

When you tell yourself you can't have something, often it makes you want it more. If you want a cookie, I eat it. Sound crazy? While this might not work for everyone, we have found that this little tip makes it easier to not binge on things that we know aren't good for us.

5. SKIP THE SODA

We all know soda isn't good for us, here are a few reasons why: Soda increases blood pressure, destroys your teeth, increases weight gain, causes diabetes, weakens bones, damages kidneys, impairs your digestive system, and also causes dehydration... just to name a few.

6. MAKE SIMPLE CHANGES

Take the stairs instead of the elevator, park farther away than normal. Truly these simple changes will make a huge difference and if nothing else, it will make you feel like you're progressing by making these simple changes.

MODEL: **SANITHIA** || JACKET: **SWOOB** || TOP: **J BONES** || LEGGINGS: **SWOOB** ||

MODEL: **SANITHIA** || JACKET: || TOP: **STYLE LATELY** || LEGGINGS: **SWOOB** || WATER BOTTLE: **SWOOB** ||

7. DON'T BE SO HARD ON YOURSELF

This is incredibly important. You might not be as healthy and fit as you would like right now, but with time and effort you can be. Don't give up. Don't be too hard on yourself. Most importantly, DO NOT COMPARE! If you are not progressing as fast, or looking as fit as someone else, its OK! Compare yourself to YOU. Not someone else. Track your own effort and progress.

Our bodies are such incredible blessings. Often we are too quick to criticize what we have. When you find yourself being too critical or negative about your body, try instead to focus on what you love about it instead. It may sound silly, but make a list of all the things you love about yourself. Even if its a small list. Think of all the incredible things your body can do. Focus on those and be grateful for what you have instead of what you don't.

4 better BROWN BAG LUNCHES for busy bodies

A mid-day meal could make your break your day. But don't let that intimidate you or be a cause of food frustration. Instead, check out these 4 super simple brown bag lunch ideas (2 refrigerated and 2 non-refrigerated) that anyone could create! These balanced, calorie-conscious meals will be sure to fuel you up so you can take on the rest of your busy day.

1. COMMIT TO A MID-DAY MUNCH:

No use in figuring out what good stuff to include in your lunch if you're not going to put it at the top of your to-do list each day. Skipping meals can make it challenging to concentrate AND you're likely to make up for it with not-so-healthy snacks.

2. PICK YOUR PROTEIN:

Whether you feeling carnivorous or wanna veg out, protein provides necessary nutrients for health PLUS it can help keep "hangry" feelings at bay. Be sure to pick protein that's low in fat.

3. FILL UP 50% WITH FRUITS AND VEGGIES:

No matter what foods you're mixing and matching at your meal, half should be your favorite fruits and/or vegetables for flavor, filling fiber, and fewer calories.

1. HAVE WHOLE GRAINS :

Give your brain a boost by including whole grains to complete your lunchtime meal.

1. WELL-BALANCED WRAP

(1) multi-grain tortilla / cheese wedge / deli turkey / veggie spring mix

2. SPEEDY SOUTHWEST SALAD

(2) romaine lettuce / black beans / shredded cheese / salsa / whole grain tortilla chips

3. NO TIME TUNA AND CRACKERS

(3) light tuna pouch / whole grain crackers / larabar

4. SANDWICH AND SNACK

(4) whole wheat bread / nut butter snack pack / carrot snack bag / hummus to go http://handmadehealthy.com/

Model || *Bethany Stoddard*

love THE SKIN you're in

THESE SUPER SIMPLE DIY RECIPES ARE A GREAT WAY TO SHOW YOUR SKIN SOME MUCH DESERVED LOVE. PAMPER YOURSELF, YOU DESERVE IT!

GLOW

Reveal your natural radiance with this delicious scrub!

1/2 cup chopped strawberries
1 tbsp. milk
1 tbsp. rice powder

Mix your crushed strawberries with your milk and rice powder. Once combined gently rub mixture on your face using circular motions. This scrub is great for your skin because it will help eliminate dead, dull skin while nourishing from the vitamin C in the strawberries.

SOFTEN

Give your skin a treat and moisturize those dry patches

Juice from 1 lime
1 chopped peach
2 tbsp olive oil

Mash peach, don't use juice from peach. Mix mashed peach with lime juice and olive oil. Once mixed apply thin layer to skin. Leave for 10 min. This mixture will help hydrate, brighten, and soften to leave your face feeling luminous.

REDUCE REDNESS

Use this gentle cooling mask to eliminate and sooth your red and irritated skin

1 Cucumber
Plain Yogurt
Fresh Cranberries

Irritation can be caused from over-washing, stress, or red pimples. This mask uses cucumbers to cool and cranberries to reduce inflammation. First grate your cucumber and mix with 1 tablespoon plain yogurt. Then add your 1 tablespoon of freshly mashed cranberries. Mix until mixture becomes a paste. Apply mask to the red areas on your skin. Leave on for 5-10 minutes then rinse.

CLEAR ACNE

Heal your zits overnight with this great spot clearing treatment

1/2 cup oatmeal
The juice from 1/2 of a lemon
1 egg

||Can be stored in fridge for up to one week. ||

Cook oatmeal as directed. Allow to cool. Stir in lemon juice and egg. Simply dot this mixture on blemishes and leave on overnight. Swelling is brought down through antioxidants from the oatmeal, bacteria is killed from the acid in the lemon and skin will be tightened and smoothed through the vitamin E from the egg.

BRIGHTEN

Get a gorgeous natural glow with this mask packed with natural hydrators!

1 tbsp. Coconut Milk
1 tbsp. Yogurt
2 tbsp. Milk
Papaya
Banana

Mix 3 tablespoons of mashed papaya, 2 tablespoons mashed banana, 2 tablespoons milk, 1 tablespoon yogurt, and 1 tablespoon coconut water. Stir until mixture turns into a thick consistency. Once mixed, chill in fridge for 1 hour. Make sure skin is clean and smooth mixture on skin. Leave on for five minutes then rinse with cool water.

treat your skin

EDITORS' PICKS

Clean & Clear Deep Action Exfoliating Scrub || $6 ||
Drugstores

VITAMIN E ILLUMINATING MOISTURE CREAM || $19 ||
www.thebodyshop-usa.com

VITAMIN C SKIN BOOST || $27
www.thebodyshop-usa.com

Garnier Fructis Skin Renew Moisture Lotion || $13
Drugstores

TimeWise Repair® Volu-Firm® Eye Renewal Cream || $4o ||
www.marykay.com

VITAMIN E OVERNIGHT SERUM-IN-OIL || $26 ||
www.thebodyshop-usa.com

Stay Humble

COLLEGE PREP

MODELS **LIBBY** and **JON** from **NIYA MODEL MANAGEMENT** **@NIYAMODELS**
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B

MODEL **Libby** || Shirt **JBones** || Shoes **Toms** || Sweater **Trends Fashion Boutique** || Books **Denik**
MODEL **Jon** || Shirt **JBones** || Button up / Pants **Chalk Garden Co-Op** || Shoes **Aldo** || Glasses **Spitfire**

CO

MODEL **Libby** || Shirt **JBones** || Shoes **Toms** || Sweater **Trends Fashion Boutique** || Books **Denik**
MODEL **Jon** || Shirt **JBones** || Button up / Pants **Chalk Garden Co-Op** || Shoes **Aldo** || Glasses **Spitfire**

MODEL **Jon** || Shirt **JBones** || Button up / Pants **Chalk Garden Co-Op** || Shoes **Aldo** || Glasses **Spitfire**

MODEL **Libby** || Blouse **Trends Fashion Boutique** || Jewelry **Mialisia**

MODEL **Jon** || Sweater **J Crew** || Shirt/Pants **Chalk Garden Co-Op** || Shoes **Aldo**

MODEL **Libby** || Blouse **Trends Fashion Boutique** || Jewelry **Mialisia** || Backpack **Urban Outfitters**
MODEL **Jon** || Sweater **J Crew** || Shirt/Pants **Chalk Garden Co-Op** || Shoes **Aldo** || Glasses **Takemoto**

MODEL **Libby** || Blouse **Trends Fashion Boutique** || Jewelry **Mialisia** || Backpack **Urban Outfitters**

MODEL **Jon** || Sweater **J Crew** || Shirt/Pants **Chalk Garden Co-Op** || Shoes **Aldo** || Glasses **Takemoto**

RELATIONSHIPS

BE ~~WITH~~ SOMEONE WHO MAKES YOU HAPPY

by KAYLA CLARK

I see a lot of girls these days relying on boyfriends to get them through their teenage years, and beyond that, to keep them satisfied after their teenage years are gone. Jumping from boyfriend to crush to boyfriend, their life seems to revolve around one main factor, their current relationship. They get used to the attention, and end up needing it to feel worthwhile, to feel important. This breaks my heart. PS--girls, you are worthwhile and important no matter who thinks you're cute or wants to date you!! I promise!

"YOU YOURSELF, AS MUCH AS ANYBODY IN THE ENTIRE UNIVERSE, DESERVE YOUR LOVE AND AFFECTION." -BUDDHA

Often, I see these ladies in less-than-satisfactory relationships because, well, they simply don't want to be on their own. They aren't used to it. And although so many relationships can be great, even in high school, this is a destructive habit. It teaches you that if you don't have a boy, you are not relevant. It teaches you to rely on others for your self-worth, and that's never going to be consistent.

What can be consistent is the way you treat yourself, the way you value yourself, and the way you talk to yourself. Sure, there will be hard days. But building that foundation of self-worth—based on knowing that you have a Heavenly Father who loves you and has a purpose for your life—that will last you through every hard day you will ever have.

Everyone has flaws—big flaws, little flaws, evident flaws and flaws that are easy to hide. But don't rely on a boyfriend to make up the difference or hide those imperfections—make that something you and God work on. One of my favorite stages of life was my first few years of college—I made fantastic friends who were great examples to me, and I took those years to reflect on myself. Who did I want to be? What did I like? What were qualities I liked in others, and sought for myself? What was I passionate about? What was I going to work towards? I really became my own person, came into my own—and that strength of knowing myself has carried me through life and marriage and school and changes. I never got lost in the mess of a bad day or a break up because I knew who I was, and I didn't need a boyfriend to reflect anything back to me. I carried my confidence with me, and nobody could take it from me. I was confident being alone—and when the right time came, someone wanted to marry that confidence and that passion and that personality that I had worked and fought for.

Self-fulfillment and self-worth starts from the inside. It comes from working hard and having a relationship with God and treating yourself like the royalty that you are. It comes from carrying the Spirit of Christ with you. "The man who does not value himself, cannot value anything or anyone." –Ayn Rand

I really believe that God designed us as individuals for a specific reason—he wants us to find success and happiness as individuals, and then spread that light through our relationships with others. Those relationships can add so much to your life and bring you insane amounts of happiness—but you've got to carry that happiness with you, first. You will be a better friend, sister, wife, and girlfriend the day you start valuing yourself and your independence. You will add more to the world, I am sure of it.

Happiness starts from the inside, and works its way out. You are in charge of your own happiness—and that starts with the knowledge that you, imperfections and all, are worth it.

"I believe in my capacity and in your capacity to do good, to make some contribution to the society of which we are a part, [and] to grow and develop I believe in the principle that I can make a difference in this world, be it ever so small."

Models || *Lorna Balfour*, *Maura Ruth Dern*

BE A FRIEND

by Mary Hallman

As school starts back up, it seems every year that many people struggle to "fit in". They might be looking for that one best friend or an awesome group of friends that they feel comfortable with and are confident that they genuinely care for them. Sadly, in many cases, this doesn't seem to be an easy thing to find.

I have come up with four steps that can help in this process of finding friends. If you follow these five simple tips, it will be easier for you to find the right friends and possibly even find people who are in need of a friend as well.

1. Look For Those Who *Need* A Friend

It may not seem to be the greatest alternative from making friends who are "cool" with their huge friend posse, but those people won't appreciate your friendship as deeply as those feeling down on themselves and struggling to find someone to call a friend.

2. Be Kind To EVERYONE!

I am always being told by my mom, teachers, leaders, and just everyone all the time, that I need to be kind to everyone. I don't know what struggles those around me are going through. I don't know what is going through their minds. If you are constantly looking out for others and being kind and courteous to everyone around you, you will be happy and in turn you will make others happy as well.

3. Be Positive

Not only should we stay away from topics of gossip and negativity, but we need to try and keep our conversations with others focused on helpful uplifting things. Constantly being negative or talking badly about others is not a habit you want to develop. No one wants to be around someone who is negative. Do all you can to be positive and uplifting. Compliment others and strive to bring out the best in those around you. Be a light of positivity.

4. Be Interested To Be Interesting

People are social creatures who love to share their accomplishments. If you can't come up with any good conversation starters, this tip will come in handy! Talk to people about their interests and be genuine. It feels good to know that someone is interested in what you are doing . BE THAT PERSON! People will enjoy talking to you if you carefully listen and give positive input to what they say.

It can be difficult to find a true and loyal friend, so BE THAT FRIEND. Always remember to be kind to all those around you, be positive, and look for opportunities to help out anyone who is in need. Remember that emotions are contagious. Have a happy attitude and those around you will notice. Everyone is in need of a good friend, be that friend!

LOVELY LADIES

MODELS **ABBY, ZURI, JULIET** from **NIYA MODEL MANAGEMENT @NIYAMODELS**
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MAKEUP **MARIA MARTINEZ @SUNSHINE_MARI89** || HAIR **STEPHANIE AYMAT @STEPHLIKESHAIR**

Jewelry by MIALISIA

Jewelry by MIALISIA || ModBod Signature shirt and ModBod Skirt

Watch from ARVO WEAR

Jewelry by MIALISIA

Model || *Rhianna Jagpal*

TIPS FOR BETTER SLEEP

It can be easy to throw sleep to the bottom of our "to-do" list when we are busy with school, work, and all our various daily activities. But if we truly understood how vital a good night's rest really was for our well being we would likely think twice before skipping out on it.

wake up at the *same* time EVERY DAY

When you get in the habit of sleeping in, it makes it that much harder to wake up early and feel well-rested. Pick a time to wake up and stick with it to avoid groggy mornings.

STICK with a *routine*

Having a bedtime routine might seem a bit silly but it can help make a huge difference in your quality of sleep. Set a specific bed-time and try your best to stick with it. Create a "pre-bedtime" list of things that will help you wind down for the night.

STAY *active* and create an EXERCISE *routine*

Being active throughout the day and getting adequate exercise will help to ensure that you are tired when it is time for bed. If you expend your energy throughout the day it is easier to fall asleep at night.

don't *take* NAPS

After a super busy day at school or work nothing sounds better than a nice little nap. However, while a nap can help you feel a little more rested during the day it might keep you from getting a good nights rest.

put *electronics* AWAY

This one is super important but often overlooked. When you use electronics in bed the blue light from your neat techy devices trick your mind into thinking it's daytime. Avoid this by allowing yourself at least 20 to 30 minutes of "tech-free" time before going to bed and turn off all gadgets.

don't hit that *snooze* BUTTON

While it might seem like a great idea at the time, "snoozing" for just a bit longer actually disrupts the crucial half hour of sleep that your brain needs. Avoid this by simply setting your alarm for the time you actually need to wake up.

85% OF TEENS DON'T GET ENOUGH SLEEP.

DID YOU KNOW...

"Pulling an all-nighter" can actually make studying more difficult and reduce your capacity for remembering new facts by 40%. So instead of cramming all night, take a break and get a good night's rest.

NEGATIVE EFFECTS OF SLEEP-DEPRIVATION

- CAN CAUSE WEIGHT GAIN AND AGE YOUR SKIN MORE QUICKLY
- MORE LIKELY TO FEEL STRESSED
- DIFFICULTY CONCENTRATING
- EASILY ANGERED, MORE IRRITABLE
- MORE PRONE TO SUFFER FROM DEPRESSION AND ANXIETY

REDUCE STRESS AND IMPROVE YOUR LIFE

Model || *Kenya Thomas*

There are a million things in life that can trigger stress. Heading back to school can be a major one. With that in mind, we have mapped out some great tips for you to help your year be as stress-free as possible.

1. SET ASIDE SOME "YOU" TIME:

Sound selfish? Trust us when we tell you, it's not. If you want to be able to give your all and be your best you have got to allow yourself the time necessary to regroup. Even if it's just for five minutes a day, it is important to schedule time in your day to spend on yourself. This time is critical in reducing stress and allowing peace of mind.

2. IDENTIFY THE ROOT OF THE STRESS:

Sounds simple enough right? The best way to solve a problem is by identifying exactly what is causing it in the first place. When you know what is causing the stress it becomes much easier to deal with the stress. Sit down and make a list of all the things that are stressing you out and identify which ones you can do something about now and focus on those.

3. SPEND LESS TIME ON SOCIAL MEDIA:

Social media can cause huge distractions and even depression, both can be a cause of stress. The more time you spend on your gadgets and using technology, the less time you are able to be productive and enjoy *real* life.

4. LAUGH:

Frequent laughing can improve your mood and lower stress. Embrace the power of a good laugh.

5. EXERCISE, EXERCISE, EXERCISE:

It is proven that exercise causes "mood-boosting" hormones to release in your body that will lead you to feel better. Exercise can also help create a better sleep cycle and that will help to reduce stress.

6. COUNT YOUR BLESSINGS:

You've heard this a million times, but it really does work. When we realize just how truly blessed we are, it seems to melt all the stresses away. Focus on all the good in your life and slowly but surly your focus will change and you won't feel as weighed down by the stresses of life.

6. LEARN TO SAY NO:

This can be nearly impossible for some people but it is a skill that is vital for reducing stress. When you say "yes" to everything you are likely doing far more than you are able. Not only that, you won't be able to do your best on anything because you are too stressed doing *everything*. Learn to say "no" to things so that you can have the adequate energy to give to all the many things you need to say "yes" to.

COOL KIDS

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MAKEUP **ANNA SOPHIA @ANNASOPHIA135** || HAIR **MARIA MARTINEZ @SUNSHINE_MARI89**

T-Shirt **JBones** || Shoes **All Saints**

Shirt **Dasam Dwar**, Jewelry **Mialisia**, Leggings **Trends Fashion Boutique**

Glasses **Ray Ban** || Sweater and dress **The Cutesy Boutique** || Scarf **Tiia Lin** || Boots **Doc Martins** || Jewelry **Mialisia**

Jacket **All Saints**

Shirt **Dasam Dwar** || Glasses **Ray Bans** || Jacket **Trends fashion Boutique**

NYC

Necklace **Mialisia** || Shirt **M1M1K**

Artwork **Kevin Arthofer** (Animal Sculptures) at **Gallery KOOK**

BACK TO SCHOOL IN STYLE

1. NOTEPADS: www.knockknockstuff.com || 2. SUNGLASSES: www.revolveclothing.com || 3. PENCIL CASES: www.district17.com
4. MUG: www.society6.com/bewise || 5. IPHONE CASE: www.society6.com/bewise || 6. BACKPACK: shop.herschelsupply.com
7. IPAD CASE: www.society6.com/bewise || 8. WATCH: www.urbanoutfitters.com || 9. MOUSE PAD: www.anthropologie.com
10. FLASH DRIVE: www.leifshop.com || 11. TOTE BAG: www.society6.com/bewise

1.
RANDOM NOTES
THIS WEEK
MONDAY
TUESDAY
WEDNESDAY
FRIDAY
MENTAL NOTE
2.
3.
4.
5.
6.
7.
8.
NIXON
9.
10.
11.
BE AS YOU WISH TO SEEM
-SOCRATES

BELLE

Photographer **Amy Nelson-Blain** || Makeup / Hair **Amber Adams** ||Stylist **Elisha Babooram** || Model **Belle** from **Priscilla's Model Management**

Jumper **Stussy** || Headband **Stylists Own**

criminal damage!

Top **Criminal Damage** ||Skirt **Americal Apparel** || Hair Clips **Gloss** || Ring **Lovisa**

Top **Miss Shop** ||Trousers **Chicabooti** || Rings **Lovisa** || Shoes **Model's own**

Top **David and Goliath** || Headband **Diva**

8 HABITS OF *productive* PEOPLE

DID YOU KNOW...

Distractions like checking Facebook can actually trick your mind into thinking you have accomplished something worthwhile. Fight the urge and focus on the task at hand.

Model || *Sierra Mone't*

Do you ever feel like you have so much to do but so little time? Are you being pulled in a million different directions at once? Here are a few tips to help avoid these feelings by being more productive.

1. MAKE A TO-DO LIST BUT KEEP IT SHORT

To-Do lists are a great way to prioritize and visualize all you need to do. However, if your list gets too long it can cause you to feel overwhelmed and make it difficult to accomplish the items on the list. It's better to only add a few things to your list that you can actually accomplish than to have a huge list with nothing completed.

2. MAKE MEASURABLE GOALS

Make sure your goals are clear, realistic and measurable. Instead of setting huge, unmanageable goals, break them down into more simple and specific goals that can be accomplished. Goals that are measurable are also more concrete and less overwhelming.

3. USE YOUR TIME WISELY

You only have so many hours in your day, but when they are used wisely you'll find you are much more productive. Focus on being more efficient with your time and you'll be surprised by how much you are able to accomplish in one day.

4. MORNING ROUTINE

Having a morning routine makes it easier to start your day calm and allow you to focus on what needs to be done. Routine is helps to feel in control of your day reducing anxiety and causing you to be more productive. Research shows us that how we start our day will have an enormous effect on our productivity during the day.

5. HAVE A POSITIVE ATTITUDE

Your brain is literally hardwired to perform at it's best when it is positive. Having a negative attitude can actually make it difficult for your brain to preform properly. You are also far more likely to procrastinate if you are in a bad mood. Happiness increases productivity and leads us to being more successful. An optimistic and positive sales person is likely to be more successful than a pessimistic one. They also outsell their counterparts by 56%. Studies have shown that students who feel happy before they take a math test score much higher than the students who weren't. If you choose to be more positive and strive to be happy you will be much more productive. Sounds like a win-win!

6. PRIORITIZE

Before trying to do everything, decide what actually needs to be done. Often we become overwhelmed because we are trying to do too many things at once. Don't waste your time on things that don't matter.

7. MAKE A PLAN

Research has shown us that many CEOs get much more done when they follow a specific plan than when they work blindly for more hours. I don't know about you, but working for less time with a plan (and accomplishing more at the same time) sounds much better than blindly working for longer hours accomplishing less.

8. LEARN TO FOCUS

In such a fast paced world with many easily accessible distractions it can be very easy to lose your focus. In order to escape that, we must learn how to avoid those distractions. Focus doesn't require much more than eliminating distractions. Find a place where you aren't easily distracted. Turn your electronics off. Facebook and Instagram will still be waiting for you when you have completed your task.

9. SET A TIMER

One of the best ways to motivate yourself is by setting a specific time limit. Telling yourself you only have a limited amount of time to accomplish something will push you to accomplishing it more quickly and more efficiently. You'll be surprised just how much you can actually accomplish in 30 minutes when you know that is all the time you have to complete it.

HOW TO SET GOALS *and achieve them...*

"ASK YOURSELF IF WHAT YOU ARE DOING TODAY IS GETTING YOU CLOSER TO WHERE YOU WANT TO BE TOMORROW."

Model || *Victoria Moran*

" A GOAL WITHOUT A PLAN IS JUST A WISH."

There are five important steps to accomplishing your goals. Lucky for you there is an easy way to remember these steps. These are SMART goals, Specific, Measurable, Attainable, Realistic, and Time-Bound.

SPECIFIC

1. SPECIFIC: Whatever your goal is, you need to make it specific. If your goal is to be more healthy, then you need to set specific goals like "This week I will exercise each day for at least 30 minutes." This way it is easier to track your progress and focus on what you are actually trying to achieve.

MEASURABLE

2. MEASURABLE: Along with being specific, it is important for your goals to be measurable. Wanting to be healthy is great and making that goal more specific is an awesome start, but we need to be sure we are setting goals that can be measured in order to track our progress.

ATTAINABLE

3. ATTAINABLE: This one is super important and seems to be the most difficult for me. When we set really lofty goals and aren't able to accomplish them, its easy to get discouraged and give up. When setting goals it is completely fine to start kind of small. In doing so you are less likely to give up annnnd its a huge confidence booster when you can track your progress and you see how far you have come.

RELEVANT

4. RELEVANT: It is important to have a firm understanding of why you are working towards this goal. If it isn't something that is relevant or of real importance it can be difficult to continue working for it. You have to be motivated by something.

TIME-BOUND

5. TIME-BOUND: Goals NEED deadlines. If you haven't set one then it is easy to put things off and wait until tomorrow. This often leads us to a list of unfinished and unaccomplished goals. Deadlines offer the necessary push we need to get things started and keep them going.

Free PRINTABLE GOAL SHEET

We created a free download printable to help you get started on accomplishing your goals. In the top half you write what your long term goal is. On the bottom half you will write out your short term goals that will help you accomplish your long term goal. To download this goal sheet follow this link:
http://www.bewisetheblog.com/2014/07/how-to-set-goals-and-achieve-them-free.html

AFTER SCHOOL

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MODEL **Jon** || Shirt **Dasam Dwar** || Jeans **ACNE Studios** || Shoes **Vans** || Hat **Skulls NYC**

MODEL **Caitlin** || Cardigan **Mint Julep** || T-Shirt by **M1M1K** || Ring and necklace **Mialisia**
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BONE
BARBER SHOP

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MODEL **Christian** || Button Up **Grayers** || Shirt **M1M1K** || Jeans **Naked and Famous** || Shoes **Converse**

GOLDCOAST

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MODEL **Sanithia** || Demin shirt **Trends Fashion Boutique** || Bracelets **Mialisia**

MODEL **Jon** || Beanie **Jbones** || Shirt and Windbreaker **Dasam Dwar**

MODEL **Sanithia** || Demin shirt **Trends Fashion Boutique** || Bracelets **Mialisia**

MODEL **Yasmine** || Yellow jacket **The Cutesy Boutique** || Shirt **M1M1K** || Jeans **Levis** || Shoes **Converse** || Bracelets **Mialisia**

MODEL **Christian** || Vest **Levis** || Shirt **Blvcksheep Vppvrel** || Jeans **Naked and Famous**

MODEL **Christian** || Vest **Levis** || Shirt **Blvcksheep Vppvrel** || Jeans **Naked and Famous**

MODEL **Yasmine** || Yellow jacket **The Cutesy Boutique** || Shirt **M1M1K** || Jeans **Levis** || Shoes **Converse** || Bracelets **Mialisia**

MODEL **Yasmine** || Yellow Jacket **The Cutesy Boutique** || Shirt **M1M1K** || Jeans **Levis** || Shoes **Converse** || Bracelets **Mialisia**

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COME AS YOU ARE

by Kayla Clark

When I was sixteen I wrote an "Advice to my 16-year-old self" list. It's a really interesting way to look back at how much I have learned and grown over the years.

. . . . .

-Spend less time constructing an outward image, and more time cultivating a happy spirit. Work on yourself, who you want to be, how you want to treat others. Be more introspective and stop caring so much about what other people are thinking about you.

-Take it easy on the mac eye shadow. You'll have plenty of time for a full face of makeup when you're older.

-Make your relationship with God a number one priority. That bond makes your life 110% better, and you're going to want it to fall back on.

-Don't be shy, and don't be afraid of asking for what you want. Be bolder, be more curious. The answer is always no until you ask.

-For heaven's sake, make curfew every once in a while! It will make your life a lot easier.

-Stop trying to categorize yourself by high school standards. Break the mold, be an individual, don't limit yourself. Just do the things you love, let the rest fall into place.

-Most of the boys you obsess over? You'll probably never talk to them again after high school. Spend your time accordingly.

-Do not dumb yourself down for anyone, anywhere, ever.

-Keep having fun and acting like a lunatic and making up stupid dance moves and being hyper. Life is more fun that way.

-Lastly, care a little more about being classy and a little less about being trendy. Learn a few things about money and finances. And be a little nicer to your parents, you'll like them a whole bunch better in a few years.

. . . . .

Make a list of advice for yourself this school year, it's a great way to accomplish goals, become the person you want to become and see how much you have grown and learned over the years.

Photo by: Bliss Katherine

BE THANKFUL FOR WHAT YOU ARE NOW, AND KEEP FIGHTING FOR WHAT YOU WANT TO BE TOMORROW.

As we approach this new school year there are likely a whole variety of emotions whirling around. Nervousness, anxiousness, maybe even a bit of excitement. Whatever you might be feeling I'll bet somewhere in there you might be feeling the slightest bit apprehensive. I mean after all, it's a whole new year. New adventures and maybe even new struggles. You might be starting at a new school or beginning an exciting new semester at college.

As you move along with the school year, many personal weaknesses may become evident. You might find that you aren't as good at math as you thought. Weakness. That history test you studied all week for just to fail? Weakness. You can't seem to stop comparing yourselves to others around you. Weakness. No matter how hard you try you never seem to be organized and you might as well be teaching the course "Procrastination 101". Weakness.

With your list of weaknesses, whether real or imagined, it can be easy to become discouraged or down on yourself. However, before you turn to the pint of Ben and Jerry's ice cream calling your name for a pity party, you might want to turn to something more productive.

In the scriptures we learn that God intentionally gives us weaknesses. He wants us to be humble and if we are willing to humble ourselves and have faith in Him, He will make those weaknesses become strengths.

Ether 12:27 *"And if men come unto me I will show unto them their weakness. I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them."*

As we embark on the adventure of a new school year, one of the best things we can learn is to rely on our Heavenly Father. Turn to Him and allow Him to help strengthen your weaknesses. He loves you and He is waiting to bless you. You don't have to do it all on your own. Don't be hard on yourself. You are a work in progress. Be proud of who you have become and continue fighting for who you want to be. Trust in your Father in Heaven and allow Him to turn your own personal weaknesses into strengths.

134 Model || *Whitney Whitelock*

WHAT WE *think* WE BECOME

"If you ever realized how powerful your thoughts are, you would never think a negative thought." -Peace Pilgrim Quotes

Studies have shown that approximately 90% of what we hear is negative. Research also shows that it takes nine positive comments to counteract one negative one. For example, statistically, if one person says your hair looks bad, it would take nine other people to say it looks good for you to feel better about it. However, even with the positive comments, the negative one might never really seem to go away. It will likely still be in the back of your mind.

Just as negative comments made by others can stick in our minds, the negative thoughts we create in our minds can stick as well. On the flip side, if we think positive thoughts, they will make a dramatically positive difference.

Liu Chi Kung, who placed second to Van Cliburn in the 1958 Tchaikovsky competition, was imprisoned a year later during the Cultural Revolution in China.
During the entire seven years he was held, he was denied the use of a piano. Soon after his release, however, he was back on tour. Critics wrote in astonishment that his musicianship was better than ever.
"How did you do this?" A critic asked. "You had no chance to practice for seven years."
"I did practice,' Liu replied, 'every day. I rehearsed every piece I have ever played, note by note, in my mind."

This story perfectly demonstrates the power of our minds. In proverbs 23:7 it reads, "For as he thinketh in his heart, so is he." It makes sense that the Lord would ask us in D&C 121:45 to "Let virtue garnish thy thoughts unceasingly…" It really does matter what we think.

This school year challenge yourself to think positive thoughts and fight out all of the negative ones. If you find yourself thinking negative thoughts about yourself or others, practice thinking of at least 5 positive thoughts to counteract the negative. The more positive we think, the more positive we will become.

PRESSURE MAKES DIAMONDS

It is safe to say that diamonds are very precious and even sought after jewels. However, it is more than just the glimmery radiance that makes them valuable. If it weren't for the rough and difficult process endured beforehand, these jewels would never reach their intended potential and beauty.

It is only after a long and extremely tedious process of heat and pressure that a diamond reaches it's potential. Once the process is complete the diamond is incredibly strong and durable. In fact, a diamond is the hardest known surface and can only be scratched by another diamond.

With all this in mind, consider your own life. Think of the struggles, trials, and even pressure you are expected to endure. Often this pressure becomes overwhelming and it becomes increasingly more difficult to stay optimistic. Just as the diamond must endure intense heat and pressure to become all that it is capable of becoming, you will likely find yourself in the same refining "heat". While you are in the midst of the struggle it can be difficult, and at times nearly impossible to see anything positive coming from this trial.

However, it is during these refining hours of our lives that it is vital we understand the purpose of this pressure and learn to find the beauty in the process.

CONTINUED > > >

GOD WILL MAKE YOU INTO WHAT YOU CANNOT MAKE OF YOURSELF.

While facing the pressures of life there are two important lessons to keep in mind.

1. No matter how hard life gets and how far you fall, God is there to pick you up and lift you higher than you were before.

God knows we will fail and struggle in this life and he is waiting and ready to lift us up when we do. He offers us the blessings of trials (yes, they can be seen as blessings) in order for us to grow and reach our full potential. However, he will never allow us to go through something too difficult for us to handle. We will just be tested enough to build that strength and "durability" that comes from the process of pressure.

2. God will make you into what you cannot make of yourself.

God sees your infinite potential and knows what you are capable of becoming. He allows us to go through the refining process in order to become the strong and precious jewel we were intended to be. If you trust in Him, and allow him to mold you, you will become far more than you ever imagined possible.

PRESSURE

MAKES DIAMONDS

B E W I S E

With all the pressures of life that you will likely be enduring this year, instead of becoming discouraged, remember that you are a diamond. You are being molded and enduring the process of reaching your full potential. Do not give up on God. Trust that He has a plan for you. Allow Him to make you into what you cannot make of yourself. Trust in the process even when it seems unbearable. You will come out stronger and more radiant than you can even comprehend. You are worth the process. Allow yourself to become the diamond you were intended to become.

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BE WISE MAGAZINE

We hope and pray that this magazine has blessed your life even if it is only in a small way. Countless hours and prayers went into the creation of this issue and we hope as you read through it that you not only felt of our love but most importnatly the love of your Father in Heaven. He knows you, He loves you. You truly are a child of God with infinite worth and potential. Live each day with the knowledge of who you are and constantly strive to BE WISE in all you do.

If you enjoyed our magazine please go to our website: www.bewisemagazine.com for more inspiration.

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Would you like to be featured in our next issue of Be Wise Magazine? We are looking for models, artists, writers, and companies to feature.If you are interested in any of these options please don't hesitate to contact us! We would love to hear from you!

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