SUMMER 2015 ISSUE 12

BE WISE

-AN INSPIRATIONAL MAGAZINE-

THE DREAM BIG 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

ON THE COVER

Immediately after meeting Carli we knew she had to be our "DREAM BIG" cover girl. Not only is she obviously beyond stunning, she is one of the sweetest and most genuine people we have ever had the privilege of meeting. Her story is so inspiring and a true example of DREAMING BIG regardless of circumstance. We absolutely adore this girl and are certain that after reading her story, you will too!

SUMMER 2015 | ISSUE 12

CONNECT WITH BE WISE

EMAIL
bewisemag@gmail.com

WEBSITE
www.bewisemagazine.com

BLOG
www.bewisetheblog.com

FACEBOOK
facebook.com/bewisemagazine

INSTAGRAM
@bewise_ _ magazine

PINTEREST
pinterest.com/bewise3

TWITTER
@BeWise_Magazine

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photo : vincent brod || model : sina p. @eastwestmodels frankfurt || hair / make-up / clothing : lara pfeifer

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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IG: @bewise_ _ magazine
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photo || samantha landreth

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 "makeup 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.

purpose of this issue

We are beyond thrilled to share with you our DREAM BIG issue of BE WISE Magazine. We chose the theme DREAM BIG because BE WISE would never have been created if it weren't for the willingness of one person to dream big.

At BE WISE we truly believe that every single person who ever has or ever will live on Earth has a divine role and purpose. Each of us was born during a specific time, in a specific place for a very specific reason.

God wants each of us to be happy and live fulfilling lives. He wants us to grow and progress and accomplish our dreams. It is up to us to determine what we make of our lives and who we become in the process. You have the ability to accomplish your goals and dreams, regardless of your circumstance or current situation.

Never settle. Be willing to fight for your dreams and decide today to never give up. You are important. Your dreams are important. Your existence on this Earth is valuable. If you don't know what your purpose is, pray to find out. If you want to change the world, then change it. If you have big dreams, work hard to achieve them. You have been given one life, one shot, make the most of it. Don't keep putting your dreams off until "tomorrow". We have all wasted too many "tomorrows". Start now. Start today. It is not enough to simply want something, get out and make it happen.

BE the person you want to BE. ACCOMPLISH the things you want to ACCOMPLISH. Most of all, never stop dreaming.

"When our wagon gets stuck in the mud, God is much more likely to assist the man who gets out to push than the man who merely raises his voice in prayer – no matter how eloquent the oration. Thomas S. Monson put it this way: "It is not enough to want to make the effort and to say we'll make the effort... It's in the doing, not just the thinking, that we accomplish our goals. If we constantly put our goals off, we will never see them fulfilled." [Dieter F. Uchtdorf]

It is our sincere prayer and deepest desire that as you read through this issue of BE WISE Magazine you will have a new found determination to accomplish your goals and go after your dreams. Above all, we hope that as you read BE WISE, you will feel of our Heavenly Father's love for you and that you will be inclined to turn to and confide in Him as you embark on your exciting adventures in accomplishing your dreams.

photo: kobe wagstaff || model: sydney jensen. @niyamodels || makeup: riley chou || clothing: mayberry vintage

CONNECT

photo || samantha landreth

with our

contributors

We truly found some of the most incredible people to fill these pages of BE WISE. We want to make sure they receive all the credit they deserve as well as allow you to follow and connect with them. At the bottom of each of their features you can find a link to their website or blog. Look for the @ symbol for their social media information. Happy following!

YOU SAID IT...

WE LOVE IT.

"I desired to thank you for this exceptional read!! I absolutely enjoyed every single small little bit of it. I've bookmarked your internet site to look at all the new stuff you post."

"I have found so much confidence and support by reading this magazine! It has changed the way I think about stuff. It has had a huge positive effect on me." Abbey P.

"You have such a beautiful way with words and I just really appreciate all of your uplifting, positive posts! You're so awesome and just know that you're spirit and testimony is changing the world–because you definitely helped at least one person with this beautiful post and I'm sure there are countless others!" Hannah R.

FROM OUR LAST ISSUE | Wow! I loved every aspect of this issue. There was a lot of detail in this magazine. I really enjoyed reading what everyone had to say on what they thought beauty was, and the tips along the way were great." Chelsea W.

"I just wanted to let you know that I love your blog. The posts always make me feel so much better and give me strength. I can honestly feel the Spirit just reading them. Thank you!"

"Just discovering a magazine like BE WISE is exciting and worthy of being shared. They embody a philosophy that intends to inspire people to love themselves and others. It's a shared interest that I strive to see shine amidst everything I design and make through Z|W." Zella Woods Designs

"My heart is big for the reasons that Be Wise exists. Their goals with the magazine are perfect. They stress the value of self worth and I just love that!" Sarah W.

photo || kara nixon

LETTER FROM THE EDITOR

Hi, my name is Ceciley Hallman, and I AM A DREAMER.

This might be one of my all time favorite issues of BE WISE because I am sincerely passionate about the topic of DREAMING BIG. On the surface, I am just a regular girl, living a regular life. But my dreams are much more than that. I have lofty dreams of changing the world. I want to leave my mark and I am determined to do so.

The creation of BE WISE Magazine started from a simple dream. A dream to make a difference. A dream to inspire and uplift. While I might not change the entire world with BE WISE, I HAVE changed my own world. BE WISE has changed the person that I was and the person that I hope to become.

My intentions were to motivate others and in turn, I personally have become motivated. Never in a million years would I have ever thought I would be the owner and creator of a magazine, let alone one that receives views all over the world. I simply wanted to make a positive difference and BE WISE has been my outlet for that. I am far from reaching all my dreams but I am determined to work hard until I do. I have been so inspired by all the lovely messages from the outstanding people throughout this issue and have a new found confidence and dedication in pursuing my very own dreams. I am positive as you read this magazine you will become more committed to fulfilling all your dreams, big or small. Remember, in all that you do, BE WISE and never stop dreaming!

FOLLOW CECILEY @
IG: @ceciley3

"YOU WERE BORN TO WIN,
BUT TO BE A WINNER,
YOU MUST PLAN TO WIN,
PREPARE TO WIN,
AND EXPECT TO WIN."

-ZIG ZIGLAR

MY DREAM IS...

We loved all the entries we got for our "MY DREAM IS..." Contest! Here are a few of our very favorites! Share with us your dream by posting your own image on Instagram and tag us on @bewise_ _ magazine!

"For my whole life this is all I have wanted and I am finally taking steps to make the dream a reality."

PARI CANNING

MADELINE RENCHER

ASHLEY BLACKMORE

CHARLES ETOROMA

HAILEY KOWALSKI

JOLENE ABRAM

"I could have said a million things because I have a lot of dreams, like to teach young girls in Fiji and to move to New York and fall in love, but frankly not one of those dreams is possible without a little thing called recovery. I've been in recovery from an eating disorder for almost a year (giant pat on the back) and its been anything but easy. I'll spare you the gory details and keep this simple, it's not as much of a dream as it is a priority. It's a necessity that I have and keep a healthy physical, mental and spiritual life."

HAYLEY HUNT

BRYN LEBARON

SHELBY GRIFFITHS

LILY CHIDESTER

SHOP

BE WISE

LAPTOP // IPAD SKINS

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TOTE BAGS

MUGS

PHONE CASES

MAKI
h a p p

"DREAMING, AFTER ALL, IS A FORM OF PLANNING"
GLORIA STEINEM

E IT e n . . .

We did all the hard work and discovered our very favorite tried and true ways to turn your dreams into a reality. The next few pages of this magazine are filled with countless tips-and-tricks to help you navigate your way through accomplishing ALL of your dreams. KEEP DREAMING BIG DREAMER!

photo || abby tohline

photo || tyson french

BRAVE AND BEAUTIFUL

Most of us have heard, or maybe even read the story of Esther from The Bible. The beautiful orphan girl who dared to step up despite her difficult circumstances.

Esther was taken to wife by the King. He was quite impressed by her beauty and favored her most of all. When Esther became aware of the King's plans to destroy her people, the Jews, she knew that she must stand up. However, she also knew that doing so would be at the cost of her own life. During a moment of fear her uncle Mordecai encouraged her by saying, "...and who knoweth whether thou art come to the kingdom for such a time as this?" (Esther 4:14) Despite her fears, Esther stood up. She did not remain silent. She did what she knew to be right. She stayed true to who she was.

Esther had her fears, she had her doubts, and she could have even complained about the fact that she was an orphan. But instead, she prevailed. Esther did what she knew she needed to do and because of that, she made a difference. Esther did not fall victim to her circumstance or allow it to hold her back. She acted. She understood her purpose and was willing to risk her life to defend it.

We love Esther. We love her courage, strength, and faith. Esther stepped up for her people even knowing the horrendous consequences that could come from it. Esther was BRAVE and BEAUTIFUL.

Just like Esther, YOU have a purpose. You most likely won't have to risk your life to defend your people or stand up to a King, but you *will* have opportunities to fulfill your divine purpose. You will experience circumstances where you will have to be brave. One of the most brave things anyone can do is finding their purpose and fulfilling their dreams.

You are here for a reason. Your life has purpose and meaning. YOU are important. Your dreams are valuable. Just like Esther, YOU are here for "such a time as this". If you don't know what your purpose is, pray to find out. Our Heavenly Father wants us to find our purpose, live our dreams, and most importantly find joy.

It is our sincere prayer that as you read through this issue of BE WISE Magazine you will begin to understand your own personal purpose on this Earth and have the courage to DREAM BIG.

IMPROVE YOUR LIFE TODAY

Do you often find yourself falling into the oh-so-common, "tomorrow I will..." trap? Well, you are not alone! That is why we created these simple tips you can do to start improving your life TODAY. Not tomorrow, TODAY.

1. CONTROL YOUR TECH TIME

Way too many hours are spent wasted on social media. We are falsely connecting with those we love. Knowing what your friends ate for lunch based on their latest post on IG does not mean you are "up-to-date" on their life. Instead of scrolling through your Facebook newsfeed, go on a walk with a friend. Make a goal to turn off your gadgets and step away from technology for a set amount of time each day.

2. SAVE MONEY FOR A MEMORY

We all know that budgeting your money is important for a happy and healthy life. Make your money budgeting a bit more fun by saving up for a fun trip or adventure. If all you do is save up $2 each day, by the end of the year you could have enough money for an incredible memory making trip. We guarantee you will enjoy the memories from these adventures more than you would that frivolous shopping spree.

3. DO SOMETHING YOU LOVE

One of the best ways to improve your life today is by doing something you love each day. Too many days are spent wasted away. Pick one activity you love each day and DO IT. These don't have to be large and extravagant. Read a book, go to the gym, bake a treat, take a photo a day, maybe even take a nap. Having something to look forward to each day is a great way to improve your life.

4. LAUGH

Laughter is truly the best medicine. A super easy way to improve your life today is by simply laughing. Laughter boosts your immune system, triggers the release of endorphins, relaxes your body, lowers stress, improves mood, strengthens relationships, eases anxiety and fear, adds joy to life, and even prevents heart disease. With a list like that it's no wonder laughter is on OUR list to start improving your life today.

5. SKIP THE JUNK FOOD

It's no secret that junk food is no good. Studies have shown that along with the many heath problems, junk food can cause fatigue, weakness, and depression. Switching from drinking soda to drinking water is not only a good choice financially but it will help reduce your risk of tooth decay, dehydration, weight gain, and accelerated aging. We are pretty positive that none of these things are going to help you in improving your life so cut out the junk!

6. SERVE SOMEONE ELSE

Improve your life by getting OUTSIDE of yourself. Serving others is one of, if not the absolute best ways to forget about all your own struggles and worries. Look and pray for opportunities to reach out to others who might be in need. You will feel a great sense of accomplishment and in time even feel more confident.

7. LEARN TO SAY YES...AND NO

Knowing when to say yes and when to say no is incredibly important in improving your life. Too often we say yes to the difficult and mundane and saying no to the many opportunities that will help us to grow. Start today by saying yes to the adventures and opportunities that will enhance your life and no to everything that ultimately will only bring you down.

photo || kara nixon

STOP THE NEGATIVE SELF-TALK

Many of us fall victim to the debilitating effects of "Negative Self-Talk". Negative Self-Talk, or excessive self-criticism could easily become a potentially happy and successful person's biggest downfall. There is a very big difference between the thoughts, "I should exercise more," and "I am fat and disgusting," but often the line between those two thoughts is very thin. What might start out as very constructive could easily turn into very destructive.

Wanting to be better and improve our lives is a wonderful thing. Having a desire to grow and progress is great! However, when those desires turn into feelings of self-doubt and insecurity, then we have a problem.

It is natural to occasionally have negative thoughts, but it's what we do with those thoughts that ultimately make the difference. We can easily entertain negative thoughts to the point that they fester, grow and become the norm, or we can choose to push them out of our mind.

So what do we do with that new space where the negative thought once lived, we REPLACE it with a positive one. Otherwise the negative will creep right back in. Occasionally this attempt to replace a negative thought with a positive one fails. This might be because once we are in that "negative state of mind" anything positive just feels like a lie. Instead of trying to replace the negative with positive, try replacing them with REALITY. You might feel like a fat cow, but in reality, you are not. You are a human who is simply trying their best. Working with facts can be a great way to get those negative feelings back in check.

Overall, remember that you are imperfect and that being imperfect is not only okay, it is actually a beautiful thing. Learn to EMBRACE your imperfections and instead of becoming discouraged, except the fact that you are trying and each day simply strive to be better than you were the day before. Understand that not everything you THINK is actually TRUE. You could in fact be wrong. Choose to BE and SEE the positive.

10 HABITS OF HAPPY

 photo || lucas raymond

1. WAKE UP EARLIER

You are more likely to have a happy and successful day if you wake up and get out of bed earlier. We recommend going to bed earlier so it isn't so difficult to wake up each morning. Aim for 7-8 hours of sleep each night so you can wake up refreshed and ready for the day ahead.

2. DO ONE THING EACH DAY THEY ENJOY

This can be simple. Read a good book, take a warm bath, go for a run, cook some delicious treats; whatever it is you enjoy, do it. Find something that makes you smile and do it each day.

3. LOOK PAST IMPERFECTIONS

This goes not only for the imperfections of others, but for your own imperfections as well. Happy people have come to understand that no one is perfect. Just as they aren't overly critical of others, they aren't overly critical of themselves. They strive to find the good in everyone they come in contact with.

4. THEY COUNT THEIR BLESSINGS

Happy people recognize all of their blessings and don't take them for granted. They are grateful for the life they have and give thanks consistently.

5. THEY ARE ACTIVE

Happy people are not idle people. In a very literal sense they "get moving" and take care of their body physically. Exercise is an important part of their life. Happy people don't just sit around waiting for their life to happen, they act.

6. THEY ARE THEIR OWN BEST FRIEND

It can be easy to find fault in our own selves, however, happy people have learned to love and "befriend" themselves. They love the person they currently are as well as the person they are striving to become.

7. SPEND TIME WITH HAPPY PEOPLE

It is hard to be positive when you are constantly around negative people. Happy people surround themselves with other happy people. Their positivity feeds off of one another and they in turn become more happy.

8. THEY GIVE RECOGNITION

Happy people are happy when others are successful. They don't see the success of others as their failure. They give recognition where it is deserved and strive to celebrate the accomplishments of others. Happy people have also learned how to celebrate their own success and give themselves a "pat on the back" when deserved.

9. TAKE TIME TO "SMELL THE ROSES"

Even though they might lead busy lives, happy people take the time necessary to slow down. They don't rush through their life but instead they enjoy the journey. Although they might not be where they would like to be now, they delight in the process.

10. LOOK ON THE BRIGHT SIDE

Happy people don't have the best of everything – they just make the best of everything.

PEOPLE

START SOMEWHERE

At BE WISE we truly believe in the infinite power of DREAMING BIG. However, no matter how large or how attainable your dreams might be, every dream becomes a reality the very same way... by STARTING. Start now. Start today. Just start. Begin making your dreams a reality and NEVER stop dreaming.

photo || tyson french

BE A GOAL DIGGER

CELL PHONE CASE

HOODIE

T-SHIRT

LAPTOP CASE

TOTE BAG

SHOWER CURTAIN

DUVET COVER

THROW PILLOW

WALL TAPESTRY

MUG

CLOCK

RUG

SHOP AT: WWW.SOCIETY6.COM/BEWISE

SETTING GOALS FOR

photo || kara nixon

BIG DREAMS

BRAINSTORM

Before you can accomplish any goal you need to decide what it is you really want to accomplish. Brainstorming ideas and goals is the very first step to accomplishing your dreams.

TIME BOUND

Making your goals time bound is super important otherwise you will keep putting them off until "tomorrow". If you have a set designated time that your goals must be accomplished you will be far more likely to actually get them done. Time bound goals also make it easier for you to accomplish more in a shorter amount of time because you are forced to spend less time procrastinating and putting things off.

TELL SOMEONE

Letting someone know what your goals are is an awesome way to stay accountable. When you know someone else is there to support you it can be much easier to move forward. You will also be more likely to succeed because someone else is now involved and invested in your success.

USE YOUR CELL

Your smart phone can actually be a great asset in setting and accomplishing all your goals. There are countless apps out there readily available to help you achieve your goals. We have a few of our own favorites that we are sure you will enjoy. Take the next step to accomplishing your goals by downloading these apps that help you set, track, and achieve your goals.

1. Habit List 2. GoalsOnTrack 3. Balanced 4. Coach.me 5. Nozbe 6. Strides

WRITE YOUR GOALS DOWN

Writing your goals down makes them more real and concrete. It forces you to define what your goals really are, it frees up your mind, and it will stimulate your creativity.

DREAM BIG

Often people say that in goal setting it is important to be realistic. While we don't necessarily disagree, we also truly believe that we shouldn't limit our dreams by what we feel might seem attainable. DREAM BIG! Don't settle. If you really want it, then make it happen. No dream is too big for someone who truly wants to make it happen. Keep dreaming darlings!

MAKE YOUR DREAMS A REALITY

So you have the dream, but do you have a plan? You have the ambition, but have you set the goals? You want to leave your mark, so what are you waiting for? Maybe you are putting off your dreams because you are afraid you might fail or maybe you haven't pursued your dreams because you simply don't know where to begin. In order to make your BIG DREAMS come true you have to start TODAY. Not tomorrow, not next week, RIGHT NOW. Today is yesterday's tomorrow and today is the day to start making your dreams a reality.

DETERMINE WHAT YOU REALLY WANT

It's possible that you are sitting on a pile of dreams and you just aren't sure which one to go for. You have a brain full of incredible aspirations and that is a wonderful thing. Just start SOMEWHERE, pick SOMETHING, and move FORWARD. Make a list of all the BIG DREAMS you have and from there determine what you really want to accomplish.

BRAINSTORM

Once you have decided what you really want you need to start brainstorming ways to make it happen. Maybe you want to start a blog. If that is your dream then write down ways you will make that happen. Think about the content, your target audience, how you will utilize social media, and what your ultimate goal with your blog is. When you are done brainstorming you will have a large selection of ideas to work with.

SET GOALS

Once you have determined exactly what you want and brainstormed ways to make it happen then it is time to set real and concrete goals. Without goals you will have a difficult time moving forward. Allow your goals to inspire you and push you toward accomplishing your dreams.

CREATE A TO-DO LIST

The best way to be productive is by knowing exactly what it is you need to accomplish. Start by writing down every single thing that you need to do. And we really mean EVERYTHING. From there you can categorize your list. You can either categorize them by order of importance, "PRIORITY" or by time, "NOW vs. LATER" or "TODAY vs. NEXT WEEK".

BUILD A TEAM

One of the best ways to build your dream is by building a team. This team can be as large or as small as you would like. Having a team is like having your own little support system that will make you feel more accountable to succeed. Include people who can not only help your dreams become a reality but people who can benefit from your dreams as well.

INVEST IN YOUR DREAM

Investing can come in a couple of forms. An obvious one would be through money. When you have invested your hard earned cash into creating your dreams you will be far more likely to make it really happen. Another way to invest in your dream is through time. If you really want your dreams to come true you have to be willing to put in the time.

HAVE A POSTIVE MINDSET

If you believe in your dreams they are FAR more likely to become a reality. Having a positive attitude is crucial to moving your dreams forward. You will have many setbacks and having a positive mindset is incredibly valuable for those times. Do not doubt yourself. Do not doubt your dreams.

CHALLENGE YOUR FEARS

Have faith in your abilities and in your purpose. Moving forward to accomplish your dreams can be a daunting task. Don't allow your fears to get in the way. Be confident and fearless. Use your dreams as motivation and become strengthened and empowered through them.

photo || tyson french, model || amber fillerup clark

DREAM ON IT...

Getting enough sleep each night and rising earlier each morning is a great way to jump-start accomplishing your dreams. Here are a few tips on getting a good nights rest and becoming an early riser.

photo || vincent brod

GET YOUR Zzz

1 SET A SLEEP SCHEDULE

It might seem a little silly to set a bedtime, but it really makes a difference. You will sleep much better if you stick to a schedule because the consistency helps your sleep cycle. You will also be able to better plan all your daily activities when your day has an "ending"time.

2 CREATE BEDTIME RITUALS

Doing the same things each night before you go to bed helps inform your body that it is time to sleep. Try to find things that will relax you. Reading a book or taking a hot bath are both good ways to help you wind down. Be sure to avoid electronics such at TV, cell phones, or computers before bed because they can interfere with your sleep.

3 EXERCISE AND LIMIT NAPS

Naps can be great but they also make it more difficult to fall asleep at night. One of the best ways to assure a good nights rest is by limiting daytime naps and getting plenty of physical activity or exercise during the day.

BECOME AN EARLY RISER

1 EAT BREAKFAST

Breakfast is not only the most important meal of the day but it is a great way to help you jump start your metabolism. Breakfast gives you the energy you need to keep moving throughout your day.

2 PREPARE AT NIGHT

Making sure everything is set for your day the night before is a great way to feel less stressed in the morning. You can pick out your clothes, finish any last minute tasks, and go over your calendar to be prepared for the day ahead.

3 MAKE YOUR BED

Making your bed is not only a great way to make mom proud but it helps you get up and stay out of bed. Along with that, making your bed is a simple task you can do to help "feel accomplished" in the morning.

GET MOVIN'

So you've got big dreams huh? Did you know that exercise can actually boost your productivity to help you accomplish your dreams sooner? There are so many benefits of exercising and we decided to share just a few of our favorites. Get ready to get movin' BIG DREAMER!

1. BUILDS SELF-ESTEEM
2. BOOSTS MENTAL HEALTH
3. IMPROVES EATING HABITS
4. REDUCE FEELINGS OF DEPRESSION
5. HELPS CONTROL ADDICTIONS
6. LOWERS RISK OF DISEASE
7. IMPROVES CONCENTRATION
8. HELPS KEEP YOU FOCUSED
9. STRENGTHENS HEART
10. IMPROVES SKIN
11. BOOSTS CREATIVITY
12. REDUCES STRESS
13. LESSENS FATIGUE
14. INCREASES ENERGY
15. BETTER POSTURE
16. REDUCES ANXIETY
17. IMPROVES YOUR MOOD
18. IMPROVES YOUR MEMORY
19. DECREASES RISK FOR CANCER
20. CAN HELP LENGTHEN LIFESPAN
21. HELPS YOU SLEEP BETTER
22. LESS LIKELY TO GET SICK
23. RECHARGES YOUR BATTERIES
24. GIVES YOU CONFIDENCE

photo || kara nixon

TURN UP THE BEAT

Studies have shown that music can boost productivity, creativity, efficiency, and motivation. Picking the right music can even improve your mood. If you are feeling stressed or anxious, music can help ease those feelings. With all of these benefits we feel like it's definitely fair to pump up the jams! Happy listening!

model || maggie wall

WHAT WE ARE LISTENING TO

JESS GLYNNE - HOLD MY HAND

G.R.L. - SHOW ME WHAT YOU GOT

YEARS AND YEARS - KING

PLUG IN STEREO - TO BE WANTED

HEATHER SMALL - PROUD

BRIDGIT MENDLER - SOMEBODY

RACHEL PLATTEN - LITTLE LIGHT

BRITT NICOLE - READY OR NOT

model || maggie wall

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photo || markus mjaaland

50 WAYS TO FEEL MORE MOTIVATED AND ACCOMPLISHED

If you have found yourself in a rut and can't seem to feel motivated or accomplished then this list is for you. We created a list of 50 things to help you feel more motivated and more accomplished. For the most part they are fairly simple but will be a great help in kick starting your way to feeling more motivated and accomplished every single day.

1. MAKE A TO-DO LIST
2. TRY SOMETHING NEW
3. GET MORE SLEEP
4. EXERCISE REGULARLY
5. CREATE A REWARD SYSTEM
6. PLAY UPLIFTING MUSIC
7. VISUALIZE REACHING YOUR GOALS
8. SET DEADLINES FOR YOUR GOALS
9. PUSH YOURSELF
10. WAKE UP EARLIER
11. TACKLE THE HARD STUFF FIRST
12. USE FRIENDS & FAMILY FOR SUPPORT
13. CLEAN YOUR HOME/WORKSPACE
14. LET GO OF YOUR FEARS
15. EAT RIGHT
16. DO SOMETHING YOU ENJOY EACH DAY
17. SHARE YOUR GOALS WITH OTHERS
18. FAKE IT TILL YOU MAKE IT
19. FOCUS ON THE POSITIVE
20. DON'T COMPARE!
21. SET REALISTIC EXPECTATIONS
22. ENCOURAGE OTHERS
23. DON'T ALLOW FAILURE TO GET YOU DOWN
24. DOCUMENT YOUR SUCCESSES
25. READ A MOTIVATIONAL BOOK
26. KEEP A GRATITUDE JOURNAL
27. DROP PROJECTS YOU DON'T LOVE
28. FIND A NEW HOBBY YOU ENJOY
29. FIND AND COOK A NEW RECIPE
30. ORGANIZE YOUR HOME
31. CLEAN UP THE FILES ON YOUR COMPUTER
32. CLEAN/ORGANIZE YOUR EMAIL INBOX
33. DELETE DUPLICATE SONGS IN ITUNES
34. CREATE A BUCKET LIST
35. TAKE A RELAXING HOT BATH
36. CREATE A PRAYER LIST
37. MAKE YOUR BED EACH MORNING
38. REALIZE HOW FAR YOU HAVE COME
39. CELEBRATE ALL YOUR ACHIEVEMENTS
40. WASH YOUR SHEETS
41. GO ON A WALK
42. CONQUER A FEAR
43. GET OUT OF YOUR COMFORT ZONE
44. DO SOMETHING FOR SOMEONE ELSE
45. SPEND TIME WITH FAMILY AND LOVED ONES
46. PLAN YOUR DAY THE NIGHT BEFORE
47. WRITE A "THANK YOU" NOTE
48. PRAY FOR MOTIVATION AND GUIDANCE
49. TAKE A SOCIAL MEDIA HIATUS
50. CHOOSE TO BE HAPPY

21 DAYS TO A BETTER YOU

It takes 21 CONSISTENT days to develop a habit and make it stick. We challenge you to pick one of the options below to work on for 21 days in a row. Once those 21 days are completed move on to the next challenge. We would LOVE to hear how this works out for you! Email your experiences to bewisemag@gmail.com

1. DON'T COMPLAIN
2. PRAY WITH INTENT
3. SERVE OTHERS
4. QUIT PROCRASTINATING
5. BE ACCEPTING
6. LEARN SOMETHING NEW
7. AVOID NEGATIVITY
8. GET OUT OF YOUR COMFORT ZONE
9. CONQUER CLUTTER
10. SPREAD KINDNESS
11. DAILY EXERCISE
12. KEEP A GRATITUDE JOURNAL
13. SET A BUDGET AND FOLLOW IT
14. KEEP A DETAILED PLANNER
15. CONNECT WITH SOMEONE NEW
16. BECOME AN EARLY RISER
17. AVOID SOCIAL MEDIA
18. LET GO OF A GRUDGE
19. ADMIT TO YOUR MISTAKES
20. DO NOT GOSSIP
21. INTENTIONAL SCRIPTURE STUDY

photo || erica davidge

BE MORE PRODUCTIVE

photo || lucas raymond

7 STEPS TO BEING MORE PRODUCTIVE

1. MANAGE YOUR MOOD:

Starting your day out in a rushed and hectic manner can actually have a negative effect on your productivity throughout the day. However, on the flip side, having a calm routine morning can help control your mood which will reduce anxiety helping you to think more clearly and be more productive. The way you start your morning will have an enormous effect on your productivity and you are actually much more likely to procrastinate if you are in a bad mood.

2. AVOID SOCIAL MEDIA, ESPECIALLY IN THE MORNING:

Spending your time on social media first thing in the morning can have a negative effect on your productivity because it can cause stress/anxiety/and ultimately put you into a bad mood. Social media can be extremely addictive and lead to tons of wasted time. Studies have even shown that checking email frequently is the equivalent of dropping your IQ 10 points. Steer clear in the morning, all your friend's selfies, breakfast photos, and last night's rendezvous will still be there for you later.

3. ELIMINATE DISTRACTIONS:

Former professor at Harvard Medical School, Ed Hallowell says we have a "culturally generated ADD." We are constantly being stimulated and the second boredom hits, smart phones come out. The easiest way to change your behavior is by changing your environment. If you find yourself being distracted, change your surroundings.

4. HAVE A ROUTINE:

Successful and productive people don't just sit around waiting for things to happen, they MAKE them happen. Creating a routine is much more effective than simply relying on self-discipline. Set a daily routine to help be more productive throughout each day.

5. SET GOALS THE NIGHT BEFORE:

Having defined goals and a plan for your day set as soon as you wake up will help start your day in a calm manner. Writing your goals down the night before will help eliminate anxiety and help you start your day out in a much more productive way.

6. PRIORITIZE:

To-do lists are super important to being productive and you can jump-start your productivity by prioritizing that list. Maybe you have a super long to-do list and it just becomes overwhelming. If this is the case, simply break up your list into realistic goals. Decide what needs to be done today, right now, later, tomorrow, and what might be able to wait until even next week. Having a visual of what you need to do and by when can be very helpful.

7. TAKE BREAKS:

While this might just sound counterproductive, it is actually extremely important to take even small breaks between all your different tasks. Studies have shown that little breaks for food, water and simply moving around actually lead people to feeling and BEING more effective and efficient. Set a designated time and truly take a break and reward all your efforts. You deserve it and you will accomplish that much more by giving your brain a rest.

model || mitzie corral

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HER SUCCESS IS NOT YOUR FAILURE

models || cynthia jones, michelle nguyen

So here you are, innocently scrolling through your Instagram newsfeed and there it is. The ever-so-prominent "Look how great my life is" post. While the person who posted likely had only the best of intentions and would never strive to put you down, you are left feeling "less-than". We've all been there. Whether it is a gym selfie where the subject appears obviously more fit than you, photos from the "vacation of a lifetime" that you couldn't even dream of affording, flowers from an adorning boyfriend, repost from the "awesome weekend with awesome friends", or even the oh-so-common "outfit of the day" post that makes you feel even worse about your "I haven't washed my hair in days and basically live in my pajamas" look you've been sporting all week.

All of these are seemingly small examples, but what about the girl who suddenly reached 720K followers and every blog post she makes suddenly seems to go viral? Maybe this is the type of success you have been dreaming to find and yet it only seems to happen for everyone BUT YOU. You watch as other people seem to be accomplishing everything you have wanted and it only seems like you are falling farther behind. Maybe you have watched all of your closest friends get married and maybe even start having kids and here you are, still single as ever. It seems as though all the successes that are constantly thrown in your face only make you MORE of a failure, right? WRONG. You know that one chick on Instagram (that you probably don't even know personally for that matter) who made it to the gym EVERY DAY this week? Her posts probably made you feel like you are a failure because you can't even remember the last time you went...

Well guess what? That same girl just saw a photo of two sisters and felt like a failure because she doesn't have a good relationship with her own sister. She went to the gym each day to try and distract herself from reality. While it might appear that these people have everything going for them, all we really see are their highlights.

With that being said, maybe everything really IS going well for someone. Maybe they really DO have a fantastic boyfriend, just landed the PERFECT dream job, magically look fantastic in every single photo and spend their weekends either feeding the homeless, or visiting kids in the hospital. Their life really is just successful and they really are happy. So where does that leave you? Does that make you a failure? No. Absolutely not. Just because someone else is doing incredibly well DOES NOT mean you have failed.

There are so many people being successful and thanks to social media, we get a front row seat to watch. However, with that being said, we have a choice. We can sit back and feel sorry for ourselves, or we can choose to be happy for them as we work on continuing to build ourselves.

There isn't a specific formula for success. No one is better than you, and stepping on others to get to the top will not make you superior. We do not need to be "better" than anyone else to be successful. True success comes from appreciating what we have and truly understanding that their success is not your failure. Just because they are succeeding, that doesn't mean you are failing. Just because everyone might appear to be "ahead", does not mean that you are behind.

D REA

MERS

We are beyond thrilled about all the fantastic DREAMERS who will cover this next section of BE WISE. We asked some of our favorite artists, bloggers, and companies, to share their thoughts on DREAMING BIG. Read on for their insightful responses and more awesome tips on DREAMING BIG.

photo || tyson french, model || zoe lazerson

ARTI

photo || tyson french

"DREAMS ONLY DIE IF YOU LET THEM STARVE."

STS

BREE LENA

Growing up I was always encouraged to follow my dreams, big or small. When I was young my dreams always revolved around what I wanted to be when I grew up, from a figure skater to a weatherman to an Olympic Gymnast. As I grew up my dreams began to include who I wanted to be when I grew up and how I would be able to get there.

I decided that in order to follow all my dreams I needed to be educated, so I set my dreams on getting good grades and applying to school at New York University and Brigham Young University. Once the dream settled on becoming a fashion designer, my dream schools changed a bit, from NYU to the Fashion Institute of Technology. I decided I wanted to move to New York City when I was 18 years old and my amazing supportive parents let me go. They knew my dreams would only be fulfilled in the Big Apple – so off I went.

My dreams included being a successful entrepreneur, so I started my own company to pay for school and graduated with an associate degree in fashion design from the Fashion Institute of Technology. I knew at that point that my education wasn't over yet – I needed to not only be trained creatively in my art, but I needed to understand business and how to be an entrepreneur. I was accepted to the Marriott School of Management at BYU and graduated with a Bachelor Degree in Marketing. With the mix of my two degrees and years of experience I have been able to grow my brand, Bree Lena, and co-produce Utah's first ever semi-annual fashion show, Provo Fashion Week.

From the beginning I always had goals and dreams, and with that came a direct path that allowed me to accomplish them. Looking back I am shocked at all the things I accomplished. I am surprised at the courage and faith I had in my dreams, and that my parents had in me. I am a firm believer that truly anything is possible if you put your mind to it and make the necessary sacrifices needed to excel. If you work hard and have faith in your strength and in yourself, you will find that you are capable of amazing things! The confidence, determination, fearlessness, and ideas will follow. Find people in your life that will lift you up and find something you are passionate about and you will succeed. Life is too short to not follow your dreams. Dreams merge and change and reshape as you grow and learn and that is the journey of life. As long as you are surrounded by people who let you dream (including yourself) and you are doing what you are passionate about, you cannot help but be happy and fulfilled – so DREAM BIG!

photo || emmy lowe , clothing || bree lena

FOLLOW BREE @
IG: @breelena

WWW.BREELENA.COM

MINDY JOHNSON

As a child I lived in a dream state. My world was full of day dreams and endless possibilities. Sadly, as I've aged the dreams have come fewer and farther in between. There are times I would label myself much more a realist than a dreamer, or maybe it's just that I've become more adult than child. Even though the dreams are fewer, I've learned the importance of not making them smaller. I've learned that when we cease to dream we cease to progress. I've learned that the culprit to dreaming is none other than ourselves. That our negative thoughts, our fears, and our comparisons dim the dream and that it is up to us to make them bright again.

I've learned that fear sometimes tempts us to put our dreams in the closet, and that sometimes we are afraid to look in the closet because we doubt ourselves. We doubt that we can truly stretch our talents to reach the potential we dream of. I've learned that sometimes we box ourselves inside our dreams. Trapping ourselves by trying to please everyone else, by putting on display the parts of the dream that we think will be well received by others. Often times when we get trapped by people pleasing we also become trapped by the thief of comparison. The more we compare our window to others the smaller our dream becomes. The only way out is to draw the curtain and lower yourself out of the windowsill. Pull away from the demands of everyone else and come back to your own intents and purposes. As children we don't put limits on our dreams. As adults, we shouldn't either.

There is a freedom that comes from believing anything is possible. Leap, fly, float, do all those things that seem limitless. Soar to new places without the fear of falling. Do it for you. Live your dream, not anyone else's. As you live your dream you will be able to support others in their own dreams. It's beautiful how that works. A dream is safe, and 100% your own. It's not a reality but it allows you to work towards one. No one can take it away from you. So dream. Dream big. Possibility is what you make of it.

FOLLOW MINDY @
IG: @mindymoveit

TESSA BARTON

FOLLOW TESSA @
IG: @tezzamb

If there is one thing every human being should hold onto, it's their imagination. I grew up in a home full of dreamers, creators, and doers. My parents from an early age instilled in my little brain that anything was possible. As cliche as that all may seem, it is my every day motivation. You are only as limited as you decide to be. If there is something you want to do, someone you want to be, don't let anyone tell you it's not possible, someone's got to do it, and it might as well be YOU!

From an early age there was no question being creative was my passion. Ever since then I have been exploring the evolution on myself. I don't think one should ever feel like they need to pick one thing but more try everything. I grew up painting, drawing, dressing up, singing, playing music, it was all the same energy trying to push it's way out of my system. At age sixteen I told my mom I wanted to be a fashion designer, within four weeks I had packed my bags and moved to NYC going to high school and attending a college design program at Parsons Design School. Yes, if you are wondering, my parents were insane to let me go, but that experience I could never take back, it changed my life. I was 16 living in the most amazing city, walking around like human sponge.

There was culture every where I looked, new people, life I had only dreamed about was now in my hands. I worked harder than I ever have that year. And came home the next year knowing in fact I did not want to be a fashion designer. I still loved clothes I loved the industry, but knew that wasn't exactly what I wanted. I soon picked up a camera after that and realized how much I loved capturing clothes in their essence. Bringing the clothes to life was what I lived for. And then began my next journey, to which I owe completely and utterly to my biggest inspiration of all, my little sister, Sophie Rose. She was a musician who like me believed anything was possible.

We were opposites in every way, She was fair, blonde, sweet and honest, I was mysterious, darker, older and quieter, together we had a undeniable chemistry. After a few years of writing together and growing as musicians we had made a name for ourselves and were playing shows once a week. July 28, 2010, my sister unexpectedly passed away. This was and still is one of the hardest most confusing times of my life.

I had to make a decision at that time whether or not I would continue to play or to give it up. Music became quickly more than it ever had. I found myself unable to walk away from something that my sister and I shared so strongly. I quickly recruited my talented brothers to join my band, Luke and Chas, and we started creating a new sound, carrying on the soul and legend of our sister Sophie. Together, we played for two years before bringing in another drummer and that is when we dove into our true sound and became Luna Lune. Going from writing Folk Rock music with my sister to now finding ourselves heavily digging into more Blues and Alternative Rock. The music industry or shall we just say entertainment industry is a pick you up and push you down, never ending circle. You have to be tough and really want it, and absolutely LOVE it to push through all of the nonsense. It will only be worth it to you if you love it. My sister loved music because she wanted to share and connect with everyone and find a way to change their life, as she put it "music changes everything." You can only imagine what a driving force that is for me, I dream with her. When you find something you love, something you want to do, absolutely do not stop until you get it. And yes, dream big, life is too short to dream think small.

WWW.TESSA-BARTON.BLOGSPOT.IN

DARIUS RICHARDSON

As children, we dream of being firemen, police officers, doctors, superheroes. The imagination of a child to be whatever he/she wants knows no limits. They're not bound by the circumstances of life or the cares of society, so why are we? Why are our dreams being bound in a dream state, never to experience reality?

Let me tell you a secret about your dreams... They're YOUR dreams. Nobody can take away your dreams, unless you give them permission to. What do I mean? I remember for the longest time, my ultimate goal was to play college ball at The University of Florida and the NBA to follow. People who said I would never do it, I allowed them to take my dream away. My high school coach who allowed his favorites to play and didn't give me the chance to show my talents took my dream away. Allowing the actions and words of people robbed me of my dream.

How do you overcome the words and actions of people? Be confident in yourself & your dream. It's your dream! Nobody can make your dream happen for you but you! Begin to work towards the end goal of whatever your dream is. How can I share everything I'm saying? I've been there; I'm here now. My dream is to be a great artist who owns his own label. I work tirelessly daily whether it be 30 minutes or several hours. I am determined to reach my dreams. You can too!

It's ok to dream big! It's ok to fail, how else will we learn on the road to fulfilling your dreams? I'm reminded of a line from The Pursuit of Happiness, Will Smith who played Cris Gardner told his son, "Don't ever let someone tell you what you can't be; you can be anything in this world." I am here telling you the same thing. NEVER let anybody tell you what you can't do or be!

You have the power to control your own destiny! You are in control of how your story ends. Now it's time to wake up, because dreams stay dreams as long as you're sleeping...

FOLLOW DARIUS @
IG: @somesaywhohe

FACEBOOK.COM/TRAMAINESOMESAY

SAMANTHA LANDRETH

For me, dreaming big means having goals and aspirations and knowing where you want to be in five years, how you want to get there, and executing tasks that will get you there on a daily basis. As a photographer, I recently stumbled across this quote that I love: "Once you start capturing what you notice instead of what everyone else is seeing... That's when you get to know yourself a little bit better." Being unique in this industry is key, and I always make it my priority to take the photos that I want to take, not shooting images based off of what get the most Instagram "likes." I've learned that the only way to get to where you want to be is staying true to yourself and doing what you love.

FOLLOW SAMANTHA @
IG: @samlandreth

WWW.SAMLANDRETH.COM

FOLLOW NA-G @
IG: @hey_na_g

If your dreams don't scare you then they're not big enough! Since I was a child I've always had high hopes for myself. I've aspired to be everything from a tap dancer to an astronaut. I've always wanted to be more than the "average person." Growing up I would see all these people in movies, on the TV, and the news doing what they love and I would think to myself "I could do that". In reality those people who are living their dreams are just like me. They have to put their pants on one leg at a time just like I do. They have to brush their teeth just like I do and every day they have to work at their goals. I've come to learn just because something is difficult doesn't mean it's impossible.

Setting goals for me is a HUGE part of following my dream. Having daily weekly, monthly, and yearly goals is what sets someone who accomplishes their dreams apart from your everyday "Day dreamer". Accomplishing goals is how I measure my progress. It gives me an idea of how I'm improving and shows me where I can improve and where I can work harder.

I am a dreamer! I have a dream of being a successful entertainer. The direction I've chosen to provide entertainment is through hip-hop music. I've been listening to hip-hop since I was a young buck. I was inspired at a young age by artists such as Ludacris, Usher, Andre 3000, Q-tip and yes even Lil Bow Wow. Artists that inspired me aren't limited to these few artists but they are the ones I can think of today. Today I pull inspiration from different musical artists and even different forms of art. I receive inspiration from bands such as Mumford and Sons, Young The Giant, Queen, Imagine Dragons, and Ed Sheeran. The poet Robert Frost gives me limitless amounts of inspiration through his works . I'll even look at pictures and painting and get inspired. The kind of music I would consider alternative indie hip-hop. Not all my beats are up beats and fast, sometimes they're slow and have acoustic vibes. I make music that I would want to hear and that my friends would want to listen to and hopefully other people enjoy it to. My name is Na-G and I'm a dreamer.

ASHLEY HESS

Everybody has a dream. Everybody wants to grow up and be somebody or something; whether it's the President of the United States, a personal trainer, an international pop-star, or a mother. Whatever it is, it's a dream. Some dreams may be big and some dreams may be small, but the beauty in "dreams" is that they are different for everyone. Let me tell you a little bit about mine.

When I was three years old, my parents got me one of those hand held tape recorders with the microphone attached so you could put in a tape and sing along into the mic. You guys. This toy was my life. I was glued to the thing. I would walk around singing to every single tape I could find, and making up my own songs with no music once I ran out of tapes. My family became my audience, the fireplace mantle became my stage, and I became a singing and performing sensation (in my mind at least). I was a little diva if we're being completely honest.

Fast forward 15 years. I'm 18 years old and I just graduated High School, heading into college. Now this is the part where you're expecting to hear that I had been accepted to Juliard, with a full ride scholarship of course, to further pursue my love and passion for music. False. I had been accepted to UVU, and had every intention of becoming a dental hygienist, getting married, starting a family, and having your typical, perfect life. Well, I was in for a rude awakening. Once I got into college and started working towards this goal of mine, I realized this was not the path I wanted to go. I had no interest in becoming a dental hygienist, and the extent of my dating life was getting set up by my sister's ex-boyfriend's cousin's friend's brother, twice removed. My life was not going the way I had planned. I had wasted three years of my life on a plan that I thought was 100% sure was perfect for me. So what did I do? Well I considered hair school, but as I went to tour different schools it just didn't feel right. I had kind of forgotten about music at this point, until I was introduced to the local music scene, in Provo especially. Wait, music scene in Utah? No way. I will be the first to tell you that the talent in this place is ridiculous. That's what sparked my interest. I knew I loved music, singing and I could play piano enough to get by, but I had never entertained the thought of actually pursuing it. So, I did what any other musician wannabe would do... Went straight to YouTube and taught myself to play every Taylor Swift song I could find. Bam. I was now a musician.

Fast forward 6 years. I'm now 24 years old and I'm literally "living the dream." Now this is the part where you're expecting me to tell you I'm signed to Capitol Records, have a multi-platinum selling record, live in a mansion in LA and am currently on an international headlining tour. False. So what am I doing? I am in the recording studio at least once a week, I'm creating a name for myself as an artist on YouTube, I've opened for my favorite artist, Andy Grammer, twice (well, three times if you count holding up a sign that says "let me sing with you" and him pulling me up on stage... and yes, that seriously happened), I've released an album, I've gone on tour outside of Utah, I was featured on Glenn Beck's Christmas album, and I'm collaborating with artists I never would have dreamed of working with. I am working with people I love, doing what I love, and I have never been happier. Have I hit some bumps along the road and experienced hard times of doubt and discouragement? Absolutely. Has that stopped me? Absolutely not.

We are all human. We all have dreams, goals and ambitions, but sadly, those things often come with doubts, insecurities and excuses. If I've learned one thing from discovering what my true passion is, and what my ultimate "dream" is, is that the difference between dreams and reality is WORK. You can't sit around and wait for your dreams to fall into your lap. Hate to break it to you, but that's not how this works. If you want something, don't make excuses. GO GET IT! Because you know what? You can, and you will. There will be people who will try and tell you otherwise, but in the wise words of Taylor Swift, "Haters gonna hate, hate, hate, hate, hate." Will chasing your dream always be butterflies and daisies? Nope. At times, it's going to absolutely suck and you're going to wonder why you ever thought you could do it, or that you're just not cut out for it. Take a second to have your pity party, get it out of your system and get back to work. Be realistic. Make small, attainable goals to track your progress and slowly reach your ultimate goal. Then once you've reached your ultimate goal, set a new goal! There is no such thing as dreaming too big if you're willing to get your hands dirty and put in the work. Being passionate and ambitious comes with a price, but I am here to tell you there is nothing more rewarding than accomplishing a goal that seemed out of reach. It's always worth the work, the time and the struggle. Trust me.

If you would've told me 6 years ago that I would be doing music, I would've laughed and said absolutely not. If you would've told me 3 years ago that I would be where I'm at right now, I would've seriously questioned your mental health. I feel so blessed to be where I'm at today, but honestly I feel so proud! I know I have been blessed with opportunities and talents, but I've worked my butt off to get where I am, and it feels so good knowing that this "crazy dream" of mine isn't so crazy after all. I am 100% capable of making it a reality. As I accomplish more and more, my dreams continue to get crazier and crazier. I constantly have something to strive for and that's the beauty of dreaming! Your dreams can't really "cap out," there is always something new that you can work towards.

So get out there, take risks, get outside your comfort zone, do one thing you thought you could never do. Once you've done it, do it again. You'll be surprised at what you can do. Don't be afraid of your dreams. If you are willing to put in the time and work, they can and will become a reality. Don't believe me? Get out there and try it. You'll be happy you did.

FOLLOW ASHLEY @
IG: @ashleyhessmusic

photo || lauren woodfield

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"DON'T LET SMALL MINDS CONVINCE YOU THAT YOUR DREAMS ARE TOO BIG."

BLOG

photo: alexana nemeth || model : hailey kowalski

GERS

ABBY TOHLINE

I was on a train between Paris, France, and Lausanne, Switzerland. We had stayed up all night dancing and running around Paris, so I was functioning on two hours of sleep. My travel partner and I had parted ways, so I was completely alone, and surrounded by people with whom I had no way to communicate. I was so tired, and for the first time in my life, I experienced what it feels like to be truly alone.

Back up a few months and I was planning and dreaming. My best gal pal and I had been saving up, and we were counting down the days till we would head to the City of Lights. I've always had a big imagination, a strong desire to read and the inability to stop dreaming - I think that combination led me to crave travel as much as I do. I obsess over places, put them on a list, save up, and then when I get to go, it's always a dream come true.

I was planning on just visiting Paris, but a friend of mine was going to be living in Switzerland while we were there, so I extended my stay in Europe, and bought a train ticket to Lausanne. I was beyond excited about this trip. Switzerland had been on my list since I was a little girl and my parents would tell stories about their time there. This was a perfect opportunity to go and see it.

Back to the train. I was feeling so emotional and alone, (blame it on the lack of sleep and food) things had fallen through with the friend I was meeting in Lausanne, but always the optimist, I carried on dreaming of the Swiss Alps and amazing chocolate, and eventually made plans to meet a friend who I met through Instagram, and who lives in Switzerland - this was perfect because she would be able to show me around, and we would get to meet and spend time together. Everything was continuing onward with my dream of the perfect trip! Except that those plans fell through as well. So here I was, in a foreign country, definitely not bilingual and all by myself. I'll admit - at first, I was really upset. I felt sorry for myself, and just so alone. I checked into my hotel and cried like a baby... For like, a few hours. Amidst this breakdown, I found out that I didn't have the correct currency, and that I had waited too late to get food. My dinner was a mini can of Pringles from the hotel - it didn't do the job. I was hungry and not having the magical fun time I had dreamed of. There was no chocolate, no one to laugh with, and no food. It was a huge bummer.

Eventually, I decided to get outside and walk in the direction of a big lake I could see from my hotel window. The sun was setting, and everything was crisp and clear - it was fall and it felt like one of those perfect autumn nights where the air is just cool enough and it feels so fresh. The houses and buildings looked like something out of a fairytale, like what Hansel and Gretel would build if they were city planners. As I got closer to the lake, I noticed swans swimming in it. When I got to the lake I sat on some rocks and just stared at the overwhelming magical beauty of Switzerland. There were mountains in the background, and the setting sun sparkled on the water like diamonds. I could see the silhouettes of sail boats coming in for the night, and all at once, I felt such a rush of happiness. I was there! The place I had dreamed of, and had stubbornly persisted upon going, no matter how many people said it was dangerous, or that it would be too hard. There I was. I had done it, I had done it alone, and it really hadn't been that hard. I felt so grateful in that moment, grateful for the ability to travel and to see the beauty in the world. Grateful for my eyes that let me watch people and see how they love each other, and to be reminded of the people at home who look at me that way, to see the beauty of nature, and the beauty of things man-made to be reminded that I wasn't alone at all. An empty, aching belly and tired eyes couldn't detract from the infinite beauty of what I was experiencing in that moment.

Oh darlings, always dream big, even when things don't work out perfectly, or things aren't going how you planned - the pay off for trusting your heart, and recklessly chasing your dreams is so huge! Even if it isn't picture perfect, knowing that you made your dream come true is so gratifying.

I now look back on that trip with great fondness. I feel like I can stand a bit taller knowing that I am strong enough to maneuver the railway system in a foreign country by myself (even though I almost missed a train) that I can travel alone, and that I can go from absolute sadness, to great happiness in a matter of moments. I would do it all again in a heartbeat, because even if it wasn't all glamorous, it was my dream, and I made it come true, and that is always a beautiful thing.

HAILEY DEVINE

 FOLLOW HAILEY @
IG: @haileydevine

What does "DREAMING BIG" mean to you?

To me, dreaming big means to get over your fears and take action. I had to get over the phrase "I can't" and replace it with "I can"! Confidence is everything.

What made you decide to start your own business?

To be honest, it just kind of happened. I crave creativity, so video and working with people came very naturally to me. After I graduated high school I started posting some of my videos online, and people voiced that they wanted to hire me! My brother Trevor had been working as a videographer for ten years, so we partnered as he mentored me... And Haugen Creative was born!

What was the most difficult part of owning a business?

Not having that financial security.. You never know if a client will have a budget cut - and there goes your job! It's so important to not put all of your eggs in one basket. Meaning, have multiple clients.. Not just one.

Can you name the biggest lesson you've learned in running a business?

Stay true to you. I started working as a videographer for a big corporate company when I was really young. I felt like I needed to prove how 'mature' I was, and I found myself being really serious. Over time, I realized that nobody want to work with a serious person. I enjoy my work so much better when I'm just myself, and the client enjoys working with me when I am myself.

Can you name your greatest success in your business experiences?

Yes! I was able to display my same-day edit in front of a thousand people in a stadium. I will never forget that experience. When the audience stood up and clapped for the video, I was choking back my proud little tears backstage!

What advice do you have for someone who wants to start a successful blog/business?

Be authentic by being YOU!

Have you had any failures during your business experience? What did you learn from that?

Yes, there was a miscommunication on a wedding date for one of my clients. I had their date booked as June 25th, but it had been changed to June 24th! I woke up to a million phone calls from the bride's Mom asking, "Where are you!?"I learned a valuable lesson that day, and now I make sure that communication is the key point of my business!

What has been the biggest sacrifice you've made in starting your business?

Time. I spent countless hours in front of my computer to become self taught in videography. Some days I recall that I never left my bedroom! The other sacrifice was leaving my current job, in hopes that someone would want to hire me for my video work.

What was the best piece of business advice you have received?

Don't give up. Things get hard... People will knock you down, and tell you you're not good enough. Wake up every morning and tell yourself that you ARE good enough!

What business books/resources (if any) would you recommend to someone starting a creative business of their own?

If you're wanting to pursue videography or photography I would highly recommend our online course: www.haugencreative.com/workshop . I wish that there was something like this out there when I was just getting started!

In your opinion, what are the top three things someone should consider before starting their own business?

Every business is different, but if you're going to pursue something similar to videography I would 1) Own some decent equipment, where you can produce something beautiful to your client. 2) Have some demo work or a portfolio piece online 3) Have strategic pricing built, for where you're at in your business.

MCKENZIE TRUMAN

Don't you think it's time to let yourself feel limitless? Like the sky isn't even your limit. It's time to allow yourself to dream big, because who said living life in the safe zone was any fun? Don't you just want to try imagining the seemingly impossible? I'm McKenzie Truman. I'm 19 years old. I've always been known as the girl with a lot of passion, lacking a little logic, and making up for it in entrepreneurial pursuits. Creativity is my thing, whether it's singing, writing, acting, graphic design, film concepts, photography, styling, et cetera et cetera. And I put the et cetera at the end of that sentence because I don't like to put a stop to what I can do. And neither should you.

Dreaming big isn't just what you do as you distract yourself from your class lecture or when you're waiting in line somewhere. Dreaming big means taking action. If you have these three things: passion, motivation, and talent, GO FOR YOUR DREAMS. You can sit and daydream or you can do something about it and live the life you want! Here are some ways I've taken action on my dreams:

At 12, I enrolled at an acting school in Nashville, Tennessee (where I'm from). At 13, I had an online vintage shop that made me a few thousand bucks in one summer. At 14, I started a fashion blog to challenge my style and become more confident in who I am. At 16, I drove to LA to sign with an agent (before my parents told me to come home and finish high school). At 17, I was accepted to the Fashion Institute of Technology. At 17, I auditioned for the Young Ambassadors at BYU and made it. At 18, I decided to take a year off of school and go for my dreams, getting an agent, and finding who the real me is. At 19, I started an online business.

I don't say any of this to brag, but just to say that it's OKAY to dream big. I've been dreaming big for a long time, and I've been able to do so many things because of it! What I left out was the failures, the mistakes, the sleepless nights, the tears shed, and the disappointment I felt. Life hasn't been perfect, and it never will be. By dreaming big, you have to realize that every step is not going to be up a steady slope. Sometimes you'll fall down and think you have failed, but "in every failure there is a hidden opportunity." And I can look back on so many of my failures with a smile on my face and say, "Wow, did I learn a lot of lessons from that." So, in my mind, it wasn't all for nothing. It was a defining moment, an experience builder, a lesson learned.

Theodore Roosevelt once said, "Believe you can and you're halfway there." It's so true. Believing in yourself is such a big step, because once you start believing in yourself 110%, people will follow suit, get on board, and treat you like you know your stuff.

The only thing holding you back from going for your dreams is you. Not money, power, your parents, your significant other—it's you. It's time to start believing you're limitless. Don't let the fear of judgments keep you from your passions. Success isn't just for "them"—the celebrities and people you read about in books—it's for you. I believe in you. Now believe in yourself and DREAM BIG. You will never regret giving it your all.

FOLLOW MCKENZIE @
IG: @mckenzietruman

A DREAM THAT YIELDED UNEXPECTED RESULTS

BY ALEXANDRA JOY BUTZ

I was sitting on a log with a Panamanian woman, attempting to use my Spanish 2 vocabulary to converse with her. I was worlds away from my own home. The panoramic view that my eyes provided for me consisted of a cauldron containing 20 pounds of rice and a plate of her very best chicken which was killed just that morning. I saw kids running around, engaging so thoroughly with the Americans. On the horizon, I was overwhelmed with the sight of above ground huts, handmade by the people of the village. I was in Panama on a softball missions trip through an organization called Sports and Cultural Exchange International. A year and a half prior to February, 2015, this trip was a long shot. It was one of those things that we talked about, but never thought it would actually happen because of the open-endedness. But, a year and a half later, we were throwing the same bright yellow softballs on the same kind of dirt fields, except on the dirt fields of Panama, with not our own fans, but aficionados, not getting a home run and making it 'around the horn', but alrededor del cuadro interior. Before our games, we got serenaded by the best bands in Panama that had played in the Rose Parade; we were treated like celebrities.

It was in these simple moments of sitting on logs, speaking Spanish as best as I could, eating plates full of rice and chicken, enjoying fellowship with a different culture where I realized that dreams really do come true. I couldn't have envisioned something like this happening when I started playing softball in little league when I was 5 years old, nor could I have envisioned this two years prior to February 2015. But this is one of the beauties of life–that when you're passionate about something, and when you dedicate yourself to something, life holds limitless surprises and rewards for those hours of hard work and sacrifice.

I didn't always feel like practicing; in fact, I remember those frustrating days where I skipped out on doing things with friends to spend hours upon end with my dad on the diamond. There were times in my childhood where I wondered if "someday this hard work will pay off" was an empty promise that was thrown around by parents just to get kids to do things without complaining. I wanted to know for a fact, right then and there, that good things were yet to come and that the work wasn't all for nothing–the hours spent on the softball diamond, dripping sweat instead of sipping colas by the pool on a Saturday afternoon. My dreams were more day by day. I wanted to get better, and I wanted to be the best I could be, but life oftentimes, as I found out, has larger dreams and rewards for us than we could ever imagine for ourselves. Sometimes, it is not within our reach to realize the doors that life will open for us, but start with a dream and throw passion, dedication and hard work into it and life will bless you with amazing results. Follow the yearnings you have within your heart, and it will take you places you've never dreamed of.

FOLLOW ALEXANDRA @
IG: @missginger13

WWW.THEBEDHEADREDHEAD.WORDPRESS.COM

AL FOX

FOLLOW AL @
IG: @22alfox

The day I decided to get baptized into the Church of Jesus Christ of Latter Day Saints was the exact day my elders (Missionaries) were going to drop me as an investigator. They were going to stop teaching me. That same exact day! Why? Why would they do that, I was right there, I was so close!

Well, what they thought was what they were doing didn't make a difference. They thought that maybe someone else could do it better. Maybe someone who had a stronger testimony. Maybe someone who read the Book of Mormon all the way through. Maybe someone more confident. More outgoing. Someone who dressed better. Someone better at sports. You know, anything. Anything more of what they weren't. That's what they thought.

But little did they know, right? Little did they know that regardless of what they thought their shortcomings were that I am here. I am here doing everything that I'm doing, and have everything that I have because of them. My eternity depended upon them! Could you imagine what would have happened if they decided to let those "shortcomings" stop them and hold them back? Where I'd be? I don't know. I don't want to know.

And little do you know. Little do you know the impact you do and will have if you just keep trying. If you just keep being you. Regardless of what you think your shortcomings are.

"Ye endeavored to believe that ye should receive the blessing which was offered unto you; but behold, verily I say unto you there were fears in your hearts, and verily this is the reason that ye did not receive" (D&C 76:3).

Fear not! All of the promises, all of the blessings that we are trying so hard to attain, in scripture, they are all in past-tense, "prepared." They're already there. Heavenly Father has already spent the time and the love and the work and the effort into preparing the absolute best just for you. And you can have it if you just keep going and simply try. Everything God does is to help us succeed. Forget not whose hands you're in. Embrace the unexpected knowing who is guiding you. Never let a change of course take away from the unchangeable truth that God is taking care of you and leading you to the greatest of blessings.

Life really is an incredible journey and we only get to do this mortal thing once. Stay focused on what truly matters. Don't waste it on dwelling and believing the bad. Don't let it get you down. Don't let negative comments and remarks, from others and from yourself, slow you down.

I truly know that the best thing you can be, is you. You are good enough. You are pretty enough. You are strong enough. You do matter. And God does care. And greater are the things God has for you.

Because, guess what? I need you. The world needs you. God needs you. Just as you are. We need you and your uniqueness and your efforts because you truly make this a better place. You inspire me even with whatever you think your shortcomings and flaws are. You are so beautiful. You are doing an incredible job. And you are loved by so many and always by God. When He thinks of you, He smiles.

You got this! Dream big. Fear not. Keep going always. Forget not that we are blessed by our efforts of trying, not perfection. Forget not that God is for us, so it doesn't matter who is against us. Forget not that with Him are we able to do anything. "How is it that ye have forgotten that the Lord is able to do all things" (1 Nephi 7:12).

HTTP://ALFOXSHEAD.BLOGSPOT.IN

SABRINA SMELKO

HANDS AND HUSTLE

Dreaming big is important, but I think it has the misleading connotation of being a huge and nearly impossible mountain to climb. It's 2015 and I believe that in today's day and age, you really can invent your own job within reason. If you're willing to work hard, put the time in and your heart and soul, almost anything is possible. Yeah, yeah, cheesy stuff aside, it's true: you can self-educate online, put your name out there for free with social media, make connections and find a tribe to support you from across the globe, and launch a business in an hour so long as you have in internet connection. You really can accomplish your dreams far easier than you ever could before. And that was part of the inspiration behind Hands and Hustle—to help inspire and equip a generation of creative people with business advice, fun and helpful resources and tools to be their own boss—along with plenty of playlists, fun and tomfoolery of all kinds.

I originally started Hands and Hustle as an outlet for myself, but over time it's evolved into a community of like-minded people; people who want to work hard, but also people who have an eye for design, style, good music, a fun lifestyle and good-quality products. And because of it, I've landed some dream jobs and get to work with all kinds of awesome clients that I otherwise wouldn't have had exposure to, and made friends I otherwise wouldn't have met. I kind of carved out a niche for myself and wedged my mixed-bag of skills as an illustrator, designer and writer into the online world of blogging. There's plenty of fashion bloggers, plenty of design bloggers, and plenty of business bloggers, but no one quite has my same taste and mix of content because no one else is me. And, guess what? The same goes for you. You really do have to be authentic (it's not just a buzz word!) and so long as you offer yourself—a differentiating factor that no one else can replicate—you're off to a good start. Along the way to your dreams, keep reminding yourself to stick to your guns, only do things you feel good about and never do something just because someone else is doing it, whether you're launching a clothing company, you're a designer, or an accountant.

FOLLOW SABRINA @
@handsandhustle

WWW.HANDSANDHUSTLE.COM

TIANA LEWIS

To all those still figuring it out:

You and I? We're not so different. In reality, we are more alike than we may seem. You see, we put our pants on every single day, the same way. We make plans; and despite all the good that fills our lives, we worry about trivial things. Things like: bills and jobs and inadequacy and fear. And that's okay. Because you and I? We're humans.

But you see, dear reader, I've grown to learn that we are so much more than the sum of our fears and the weight of a steady routine. We are dreamers and doers. We are movers and makers. And for that, we are the ones who continuously get our wings clipped down, only to announce in retaliation that, "We will fly!"

Sure, we get up in the morning and we put on those pants. But we are also the ones who, when ready to face the world, choose to fill or souls with opportunity and passion - with light and with love.

Sometimes we get hurt. Sometimes we lose our way. We can feel weak and unsteady. But as time trudges on like it unremittingly does, we always choose to keep chasing.

We keep chasing those dreams and we keep proving them wrong because we know the worth of a life well lived and the sweetness of having something to hold onto. We've tasted fulfillment, even if just for a bit, and we are smart enough to know that something so bold and so bright could never be diminished.

So continue to awake it, dear reader. That fire in your belly and that shake in your soul. Nurture and love it. Keep fighting for your dreams and keeping making things happen. Someone has to believe that there's something more than an ordinary life; even if the only person who believes it is you.

FOLLOW TIANA @
IG: @_tianalewis

WWW.THETIQUE-BLOG.COM

WHY I WELCOME REJECTION... AND YOU SHOULD, TOO.

BY AMANDA CREGIER FROM "TALK, PRAY, SHOP"

Getting my first rejection email regarding a submission to a magazine feature was one of the best things to ever happen to me as far as writing goes.

Why?

Because not only did it humble me, but it lit a fire down in my soul that motivated me.

Have you ever been rejected? Did you wallow in self-pity over it? Did you become defensive and make excuses as to why you were rejected? Or did you accept it and decide to let it fuel your fire?

Obviously rejection isn't fun. The rejection email that I received went sort of like this, "Amanda, we regret to inform you that your submission was not accepted and we do not foresee a match between your writing and our featured bloggers." Ouch. Instantly I wanted to take back my submission! I had put myself out there and got denied. Shortly after reflecting, however, I became determined to resubmit a new piece. You see, this website allows you to submit a piece of writing every six-months as an application to be one of their featured bloggers. The fact that I was rejected also gave me a new topic to write on that never would have occurred to me prior.

Good things come from rejection.

I'd venture to guess that almost everyone has heard Michael Jordan's story. The part I want to focus in on is that the famous Michael Jordan, who we all recognize as the six-time NBA Champion, actually failed to make his high school basketball team. Clearly I don't know Michael Jordan personally, but I would bet on the fact that when he didn't make the team, that made him angry. The anger of rejection leads to motivation, which was key in his success.

Rejection usually feels personal, but if we can rise above the hurt (use it as motivation), then coincidentally we can proceed in a way that will make us better in the long run.

If you never face rejection, you're probably living a safe, comfortable life.

If you've never been rejected, then you're either really awesome at everything in life or you're playing it safe. If I had to guess, you're probably sticking with your rejection-free comfort zone. Where's the fun in that? I'm not encouraging anyone to make any irrational, unwise decisions, but give it some thought. If you live a predictable, routine life and are never excited to wake up and seize the day – then it's time to make a change. Do you have a hobby? What are your strengths? Find something you love and that you're passionate about and dream on! We all deserve to wake up excited about the possibilities of life every day.

If you're living a safe life, you're never going to reach your fullest potential. It gets old really quick hearing people say, "I would love to do _____ someday, but that would require so many changes in my life and what if _____."

What if, what? What if you fail? What if you aren't as happy after all? What if you mess up? What if people think you're crazy? What if you lose money? What if you end up embarrassed? How about thinking of it this way: what if you keep on living that safe, comfortable life and miss out on something incredible?

What's the worst that could happen? To get rejected? Sure, it means you didn't make it (this time), but you're not sitting around wasting your life at least! My heart breaks for those people who are not truly living. At least rejection shows that you're doing something and putting yourself out there! Anyone who's accomplished anything will tell you that rejection is a part of the process. Rejection isn't the most pleasant companion on the road to success, but he is a necessary one.

"I dare you. Make a move. Risk looking silly. Feel awkward. Do it. Get rejected, probably more than once. Wipe away the tears. Pick yourself up. Try again. Toss fear and insecurities out the window. Forget what people think of you. Push the limits. Reach your potential."

FOLLOW AMANDA @
IG: @mandasueee

WWW.TALKPRAYSHOP.COM

KALEY DIGNEN

You must not be afraid to dream a little bigger, darling. "Dream big" or "reach for the stars"; Are these quotes so cliche that you don't even believe them? Have you been told this before? Have you ever acted upon these comments? What is your ultimate DREAM in life?

Here are some of mine that I dream about daily: The day that I wake up traveling to different churches to lead people in worship with my sister. To start a MODEST fashion clothing line. Make a hit single that inspires. Travel and speak to girls about beauty, purity and modesty. Those are some of my big ones. Even though they sound so confident, something gets in the way. FEAR.

It does not matter what kind of goal or dream that I have. Big or small, something called fear and doubt come into play. Why? The spirit that lives inside of me wouldn't agree. JESUS CHRIST does not have any limits on what we dream about. He did call us to dream big, and to reach for the stars: IN HIS NAME< FOR HIS GLORY> When I am down about something, I need motivation more than ever to lift myself up. My dreams become unreachable and untouchable. I am beyond over this.

When you begin to accept your calling and realize that your dreams may be God's desires for you as well, you notice that those "dreams" are for HIS glory, alone. You become satisfied with whatever you do and it no longer becomes about you and what you want. The money, the fame and the title are worthless but the WORTHY one who gave you these dreams calls you worthy of them. Have you ever considered that the tugging on your heart and that pull of a dream that you have may be for a purpose and one bigger than you can imagine? It's the truth. Accept your passions, forget the limelight and GO. Dream big, work hard and stay humble.

I will never grow too tired to run, fight and work for what I DREAM of becoming. May my dreams, be his dreams, and may the world dream of dreaming more. Acts 2:17- "In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams."

FOLLOW KALEY @
IG: @kaleydignen

WWW.KALEYDIGNEN.COM

HAYLEY HUNT

In today's society, it is really hard to be who you want to be without the world telling you it is wrong. We are judged by the car we drive, the clothes we wear, the way we style our hair, and so much more. Especially with social media, it is hard to not compare ourselves to others. I struggled a lot with trying to fit in especially during 8th grade in middle school. I was not comfortable in my own skin and I did not even know what confidence was. During the year, my mom entered me into my first pageant. To me, this was the worst idea ever. I mean beauty queens were known to be dumb and these pageants were held for judges to judge you on your beauty. I did it and it was the worst experience of my life. I had forgotten my heels at home, I was wearing my sisters old prom dress that was too short, and I blanked on every question they asked during the interview phase of competition. It was embarrassing and I never wanted to see a stage again. But, what I didn't know is that it sparked something in me. After that competition I had the passion to come back next year and win. Once I set my mind to something, there is no going back. I worked hard and won the next year. I really grasped an understanding of what pageants really were and they had now become a way of life for me. I understood that the crown is so much more than beauty.

To be exact, the four points on the crown represent service, style, scholarship, and success. This year, I competed in my fourth pageant. I won the title Miss Ventura County's Outstanding Teen. I now have an amazing opportunity to compete for Miss California's Outstanding Teen this upcoming June. Now, a Junior in high school, I know who I am and I don't let others influence me. I stopped comparing and I am comfortable with who I am. Just by competing in that pageant almost 4 years ago, I have learned poise, elegance, and confidence. I stick to my standards and choose to wear sleeves on every gown. It is hard to find dresses but in every pageant I've done, I have won top evening gown because the judges appreciate my modesty and the respect I have for myself. As a so called "pageant girl", I still enjoy go-kart racing, motorcycle riding, and eating Chipotle everyday. I don't need a special diet or to cake on a face full of make up to make me feel confident. By being me and sticking to what I believe in, I can truly give off a confident attitude.

FOLLOW HAYLEY @
IG: @hayleywinhunt

WWW.PINKLIPGLOSSANDOLDPERFUME.BLOGSPOT.COM

LEXI NEVIN

NO ARTIFICIAL FLAVORS
NO PRESERVATIVES
NO ARTIFICIAL COLORS
ICE COLD

Even from the time we are little we have had dreams. We have wanted to be a pop star, a famous actress, a ballerina- you know the drill. I wanted to be Lizzie McGuire for a good chunk of my childhood, but that's another story.. As we get older our dreams change, just as we change. For some people their dreams become so vivid as they get older, and for some, they actually lose sight of their dreams and get lost trying to figure out what to do in life.. This all stems down to one thing.

Sense of self. Who are you? What are your interests? What excites your soul and makes you want to dance like a freak? What do you wake up in the morning and think about? These things make you who you are. It seems easy- knowing who you are. I'm Lexi. I'm 23. Hi. But really guys, it's so much more than that. Knowing who you are as an individual and what makes you giddy for life- it's a process that doesn't happen overnight.

In order to dream big and pursue our dreams, we need to know who we are. If you're in a rut, a slump, need to get your mojo back for life, I've come up with a few things that will help you figure out who you are and get you on the right track to living and dreaming big.

GET OUT OF YOUR COMFORT ZONE

A few summers ago I decided to move to New York and nanny. It was random, totally spur of the moment, and scared the freak out of my parents, but I did it anyway. I decided I needed to be far away from home and try to make it on my own, and frankly do some soul searching- and did I ever... It ended up being a crazy experience. The job and family was not what I had expected at all, it was a really unhealthy environment. But that summer I cried. And I laughed. And I did a lot of retail therapy (not sorry). And when I eventually left the East Coast, I felt like I knew who I was more than ever. The point of this story is, whether you decide to get out of your comfort zone and get a new job, or move across the country- whatever you decide to do, it might not be a glam, happy experience. But I can promise you, that no matter what, it will force you to dig within yourself. You'll come to love yourself and learn more about yourself than you ever have.

DON'T DEPEND ON OTHERS

This may be normal for some, but for others, it may be something that you have never even considered. Nevertheless, it is very important. In order to grow up, you have to be a grown up and GET A JOB. Being able to provide for the necessities yourself will help you to find out who you really are. You work hard for your money, and then what do you do with it? Priorities, priorities. My freshman year is when I learned I'd rather drink diet coke for meals and spend all my money on clothes- and I was COMPLETELY happy with it. I'll probably always be like that. Yeah, probably not very healthy. Fashion just runs in my blood and I can't quit it.

INTERACT WITH EVERYONE THAT YOU CAN

This is something that we all take for granted. Everyone around us has a story. Everyone has their own background and personality. Some of our biggest inspiration comes from other people. I love being able to meet new people and hear them talk about their passions and see their eyes light up. The world has a lot of really rad people out there, guys. Let them inspire you. As for the not-so-rad ones, sometimes having someone put you down actually helps you to be more passionate than ever about life. So YOLO. Bring on the world.

Be proud of who you are, because it's not until you really know yourself that you will be able to pursue and live your dreams BIG. Don't let others stop you. Better yet, don't let YOU stop you.

I'M ROOTING FOR ALL OF YOU,
XOXO LEX

DAY DREAMING THROUGH IT ALL

BY HAILEY KOWALSKI

I've always had the insatiable desire to get out and explore. I've dreamed of selling my belongings, strapping on my walking boots, and backpacking throughout all of Europe. I wanted a Lizzie McGuire moment where I met a dreamy Italian pop star whilst wishing in a fountain, cliché right? My "unattainable" and fantastical daydreams have encouraged my wide-eye wonderment and have made for an incredible Bucket List. At the tender age of 19 my life has certain regulations and expectations, but that doesn't hinder me from taking the necessary baby steps towards making my dreams a reality. Although my body is bound by situational interferences, my mind knows no limit.

We all itch to grow up, to move out, to get married, and to create ourselves outside the confines of our adolescence. We think our happiness comes with these huge life milestones, and that we won't feel satisfied until everything has fallen into place. Let me be the bearer of bad news: happiness cannot be reliant upon circumstance. There IS joy in the journey, because the journey comes with experience. There is laughter and love, learning and loss, and a few ironic tragedies that Shakespeare himself would be proud of. You can't shy away from the unexpected, because the unexpected and unplanned for will be the biggest adventures of your life.

So why inhibit our dreams and bucket lists? Our time is so limited, and at the end of the day we don't want to regret the opportunities we passed up due to fear and apprehension. Block out the negativity and dream big. Dream in color and without limit. Your belief and passion is power enough to bring your dreams into existence. YOU are enough. Don't get discouraged by the inevitable bumps in the road; the road less traveled on isn't paved. Roll with the punches and make the best of every situation; I promise even the bleakest of storm clouds have a silver lining if you just take the time to find it. In a dark world that preaches of corruption and despair running rampage, destroying all the good, let your dreams be the beacon of light that is incapable of tarnish.

photo || samantha kerby

WWW.HAILEYANELA.COM

 FOLLOW HAILEY @
IG: @haileyanela

KYLIE DUNNE

MY DREAM

photos||allison esplin

One day, when I was sitting in my math class, I noticed that someone had pinned a clothespin to my backpack. When I took it off and turned it over, I saw that someone had written "You Inspire Me" on it. Wow! That really meant a lot to me! You see, growing up, I was always a little chubby. Middle School was particularly difficult because I was insecure about my appearance. I was always worried about fitting in, wearing the right clothes, and having the right friends. As I got into high school, I began to blossom into who I am today. Junior year, I realized that so many girls felt bad about themselves, just like I had.. I realized that EVERYONE needs to feel beautiful!

This desire to help girls see themselves as beautiful and special inspired me to do something positive. I knew that I always felt good when I helped someone find a cute outfit to wear or a new hairstyle to try. My beauty blog was born from there. One of my dreams is to successfully use social media to reach out and inspire girls to feel beautiful in their own skin. Everyone feels happier when they know their hair looks nice or their outfit is fashionable. Getting compliments is great, but knowing that about yourself is even better.

Another one of my dreams is to have a career doing hair and makeup for photographers and special events. I want to be part of the team that makes people feel beautiful for those important events in their lives.

In order to accomplish this dream, I have been going to cosmetology school and high school at the same time! It has been a lot of work! In addition to school, from 8 - 6 p.m. every day, I work every Saturday at the Elizabeth Arden Red Door Spa in order to learn all I can about skin, hair and makeup. I want to develop my skills so that people feel confident in my ability to help them look and feel beautiful. I noticed as I would sit and watch, clients would walk away from the salon chair feeling beautiful and like a brand new person. Just seeing that reaction made me want to help even more.

My work within the beauty industry has led me to my greatest dream: modeling for hair and makeup companies or maybe even clothing lines. This dream seems really big because I am not the "typical" type of a model! I am only five foot four and wear a size 11 shoe! I am not a tiny, ultra skinny girl; I have more of an athletic build. I dream of building a modeling career where I can inspire girls of all shapes and sizes to feel confident in themselves. I want them to see that you can be beautiful while wearing modest clothing. A woman's real beauty comes from within and the confidence to know that each and every one of us is of value and of worth, is priceless.

I am dreaming big because my goals are not easy to accomplish! But I know with hard work and faith, I can share my idea of beauty with the world.

FOLLOW KYLIE @
IG: @kyliebdunne

WWW.KYLIEDUNNE.TUMBLR.COM

SAMMY J

 p h o t o || www.euroshelbphotography.com || @shelbiwankenobi

JEAN

When I was the ripe young age of about 4 years old I would often tell my parents all sorts of things, some of them being that I was going to be a pianist, a ballerina, an actress, a marine biologist and a mom. My mom would ask me, "Sammy, how do you plan to do all of these things?" I would so confidently tell her, "Well I'm going to do one each day of the week of course." I was so sure of myself. Now that I've arrived at the age of 23, I'm actually none of these things. These days I am a hair and makeup artist, a blogger, and a custom accessory designer. Although I am quite happy about the direction I've taken, it most definitely has not been an easy road. I think for most of us, dreaming of all the possibilities of things we could accomplish is the easy part. Whether it's your dream to become a billionaire or join the circus we all have the ability to sit back and imagine ourselves doing these grand things. That's the beauty of our human brains, our imagination.

So if it's so easy to conjure up these plans in our head, why do we let a few speed bumps in the road totally discourage us from trying to accomplish our dreams? Well, I believe there are two types of people in this world. The first is someone who gets intimidated, and gives up when faced with a challenge; the second is someone who embraces a good challenge and is excited to rise above it. As difficult as it is to rise above and meet your challenges with a smile, it's really the only way to accomplish your dreams. Dreaming big is a lovely pass time and it's most definitely essential to our progression, but dreaming is only dreaming unless you actually get out there and make it happen. My best advice for all the dreamers in this world is to be patient with yourself. Big dreams take time, and making mistakes is only going to add depth to your craft. Norman Vincent Peale once said, "Shoot for the moon. Even if you miss, you'll land among the stars." So don't be afraid to dream without limit. You might even surprise yourself and end up even happier down a completely different road, but the only way to know is if you give your dreams a try.

WWW.MISSAMMYJEAN.WORDPRESS.COM

BRENDA

"No dreamer is ever too small; no dream is ever too big."

I recently chanced upon this quote and I think it makes a lot of sense. It is not wrong to say that most of us teens or young adults (I am the latter) are still struggling with having a dream and whenever we get bombarded with questions relating to our future, our goals and our dreams, we get nervous racking our brain in search of an answer that we hope would not sound embarrassing.

I believe that deep down in our hearts, most of us have dreams - one that we are too shy to voice out because we are all too afraid to be judged since we think we would not be able to achieve it, or that we have one too many dreams that we can't decide on one. The effects of our ever-so-judgmental society has caused us all to retreat into our shells-an imaginary one that we have built to fend off the labels that our society has given us. And, that is one reason why we are all so afraid to dream, let alone dreaming BIG.

Well, to those who feel the same, my word of advice would be that this is your life, and you have full control of it. You may not be able to string your thoughts, nor build your dream now, but never be afraid to seek a purpose for your life. Think about things or hobbies that make you happy, and work your way from there. The ultimate goal of realizing your dream is to be happy and have a sense of fulfillment. Keep an open mind and always remember: "Aim for the skies because even if you miss, you will still be among the stars."

Don't be afraid to dream big.

FOLLOW BRENDA @brenwho

WWW.BRENWHO.COM

SARAH VAUGHN

I was fortunate to be born into a household that encouraged me to follow my dreams, and blessed with two parents who told me that with hard work I can achieve anything. Four years ago, I left my home state of Florida to attend the University of Utah where I attained my Bachelor of Science in Communication. I then decided to enroll in grad school, give myself more options, and have a back up plan in case my dream takes longer than expected to be realized.

As far back as I can remember I have always loved fashion. It started with my mom who used to dress me up from infancy. I went through my baby album to my preteen years and I was fascinated with how stylish I was. I must have been the best-dressed baby in the 90's. This fascination with clothes and fashion has continued until now thus my dream is to be a well-known fashion blogger and stylist. I believe in dreaming big and believe you can do anything with confidence, support from family, your faith, and never giving up.

I have many dreams that I would like to accomplish. I would also like to work with women and young women to bring out the beauty in them, and help them to believe themselves and let them known they to can dream big. I want to empower women to feel that dreams can be realized, regardless of your color, creed, country of origin, and how you were raised.

I am also passionate about opening and operating a nonprofit organization like the Boys & Girls club to help inner city kids gain confidence and show them they can realize their dreams regardless of their circumstances.

I am totally invested in my blog and feel strongly that in 2016 when I complete my Master's degree, I will be fully focused in realizing my dream.

"The future belongs to those who believe in the beauty of their dreams." – Eleanor Roosevelt

FOLLOW SARAH @
IG: @sarahvaughn_

WWW.BRUNCHINGINLIPSTICK.COM

SIENNA MEEK

Everyone has a dream, whether it be big or small. People dream about their dream from day to night, wondering if their dream will actually turn into reality.

When I was little I had a dream that I wanted to work at a snow shack. That was my BIG dream in my life, to make snow cones for a living. Obviously, that was not a real and acceptable dream. I couldn't make snow cones for a living for the rest of my life, well I could, but I'd rather be clean than have artificial flavoring stuck onto my body.

I had a rough junior high experience, and let's face it- middle school sucks. Everyone is cruel to one another and they don't have sympathy for their surroundings. I remember walking down the halls and I saw a boy trip, all of his belongings were scattered on the floor. Guess who I saw help him out- NO ONE. Everyone laughed and not a single person helped this innocent boy gather his belongings.

During junior high I was severely bullied, to the point where I attempted to take my own life. I got notes in my locker saying I was a fool, to go die, that I was a hideous person and that my goals in life were not worth it. When you see those words from your peers, you start believing that those words are true. I got mocked and people made fun of what I wanted to do with my life. I later on gave up, and couldn't face the fact that I was the biggest joke at Lehi Junior. After that experience I finally got back onto my feet and realized that I am capable of so many great things in life. I was happier with myself, and with the beautiful life I had ahead of me.

When I was in history class in middle school, we were assigned to write down a bucket list of things we wanted to accomplish before we died. One of the things I wrote down was, "Audition for the TV show- American Idol." It was a risky move, but I took a big leap of faith and did it. I auditioned for the Salt Lake City, Utah season 12 auditions, and it was an amazing experience. I was so anxious and had anxiety attacks every 2.5 seconds, my heart was racing and I wanted to do my very best! It was then my turn, I opened my mouth and sang with all my heart, and I felt like I did pretty good for only being 15! I made it through the second round of producers, which I wasn't expecting at all! I was so excited that I made it that far and actually did something that I wanted to do!

With all the hardships that go on in your life, I realized that it doesn't matter what other people think about you, you determine your own legacy. Being bullied and hearing that my dreams weren't important, really hurt me. They said it so much that I actually believed the words that were coming out of their mouth. I had to have a huge reality check, to actually believe in myself that I could do something and that my dreams were important. Since then I've had so many opportunities in my life such as, auditioning for American Idol, being on America's Got Talent, and promoting my service platform "Be a buddy, not a bully" as Miss Lehi 2014. I have been blessed to the extreme with my life.

By me dreaming BIG, I have made my dreams possible. You can achieve anything you put your mind towards, as long as you put in the effort as well. It doesn't matter what a crush says about you, what the scale says, or how thin you are, what matters is that you are willing to try and achieve your BIG dreams in life. All of you are capable of doing something big in your life, it all begins with YOU. We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort. Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway, don't tell people your dreams. SHOW THEM.

FOLLOW SIENNA @
IG: @siennameek

WWW.SIENNA-MEEK.BLOGSPOT.COM

SABRINA // GYPSY TAN

One of the most (or the most, depending on your opinion) stylish girls in the fashion game right now places a strong emphasis on motivating her readers to dream big with her motto "Dream, Believe, Achieve." None other than the one and only Sincerely Jules. Her motto is reminder that anything is possible and to always dream Big! I find myself asking what does it really mean to dream big? More often than not I hear people talk about dreaming big and in the same breath talk about making more money, living in a bigger house or driving a better car. But is that what dreaming big is really all about?

As I sit here on my Macbook typing, I can't help but think of Steve Jobs when talking about this topic. Steve Jobs for example didn't have a vision of how to make more money in the computer world. Jobs had a vision of building an entirely new computer system for the "everyday people." That's dreaming bigger. It's not about taking something that already is and making more money from it. Dreaming big is about seeking a purpose for your life, having a vision, and having the courage to pursue that regardless of the failures on the way.

I think we often keep our dreams in check because we don't want to be disappointed. We are unsure of the future so we limit ourselves, and we settle for less. Reasons abound to justify why we don't dream. All the successful entrepreneurs of our generation like Sophia Amoruso (Nasty Gal), Evan Spiegel (Snapchat), Mark Zuckerberg (you know) can do it, why can't we?

I decided a year ago I wanted to stop working for other people and be my own boss. Although I take direction well, I really don't like taking direction from anyone. I mean 26 years of being told what to do by your mom, dad, teachers, grandma, grandpa, aunt, great uncle, boss.. (You get the point) is enough. Now at 27, I own my own business but my dreams have only gotten bigger.

The starting point for me has always been the same. It all starts within yourself. I started to look at life with the perspective that I can achieve anything that's possible. I cast off my own limitations and began dreaming and visualizing about the wonderful things I can do and become. Of course it takes a lot of time, hard work, sacrifice, and dedication. When I began to dream big dreams, my level of self-esteem and self-confidence increased immediately. I wasn't born into money but I never let any of that stop me from imagining the kind of life that is possible for myself. I didn't dream of a big house or fancy car, but my BIG DREAM is to be able to do what I love and love what I do.

"You have to have a dream if you want to make a dream come true."

FOLLOW SABRINA @
IG: @gypsytan

WWW.GYPSYTAN.CO

CAMILLA // NAVY GRACE

Erada said, "If it is both terrifying and amazing then you should definitely do it". This quote is the first thing that comes to my mind each morning before beginning my day. Dreams are something that should push us and make us grow.

Dreaming big is all about having a goal in mind. Brian Tracy said "People with clear, written goals, accomplish far more in a shorter period of time than people without them could ever imagine". One of my biggest dreams I have had is to own a clothing boutique. Although I know I still have a few years before that dream comes to reality, I feel like I have gotten closer everyday with the Life and Style Blog I started in August 2014, called 'Navy Grace'. Within those short 9 months I have gained an abundance of confidence within myself and I finally understand what it means to be passionate about something you love. I express myself through what I love to people all around the world. By setting priorities each day, week, and month I am constantly coming closer to my overall goal. Having a vision in mind and perfecting it along the way is one reason I have a Blog. I am one step closer to fulfilling my dream of becoming a boutique owner.

Something I have learned to keep in mind is a very simple quote by Shakti Gawain, "When you're following your energy and doing what you want all the time, the distinction between work and play dissolves". That's not to say there aren't hiccups along the road, burdens and trials when you least expect them, but by having a constant goal in your life allows you day by day to focus on what is most important. I have found that when I reach my goals, small or big, I become a better person from growing from the overall experience.

FOLLOW CAMILLA @
IG: @navygraceblog

WWW.NAVYGRACE.COM

LETTERS IN LIBRARY BOOKS

BY SHELBY GRIFFITHS

I've always considered myself a dreamer, as well as an idea machine. My overactive imagination has always liked coming up with new, exciting ideas and ambitions. For years, I was just like any other wide-eyed child who wanted to be a ballerina or an ice skater or an artist. I explored my options, but as I've grown my focus has gradually narrowed to a few big dreams that have never truly gone away.

I first began writing fiction at the age of 10, after my cousin and pen pal encouraged me to do so. It only took two years for me to decide that's what I wanted to do with the rest of my life. With each passing year, I became better and better at writing until I came up with the idea for my young adult novel "Maybe", at age fifteen. I spent three months writing it and the next three years editing it. Finally, I decided to self-publish through Kindle and Amazon, due to my goal of being published before age 18. I was thrilled to later make royalties off of more sold copies than I ever could've hoped for, considering I wasn't promoting the book very much. I was caught up in other dreams.

I attended my first pageant at age 7. I LOVED it. I was your stereotypical girly girl and I always have been. I love sparkle, crowns, pink and I always wanted to be a princess, so how could I not sit in awe as I watched young girls receive a sash and crown in gorgeous evening gowns? My mom and I made this type of event a consistent mother/daughter date, but when I was almost 14 she decided to compete in one herself – the Mrs. Utah United States pageant. Although, she didn't win or place, that was when I truly became hooked. I spent the next few days searching online for a pageant system for teenage girls. I was only 14, and was having hardly any success because most pageant systems were for 16 and older. Finally, I came across a pageant system that had three divisions – Miss Teen (13-17 year olds), Ms. (for 18+ and any marital status), and Mrs. (for 18+ and married). It was called the Utah US Continental pageant and I knew that I was supposed to compete, but even more so than that, I knew that my mom was supposed to compete with me.

She fought the idea for awhile, but soon gave in. I mean, what an amazing experience to compete together, after having attended so many pageants together? And I repeat, I knew with the absolute most perfect clarity that this was an experience we were supposed to participate in. I just knew it.

Fast forward about a year, the night of the pageant came. It was two days before my 15th birthday, and I was nervous but I honestly felt like everything was going so well. I was proud of my interviews with the judges and throughout the night of the pageant, I felt like everything was going by so fast. I was confident walking onstage in a swimsuit, and I was glittering in my yellow, beaded gown. When the winners were announced, I was crowned the new Miss Teen Utah US Continental for 2011. I was ecstatic, of course, but what made this experience truly special was when they crowned my mom Ms. Utah US Continental and we had the opportunity of standing there, side by side, in sash and crown on the exact same stage. From what I know, that is the first time such a thing has ever happened. Spending that entire year serving with my mom was so special, but the pageant buzz wasn't over yet.

Just a forewarning, although I highly recommend and wholeheartedly encourage all young women to participate in such a growing, changing experience as a pageant, I must say, once you do one... it's nearly impossible to ever stop.

I attended the Miss Pleasant Grove pageant for five years with my mom. It always landed around the same time as my birthday and was held at our local high school. We had lived in Pleasant Grove for quite some time and so I knew all the amazing and fun summer opportunities the royalty was able to participate in, such as the rodeo and pie eating contest, etc. I can't remember exactly when it started, but after attending so many times, I had this sincere desire to compete. I considered competing for three years before I finally committed. This experience, though desirable for me, was also terrifying. I was going to be competing onstage at my local high school – somewhere I had never felt like I fit in – in front of a largely peer-based audience. Regardless of fear, I knew this was an experience I needed to have.

After working harder than I ever have before a pageant, I have hardly a single regret, even after walking away that night without so much as placing within the royalty. I had the exact experience I needed to have and walked away completely changed. Several weeks later, I was awarded the title of Miss Utah US Ambassador for this upcoming year, but the Miss Pleasant Grove pageant brought about my platform, Letters in Library Books.

Letters in Library Books combines my deep love of writing and my experience working and tutoring within a library for about a year. This project enables people of all ages and genders to write anonymous letters of encouragement, which are then placed within library books all over the state of Utah and ultimately, America. I have a website where those who write and receive letters can visit and share what they've written or found. I have been completely overwhelmed by the amount of support and positive interest others have shown in this project, and hope to one day see it grow. This project promotes kindness through small acts of service and words. It is the small acts of love and kindness that bring about the most positive change, and after awhile those small acts add up. I am excited to continue promoting this project as Miss Utah US Ambassador throughout the year of 2015. I honestly hope all those I come in contact with will want to help me change the world one letter at a time.

Throughout my life, I have had the opportunity to dream big and make those dreams become realities. I believe the key to unlocking those dreams is forgetting fear and going to work! Anything is positive if you're willing to do what it takes. It might be scary, but just like it's been said, your life often begins outside of your comfort zone.

I continue to dream of being an author. I dream of continuing to win pageants and serve. I dream of my project Letters in Library Books growing and changing the world. But most of all, I dream that I will always have the courage to do the impossible. I hope the same for you.

TARA BROOKE

102 photo || @shleeeeeeeeee

I have always had an interest in fashion. At age 16, while getting my make-up done at MAC for a high school dance, I told my mom I wanted to be a personal stylist at Nordstrom. I loved shopping, and I loved dressing other people & creating outfits that pushed boundaries. My interest continued and when I was 19 I started my first t-shirt line called: Taboo Tee's, super cheesy, I know! I sold my custom t-shirts at a consignment store. The following semester of my college career I started taking a future in fashion more seriously. I enrolled in all of the clothing construction and design classes I could find. Realizing my creativity was being held back by the structure of these classes offered to me, I chose to go out on my own. I took a break from fashion focusing on the beauty industry & expressing my creativity in this way. I met one of my best friends during this time and she inspired me to continue to be creative as she was going to school for painting and printmaking. She helped me break into the art of styling as I helped her style photo shoots for a clothing company. I continued in my career in the beauty industry dabbling in styling here and there. A few years later I had the opportunity to grow my personal styling business by creating a life & style blog. From there, and with the help and encouragement of my first "real style client," I was able to build a business through word of mouth and through the help of the internet, thank you instagram. As my styling business continued to grow, I began to have the itch to design my own pieces. I knew this was a lofty goal & cut and sew clothing is no easy, or affordable feat. Instead of working on this all on my own I was able to co-found and design for a clothing line with my best friend called M1M1K. With a lot of hard work, sleepless nights and a combined talent we created a brand that people loved & connected with. I realized I could create things that people actually liked and would invest in. In the Fall of 2014 M1M1K had a #beyourselfie campaign where we encouraged people to go for their dreams and be who they always thought they could be.

During this campaign I had the opportunity to meet many people with different dreams & aspirations. Discussing their dreams and trying to help them in any way to attain them, I had a moment where I realized it wasn't just creating pieces that are fun that I loved, I was creating pieces that could be meaningful. Helping people and encouraging them to reach their potential is what makes me thrive. Working hard for my dreams & encouraging others to do the same is what motivates me to be better. My path from 16 year old me had a lot of twists and turns to get to this point of understanding of who I am and what I wanted for my life as a creative individual.

So what does that mean now? 12 years after my initial thoughts of being a "personal stylist" I am living that dream. I have incredible clients that I have the ability to help look and feel their best. 12 years later I am in the process of working on my biggest dream thus far. Designing and working with M1M1K opened the door for me to be able to start a clothing line of my own that will give resources and support to others to follow their dreams. No matter how crazy or unattainable they seem.

Any dream is attainable if you work hard and surround yourself with people who lift you up and support your dreams. Work hard, lose sleep, make sacrifices, but don't ever lose yourself or your ultimate goal in the process. I have adopted 4 questions I ask to help me stay on track to my goal. 1. Will this goal be a true reflection of who I am or who I want to be? 2. Is what I am doing today going to take me to my ultimate goal? 3. Can, and when do I expect to see tangible outcomes from this goal? 4. Does what I am doing make me happy? Tips to achieving your goals: Tell the people you love and trust about your dreams, they will keep you accountable & excited about them! Set your personal guidelines. Make attainable, measurable goals. And most importantly Do.Not.Give.In. It may take 12 years to get there, but enjoy the journey as much as you enjoy the destination. Dream Bigger.

FOLLOW TIFFANIE @
IG: @tifffhug

In 2012, I was a senior in high school and really struggling to find my place within the circles around me. I didn't have one specific group that I hung out with, but rather, I had my foot in just about every single circle, from athletes to nobodies, I was friends with just about everyone and anyone. At that time, it felt like so many of the kids I was friends with, especially the girls, loved following each other. They loved wearing the same things, and listening to the same music, and trying so hard, even if it meant compromising their own standards, to fit in and to be the same.

I found this to be challenging, because deep down, I had always felt such a strong drive within myself to LEAD. I never wanted to be the same. I felt like the majority of the kids at my high school had such similar religious beliefs, that as a whole, everyone significantly brought each other down, instead of inspiring and lifting each other up. No one wanted to be the one LDS kid to walk out of the R rated movie on a Friday night. No one wanted to be the one LDS kid to take a stand against swearing when all of their popular friends had started this phase of using colorful language.

My favorite book for many years has been the book Stargirl, by Jerri Spinelli. Most girls who have read it probably read it back in Elementary school... But I didn't find this book until I was in high school! Stargirl was someone who was considered different. She never fit in with the crowd, and she never wanted to. She always went above and beyond to spread good, even when she was persecuted for doing so.

"She laughed when there was no joke. She danced when there was no music. She had no friends, yet she was the friendliest person in school. In her answers in class, she often spoke of sea horses and stars, but she did not know what a football was...She was elusive. She was today. She was tomorrow. She was the faintest scent of a cactus flower, the flitting shadow of an elf owl. We did not know what to make of her. In our minds we tried to pin her to a cork board like a butterfly, but the pin merely went through and away she flew." -Jerry Spinelli, Stargirl

When I did read it, I felt the biggest connection to her. My whole life, I've been a Stargirl and for many years, I tried to suppress my own light, with the idea that it might be too bright, and maybe people won't accept my bright light, or maybe people would be so content with living without light for so long that they wouldn't appreciate light when it came along anyway.

For quite a few years of high school, I tried my hardest to be a light. I started sitting in the lunchroom each day at the table where all of the disabled kids sat alone, almost as outsiders to the high school kids who never even contemplated the challenges they faced. I remember becoming friends with these kids and realizing that they were made of GOLD, and eventually, some of my friends started joining me and talking with these kids too. One of these kids even became one of my best friends, and when Sadie Hawkins rolled around, and all of my girlfriends were in such a stir about which quarterback to ask to the dance, I chose to ask my new friend with autism, who was a senior and had never been to a dance before because he was always overlooked. You would have thought I was Santa Claus himself when I asked him, from the excitement he had! I hung out in places where most popular kids weren't... I'd sit outside after school and talk to the kids who had gotten suspended, and I'd walk with the girls who were always alone at school who didn't feel pretty or worthwhile. I'd watch kids hacky-sack, and admire them for their skill that was overlooked by so many others. I became best friends with the school janitor who was a veteran and had so many amazing stories of courage and selfless service, that most kids didn't care to hear about. I did these things quietly, and because they felt right, even when most of the kids around me weren't willing to do something similar because they didn't want to risk their "cool" reputation by being seen with someone who might have been considered the underdog.

I never did super well in school and I suppose most of my motivation to pass my classes was so that I could continue to run Varsity on the track and cross country teams I was a part of. But most days, I was more concerned about leaving an encouraging anonymous note in the locker of someone I had seen crying that day or performing simple acts of kindness rather than striving for a 4.0. Looking back, I do wish that I had devoted a bit more effort into my studies, but there is not one single act of kindness or friendship that I regret from the effort I put into reaching out to those around me who needed it.

At some point just a few months before my class graduated, there was a new book that came out in Deseret Book. "A Return to Virtue" by Elaine S. Dalton. My dad bought me this book for an activity in our young womens group, where the leaders requested that each parent buy it for their daughter.
I began reading and fell in love, because a lot of the book related to training for a marathon. Her book was written to call women to a social reform in cherishing virtue. Looking up the word Virtue, the definition is: vir·tue 1. behavior showing high moral standards."paragons of virtue"

In A Return To Virtue, Sister Dalton says: "I truly believe that one virtuous woman or man, led by the Spirit, can change the world. We need to stand for virtue in a world that is so rapidly departing from it." When I read this book, something clicked for me. As a Stargirl, this was everything I had been trying to stand for, for as long as I can remember! Goodness, and respect, and integrity and honor... All of these things were what filled me with LIGHT. All along, it was virtue.

After reading A Return To Virtue, I felt inspired to create a group on Facebook called Shine. I didn't know why at the time, other than I felt prompted to do and so I listened. I started adding all of the girls in my circles of influence who had brightened my light, or given me the "okay" that my light was safe around them, and I invited them to let Shine be a safe haven where they could express and share their light too. Within about an hour of the group being created, I was messaged by a girl who told me that just that day, she had decided she was going to end her life. She had logged into Facebook one last time to send a couple of messages to people who cared about her, and after that, she planned on killing herself. When she got on, she found that she had been added to this new group, Shine. She clicked on the group page, and found inspiring messages of hope, and motivation, and love, and belonging. She told me that she began reading through these posts, from women who were complete strangers to her, and had tears streaming down her face as she realized her suicide plan had a flaw in it: there was still hope for her, there were still plenty of good people in the world who were willing to take the time out of their lives, in hopes of lifting someone else.

From that day forward, I learned a valuable lesson from someone else. That one voice can make a difference. That one person sharing their light can save lives. I decided I would dedicate this group to being a place of belonging and hope, where women and girls could come for relief and inspiration from a sister from around the world.

Shine now has over 1,800 women and girls in it, and my dream is for Shine to be discovered by those who so desperately are starving for some light, so that they can leave feeling like they are empowered enough to make it through one more day at a time.

WWW.SCHPIFFANIE.BLOGSPOT.COM

"IF YOU DON'T BUILD YOUR OWN DREAMS, SOMEONE WILL HIRE YOU TO BUILD THEIRS."

COMPA

ANIES

models || morgan galbraith , olivia anderson

BATSU MARU

Two years ago I made the decision to leave a job that I loved and a city that I loved to move back "home" to California. I had spent the last ten years building my career as an education and arts administrator in New York City - I was passionate about my work and my job defined much of who I was and how I spent a lot of my time. In my heart I knew this was the right move but it shook up what I knew to be true of myself. I settled into my new home in San Francisco with lots of time and space to think about what is important to me and I realized that I had put aside many of the things that I am passionate to make room for work.

Batsu/Maru did not start out as a big dream but has evolved over a series of small steps, experiences, and unbelievable support from my friends, family, and customers. The start of what would be Batsu/Maru began years before after not being satisfied with jewelry that I was seeing in stores. The quality of jewelry in my favorite stores were cheap and would tarnish after a few months. I often felt overpowered by trendy jewelry. I was looking for simple jewelry that I could wear everyday and would keep its quality. I started making my own jewelry that fit my affinity to classic styles. Over time I learned more about how to craft pieces that fit the look, feel, and quality that I wanted to achieve. I began gifting my jewelry to friends and family - it felt personal and meaningful which was and is important to me. It wasn't until I settled in San Francisco that selling my jewelry became a reality. My friend encouraged me apply to my first show and to think about myself as maker. I prepared for months, set up a small table on the side of her booth and made my first sale.

Making jewelry that I love and sharing it with others has blossomed into a wonderful dream that continues to grow over time. I've had a great deal of support from my friends and family along the way. Those closest to me have given up weekends to help me prepare and sell at different shows. Notes of encouragement, thoughtful gifts, recommendations, and social media love have not been spared. Through this work, I've had the opportunity to meet other people that are pursuing their craft and their ambition continues to inspire me. On the other end, many of my customers have let me know that the pieces they purchased were gifts for important women in their lives - mothers, daughters, sisters, best friends. There is no greater compliment than this and I am reminded how Batsu/Maru came to be.

Allowing yourself to dream big can seem daunting but I've learned that it just takes a few small steps to get started. As with any meaningful journey, there will be ups and downs and twists and turns. But as you learn and grow, your dreams do too. Dreaming big is active and takes hard work. It takes courage and confidence. I'm still finding my way through this all and have so much more to learn but I am looking forward to what is ahead.

So here's to dreaming big - and working hard.

model || abbey phillips

FOLLOW BATSU MARU @
IG: @batsumaruxo

WWW.BATSUMARUXO.COM

FOLLOW BLY @
IG: @blydesign

DESIGN

model || michelle nguyen

WWW.BLYDESIGN.COM

Born in the rock pools of Australia's favourite beach, inspired by the biodiversity of South America's most exotic country. Bondi to Brazil is a fresh, all-natural, luxury skin exfoliating scrub.

In early 2014 our innovative team set out to fulfill their passion in natural skincare products and create the perfect blend of raw ingredients that would gently rejuvenate and nourish the skin. We were certain of our core element - the humble coffee bean, used for centuries as an exceptional effective skin exfoliating agent. In pursuit of finding the perfect partner to the coffee bean, we journeyed to Brazil. Here we discovered a secret spice blend Brazilian babes have been using for generations to keep their skin looking Copacabana cool!

Our locally sourced ingredients of Arabica coffee beans, cinnamon, almond oil and Himalayan pink salt were coalesced in precise proportions to conceive the coffee scrub we are proud of today - Bondi to Brazil.

The light roast of the coffee beans allows the scrub to escape an overbearing coffee aroma whilst still enriching the skin with the exfoliating, anti-inflammatory and restorative properties of the coffee. We partner with a local specialty coffee roaster, allowing us to incorporate freshly ground, premium quality, free trade beans into our product.

Our secret ingredient in cinnamon, providing a blast of antioxidants to clear imperfections and leave the skin refreshed, "spicy-sweet", and smelling amazing. The coffee and cinnamon mixed with the naturally moisturizing almond oil and mineral-rich Himalayan pink salt create a unique composition of natural constituents that can reduce cellulite, dissolve stretch marks and scars, prevent ingrown hairs, clear acne and dermatitis and remove dead cells.

The Bondi to Brazil team likes to pay attention to detail and this includes the packaging of our scrub. It's classy, fresh design is also functional by being water resistant and therefore easy and convenient to use in the shower.

Bondi to Brazil leaves the skin feeling smooth, revitalized and healthy and we are sincerely excited to share the product with the world!

FOLLOW BONDI TO BRAZIL @
IG: @ bonditobrazil

models || alondra sanchez , samantha unruh , taryn seymour

WWW.BONDITOBRAZIL.COM

FOLLOW CHRISTINA @
IG: @christinakoberdesigns

CHRISTINA KOBER DESIGNS

Making jewelry began as a hobby, a fun creative outlet to help break up my work life. I had just graduated from college and was so busy; I had three part-time jobs and a healthy social life, but I felt something was missing. After taking my first jewelry class, it was like a fire had been lit inside of me; I had so many questions, ideas, and a huge dream. This dream was to start my own jewelry business, Christina Kober Designs. Two years later, my dream became a reality as I submitted the paperwork to become a business. In the years that followed, my dreams for Christina Kober Designs have grown and evolved to something I never imagined possible.

Dreams can manifest themselves out of the simplest things. A jewelry class, a new workout, even shopping with friends could turn into a life-changing experience – you never know until you give it a shot. Looking at something you enjoy doing through a creative lens could turn into a dream you never realized was staring you in the face. And chasing that dream can expand into other dreams you never knew existed.

Many times we get so caught up in the daily grind of our lives – work, money, time – we can lose track of our dreams and inspirations. I created the Inspired Collection with this in mind; each ring and bracelet has a message or word on it that acts as a visual reminder that you can reach your goals. With messages like "be yourself," "be brave," and "live your fairytale," we hope to keep you inspired and reaching for your dreams.

model || madiee leishman

WWW.CHRISTINAKOBER.COM

models || haley hoch, alexa larsen, micheal jensen

FOLLOW ELLO @
IG: @elloproducts

WWW.ELLOPRODUCTS.COM

ESPIRER CLOTHING

ABOUT THE OWNER, CHARLES ETOROMA:

I have been in Raleigh, NC all my life (born and raised). I am a recent graduate of NCSU. I got my B.S. in Mechanical Engineering with a minor in Political Science. Neither what I've studied nor what I do have anything to do with each other, but that's what I love. It's all about gaining knowledge. My dad always used to say, "You can never go wrong with gaining too much knowledge." I am still fairly new in the entrepreneurial world. I really started getting into it because I was bored and hated engineering. I've always had a love for art which over time morphed into a love for fashion because they are pretty much the same thing. I have always had this passion for helping others and so clothing + helping others = my mission. During my "free time" I like reading, writing, working out, playing/watching sports, thinking, drawing, hanging out with friends, watching movies, etc.

HOW IT ALL BEGAN:

Well I started it because during my junior/senior year of college I really started to feel like I was settling and I wasn't living life to the fullest. It was almost like God was slapping me across the face to wake up and do something that matters. I did engineering out of naivety. I didn't actually know what I wanted to be when I grew up. In the end I hated every minute of the curriculum. I had an internship with CAT the construction company and it was not at all what I wanted to do. It really forced me to embark on this journey of self-discovery. I guess when I finally woke up (broke free of going through the motions and living complacently) I realized how many other people fall into that trap. That was the beginning of the journey. I then noticed an opportunity to use clothes as a way to help inspire people to be and find themselves. I became tired of chasing after the best brand name stuff. I wanted clothes with more substance, more meaning, a story if you will. That pushed me over the edge to create Espirer.

WHAT IS ESPIRER?:

Espirer is a Latin variant for the word Inspire. Espirer is a brand that is looking to use clothes as a way to help people battle complacency and create an inspired community of individuals looking to push their limits and find their potential. Everybody needs inspiration. More importantly, Espirer is you, me, us. All of us have a story that can inspire someone else and as I look to grow the brand, other people's stories are what I want to help tell. I recently read an article on global brands that polled people around the world and found that most people would not care if 73% of global brands died tomorrow. Furthermore, people only think 20% of global brands are doing something to positively affect the lives of consumers. I have a big problem with that, especially in the fashion industry. I want Espirer to, first and foremost, be a community of people who are actively looking to inspire, push their limits and find their potential. I am in the process of finding local nonprofits to partner with so I make sure my brand is doing something to really help and give back to the community.

CHARLES' PROUDEST MOMENT:

I think that moment happened at my second street event when a woman came up to me (after waiting like 15 minutes because I was taking an important call) and picked up the shirt with my brand name on it and asked what the story behind it was. I told her what Espirer meant and she then proceeded to tell me about her son who was autistic and how he had struggled to find his place among his peers. The kid was smart and was attending college soon at the age of 16. She wanted me to write a few words of encouragement to her son to keep pushing on and do/be whatever it is that you dream. I still think about that to this day.

THE MOMENT CHARELS BEGAN DREAMING BIG:

It was in April of 2014 when I entered into a design competition for aspiring entrepreneurs at NC State. I didn't even want to compete but an advisor, who was the head coordinator of the competition (eGames), said that I should after I gave her a mock business plan to look over. I literally entered in at the very last minute and made it to the finals. Through that experience I got a lot of positive feedback about the brand that I was trying to create. As a result I did some personal research on the power of inspiration and saw how big of an opportunity exists. People are out there starving to be and feel inspired and I believe, deeply, that Espirer will be a brand that can do that. Call us ambitious but that is what dreaming big is about.

BEING AN ENTREPRENEUR:

Anything worth doing is worth working hard for and that is the life of an entrepreneur. It isn't easy which is why most people don't do it but if you want to create lasting/resounding value in the world, it is one of the best ways for you to accomplish just that.

The best way to get a hold of me is either through Email: Charles@espirer.com or twitter: @espirerclothing. I love meeting new people so shout-outs are more than welcome!

model || jolene abram

WWW.ESPIRER.COM

GENTLE FAWN

model || octavia spiker

GENTLE FAWN CLOTHING

FOLLOW GENTLE FAWN @
IG: @gentlefawn

How does one start a clothing collection? How do you turn a clothing line dream into a reality? For us it all started with a ceramic fawn that was stumbled upon by founders Carla and Daniel Hogg at a thrift shop. Honestly, it did. Inspiration comes from the strangest places sometimes. Our little fawn friend (happily perched in our office entrance) still remains as a reminder of how it all started and the original vision behind the brand.

Why dream small when you can dream big? Carla and Danny took a chance on a big idea, and loved the thrill of trying something new. The world needed a collection like Gentle Fawn, so why not create it and bring it to life.

We at Gentle Fawn hail from a city that is overflowing with creativity, beauty and an easy going lifestyle. This magical place we live in brings innovative ideas to fruition at full force, the motto is go for it, overcome the hurdles, while doing things your own way.

Gentle Fawn creates comfortable and approachable clothes that won't break the bank, and for those awesome everyday moments that enhance our lives. We keep our aesthetic looking clean and fresh, but with the occasional eye catching print or color way to keep things interesting. Our main focus is comfort and style – all of our pieces can be worn with ease, while keeping it chic and feminine with those subtle details that add a hint of charm.

We make clothes for the girl who doesn't conform to the expectations of her generation, and who breaks the mold with outrageous goals, ridiculous thoughts and a thirst for adventure – these ideas are what keeps her moving, otherwise, she would have nothing to aspire to.

Keep on dreamin' large, Fawns!

WWW.GENTLEFAWN.COM

models || temu anderson , kourtney bjarnson , haleigh payne

FOLLOW HERSCHEL @
IG: @herschelsupply

THE
Herschel
SUPPLY CO. BRAND
WWW.HERSCHELSUPPLY.COM

models || rachel fullwood , ashley blackmore

We've been working on a project that we think you will really like, especially with warmer weather right around the corner.

Have you ever gone for a chill day at the beach or lake with your favorite pair of shades only to lose them in the water before the day is over? It's not fun! That's why we created Kameleonz. Kameleonz are unsinkable floating sunglasses that are designed for an active, FUN lifestyle near the water. Made of a unique injected material, Kameleonz not only float, they resist heat, moisture and UV rays ... they're wicked tough! Now you get all the eye protection you need in the water and all the style you want everywhere else.

Find out why professional athletes won't hit the waves without Kameleonz on Kickstarter at http://kck.st/1H219OG

FOLLOW KAMELEONZ @
IG: @kameleonz

WWW.KAMELEONZ.COM

KISMET COSMETICS

Makeup is game changing. To know how to apply makeup is to have the ability to magnify beauty. Who wouldn't want to be a part of that type of creativity? I knew I wanted to own a business one day, I just never would have dreamed it would have been my own makeup line.

I started my career in the beauty industry a year after college. I landed a job as a Product Development Assistant at TIGI Haircare. I quickly worked my way up while falling deeper in love with the product development process. I had found my passion of dreaming up product ideas and seeing them to the shelf. After a few years in Dallas and a year in New York, it was time to move back home and begin the launch of my brand.

Kismet launched in July of 2013 with Opulent, a one-night highlight that gives you a natural bronzed glow. The coconut lime fragrance makes it stand out from other body bronzers. I wanted to create a brand that brought both fashion and beauty together. So in March of 2013, we launched our Velvet Collection lipstick line at New Orleans Fashion Week. An instant hit, our lipsticks took the brand to the next level.

Over the past year and a half, my brand has far exceeded my expectations and goals. No matter what business you start, it is putting a piece of yourself out there for the world to see, judge and decide. As long as you stay true to yourself and your mission, you will always be happy. I not only wanted a brand that had high-performing products, but I wanted a brand that could make a difference in the community. I am lucky enough to say, I have met that goal.

models || josilyn harsh , mckenzie truman

"AS LONG AS YOU STAY TRUE TO YOURSELF AND YOUR MISSION, YOU WILL ALWAYS BE HAPPY."

-Caitlin Picou, Makeup Artist and Owner of Kismet Cosmetics

FOLLOW KISMET @
IG: @kismetcosmetics

WWW.KISMETCOSMETICS.COM

LET'S END POVERTY

A PROGRAM OF CHOICE HUMANITARIAN

FOLLOW L.E.P @
IG: @letsendpoverty

"We hereby declare that extreme poverty is intolerable and must be eliminated" - Choice Humanitarian

Let's End Poverty is a program of Choice Humanitarian. We focus on the simple, yet vast task of ending extreme poverty! The purpose of LEP is to raise awareness and come up with programs that are easy, fun and simple to participate in. We raise money for Choice Humanitarian. They are the actual organization that go to the countries of Nepal, Bolivia, Mexico, Kenya and Guatemala. They teach village sustainability without giving hand outs to these poverty stricken areas, but instead a hand up! We also focus on acquiring what we call "advocates" to help us spread the cause and join in the fight against poverty. Our advocates are essential to our organization as they are students and leaders in their communities that are passionate about the cause and participate through the spread of social media or inviting their friends to participate in our programs. We realize that ending poverty is a large feat. However, with the contributions of many who are passionate and excited about helping others and serving others, we can accomplish so much more than we could do alone.

Some of our programs include clothing drives and our newest program, 5 Quarters. 1 billion people in extreme poverty live on less than $1.25 every month to pay for food, shelter, clothing, education, and medical expenses. For many in America, $1.25 is a small price to pay. Could we skip the candy bar, the pack of gum or the soda for one day to provide the funds for an entire family in poverty to live on for the entire month? The answer for many people is a resounding, yes! With 5 Quarters, our advocates find friends and neighbors who agree to pay $2.50 every two months, and do this by signing up for 5 Quarters on our website (www.letsendpoverty.com). From this simple act, we see lasting, long-term affects. We give the profits to Choice Humanitarian who uses the money raised to buy cocoa trees in Guatemala and pigs for families in Mexico so that the fruits of these trees and the money gained from the pigs, can have lasting effects for 20 plus years to come, creating a certain type of sustainability for the family, and in result, their village. Once again, this system proves that when efforts are combined, dreams are accomplished, and poverty is ended.

The idea is unity! We bring students together to participate in our programs, to raise money for Choice Humanitarian, who then go to villages in poverty and teach village sustainability, so that those villages can teach other villages and support their families and posterity for years to come. It's a web of people tangled together for one cause. ENDING EXTREME POVERTY! We are constantly working on new programs and new ways to reach out to find new advocates and friends to build the community and threshold of Let's End Poverty. To say that we "dream big" is an understatement, but you have to dream before your dreams can come true! We dream of ending poverty!

If you'd like to join us in our dream, please become an advocate on www.letsendpoverty.com and an LEP leader will contact you with more information! We also spread the word through our instagram: letsendpoverty

WWW.LETSENDPOVERTY.COM

SALT & PE

PPER TEES

models || morgan galbraith , olivia anderson

SALT & PEPPER TEES

Salt & Pepper Tees is a fresh and stylish company producing California inspired graphic t-shirts. Creators of Salt & Pepper, Laura Ek and Summer Thacker, have been friends for over 20 years. Both born and raised in Orange County, California, they share a love for their home town and families. Laura & Summer both have 3 children, all the same ages, and their families are great friends. They are active in the Mormon church and try to be great examples of that in their community. As well as being moms, they have always had a side job utilizing their skills and talents. Summer has worked for many years as a fashion stylist, creating looks for various companies, photo shoots, fashion blogs, and celebrities. Laura has been a professional makeup artist for over a decade with an extensive portfolio of weddings, fashion shows, and events all over Southern California.

Almost two years ago they got the idea to start Salt & Pepper. "We started seeing a lot of graphic tees pop up everywhere that were fun and cute, but tended to be somewhat distasteful. We thought - hey we could make that, but better! And something that everyone could wear, not just a fifteen year old!" So, the brainstorming began. With the combined efforts of Laura's art background and Summer's fashion experience, they were able to create styles that were right on trend and would appeal to everyone. From the beginning they knew they wanted only basic colors - black, white and grey tees. So the name Salt & Pepper fit perfectly! They also wanted to represent the "California Casual" lifestyle: chic, fun, and easy.

Launched in the Fall of 2013, Salt & Pepper took off and hasn't slowed down since. With every season, they come out with more styles, and have extended the line to sweatshirts, tank tops, and hats. Salt & Pepper tees have been featured on many fashion blogs and websites as well. "We've had so much fun creating tees that are stylish, comfortable, and also modest. We are proud of what we have accomplished so far. We didn't know what to expect when starting this company, but our vision has grown and become something bigger than we ever could have imagined. We love seeing our tees around town or pop up in someone's Instagram! We love the message of Dream Big, because we have always known that everyone on earth has amazing potential. Find what you love doing, and do it!"

FOLLOW SALT&PEPPER TEES @
IG: @saltandpeppertees

WWW. SALTANDPEPPERTEES.COM

BE
KIND
BE WISE
SCHOOL

SECRET HOLIDAY & CO.

HANDCRAFTED BY ASHLEY BROWN DURAND IN W.MASSACHUSETTS.

FOLLOW SECRET HOLIDAY @
IG: @secretholidayco

WWW.SECRETHOLICAYCO.COM

model || karlee ownbey

THE LOVE MORE SHOP

I started The Love More Shop one week before my baby boy's first birthday almost a year ago. Love More had been my mantra for a number of years and I thought it would be a great brand that could give back in some way to help spread love.

When our baby boy was a few months old our friends gave us $100 to go out on a date. It was such a thoughtful and unexpected gesture that really touched our hearts. We were broke but (DESPERATELY) needed some time out together and were able to escape one evening for a couple of hours together. This inspired us to pass the love on by helping other parents with a night out together; so $2 of every item sold goes into the Love Fund. Each time the love fund reaches $100 we will donate that money to one sweet couple to go out together and nurture their relationship. A united and strong family starts with united and caring parents.

The world is full of so much pain. So many broken souls that instead of having the courage to interact with the world with an open and vulnerable heart, they are reactive, prideful, close minded, and cruel. As cliche as it may sound to some people, love is the answer. LOVE. The most basic way we can change the world is to teach our children about empathy, kindness, and awareness. They are the future and if we want a more peaceful world - it's through them. I hope that my brand helps remind people of that when they see someone wearing a shirt or carrying a tote bag that says Love More.

I am currently selling women's and kids apparel along with tote bags, wall banners, and I just released my first e-book called The Love More Stories. The book is a compilation of stories about life, love and motherhood written by inspirational women I have discovered through the Instagram community. I hope people enjoy it because that's the direction I would love to go on with the shop. I don't want to focus on apparel forever because this brand is bigger than that. I can't wait to see how my shop evolves in the next year. Beautiful things are on the horizon and I hope you will be a part of it!

Love More, friends.

THREAD WALLETS

One of my life goals has always been to build a successful business, but there always seemed to be distractions. Some good, some bad. After choosing to pursue Thread Wallets, I have realized that there are three things that every one needs when pursuing their dreams. Without these, you'll never make it.

1. A SUPPORT SYSTEM

For me that has been quite a few people; my dad, my friends, fellow entrepreneurs, the list goes on and on. But one person in particular always has my back – my wife. When pursuing your dreams, there will always be doubts that arise. Whether that it's self doubt or doubting what you are doing. For me, I started to wonder if I should have gone down a path that would have been less risky – one that would have provided more security. I am so lucky! I married a women who has talked me out of those things and encouraged me through these times of doubt. She has reminded me that ignoring your passions is slow suicide. Without her I would have quit a long time ago. She has supported my dreams and taken them on as her own. She has sacrificed and changed many of her personal plans in order to help me accomplish what have now become, our dreams. This leads to my next point.

2. SACRIFICE

If you plan to chase your dreams, get ready to make some hard decisions. Plan on sacrificing sleep, opportunities, time, fun, money, etc. Recently I had the opportunity to pursue a professional soccer career. As much as I love soccer, I have a passion for business and I knew I would have to give up the opportunity to become a professional soccer player in order to build our brand. I cannot tell you what you will have to give up, but I can tell you that with hard work, it will be worth it. I chose to hang up my soccer cleats because I saw a future and vision in business that I didn't see in soccer. Which leads to my final point.

3. VISION

My vision for Thread Wallets has always been my strongest motivator. As a team, we have had to learn how to take things one step at a time. If you don't have a vision, you will loose track of where you want to end up. It's crucial to plan and prepare. Know your milestones and know what it will take to get there. Understand that it isn't always about who you are in the moment, it's about what you dream to become. You have to set daily goals and hold yourself (and your teammates) accountable.

Over the course of the past year, we have been faced with a number of road blocks. Pursuing this dream of ours has not been easy but, it has been the most fulfilling thing we've ever done. Building our business has taken hard work, patience and commitment. It's required support, sacrifice and a clear vision.

My wife and I have a quote hanging on a wall in our bedroom that says, "dreams come a size too big so that you can grow into them." We can't remember exactly where it came from but there it hangs—a constant reminder to start small and to dream big.

FOLLOW THREAD WALLETS @
IG: @thread_wallets

model || bri jackson

LICENSE
05/19/2011
05/14/2016
WWW.THREADWALLETS.COM

TINY DEVOTIONS

model || marisa nogales

If you have ever met someone who rocks Tiny Devotions mala beads and apparel then you might already know that we're a little intentional. Okay, maybe a lot. We have a running joke at our office that our brand is 'insanely intentional', and we really hope it shows. From every product we launch to every post we generate, we strive to provide our community with valuable content.

We create mala beads and intentional accessories for free spirits, doers and manifesters. We drink green juice, take risks and foster the dreams of other's. Our brand's mission is to inspire people to live more peaceful and intention based lives. We'd love for everyone to embrace their free spirit and follow their dreams.

Dreams don't just exist when the sun is down and your eyes are shut. We all carry our dreams with us everywhere. They're in our hearts and in our minds. What are your dreams? Take a moment to think about your deepest desires. Get intentional. Mala beads are more than just accessories. They're meditation tools that have been used for thousands of years. They encourage us to pause, breathe and realign with our deepest intentions. They motivate us to invest in moments of self-care and compassion. They're our spiritual forget-me-nots. Using mala beads to set intentions is a powerful way to manifest your dreams and achieve your goals.

SIX STEPS TO SETTING INTENTIONS

1. DIG DEEP:

There are two critical questions you must ask yourself when setting intentions: What do I want? How do I want to feel? Our feelings provide insight into our true desires. When we craft our intentions based on our true desires we start to align with our purpose and things really start to sparkle. Use your feelings as a compass when crafting intentions. Then get clear in your mind about what it is you want and how it is you want to feel.

2. WRITE IT DOWN:

Once you can clearly visualize your intentions, write them down. Make this a sacred practice. Light some candles, play some mellow music and get cozy. Make sure what you write is affirmative and empowering. For example, instead of "I want to lose 10 pounds by Christmas," try something like, "I want to feel healthy, strong and radiant this holiday season." When we write our intentions down we make them real, we give them power.

3. SHARE IT:

Open up and share your intentions with the world. When we feel supported, we feel empowered, confident and radiant. You never know who out there can help you manifest your dreams. There's strength in numbers. Don't be shy. Open your heart and raise your voice.

4. WEAR IT:

Wear your mala during your intention setting process and daily as a reminder of your goals and dreams. When you feel overwhelmed or anxious, take hold of the guru stone and feel the energy of the healing crystals guiding you to peace.

5. RELEASE + TRUST:

Surrender your intentions to the universe. Once you've written them down and shared them, let them go. Check-in with your intentions frequently, but don't become obsessed with specifics. Trust that the universe has got your back.

6. CHECK IN.

Remind yourself daily of your intentions. Develop a spiritual ritual for yourself. Maybe it's a morning meditation or an evening yoga practice. Use this time to count your blessings and align with your intentions.

FOLLOW TINY DEVOTIONS @
IG: @tinydevotions

WWW.LOVETINYDEVOTIONS.COM

TRUST JEWELRY

Model || chloe thompson

THE STORY BEHIND THE BRAND

IN THE BEGINNING...

I had big dreams for Trust when I started my original collection. It all began about four years ago when I was living on the little island of Martha's Vineyard, off the coast of Cape Cod, MA. It took a little imagination and a ton of hustling to make it to where I am today. About two years ago, Trust moved from a passion project, to now a full time career.

The original trust collections feature skeleton keys and recycled materials I collected growing up in the antique business. Now, I launch a new collection twice a year inspired by my passion for cultivating a bohemian lifestyle. The collections are constantly evolving and expanding but are always inspired by the ocean, traveling, the sun, the moon, adventures, people and places. It's important for me to impart the inspiration behind each piece to my customers. I still incorporate the vintage keys but I have added new designs such as bullet casings, recycled leather, stones and other brass trinkets.

GOING BACK TO THE START...

My dad is an antique dealer and I started working for him when I was 10. I spent my weekends at flea markets and was always collecting stuff. My mother had my brother and I sorting through vintage buttons and keys as children. She always wanted us to expand our mind creatively. She taught us how to be resourceful at a young age. My Dad taught us hard work and tough love. I learned being self-employed meant working hard, long days around the clock. It was rewarding to earn every penny and I enjoyed spending weekends with my Dad (even if it meant manual labor & waking up before the sun!)

FLASH FORWARD...

After I graduated college, I got an office job working 9-5 and commuting about 3 hours a day. I would sit in traffic everyday and wonder if I was really happy. It was then when I decided I wanted to work for myself. I researched a lot of different entrepreneurs before I quit my office job 4 months later. I started waitressing on the side while building up Trust's online shop, selling at festivals and gaining exposure. It's definitely been a work in progress, as I believe everything is always changing but I wouldn't have it any other way.

TRUST GOES WEST!

This year I achieved a long-term goal of becoming bi-coastal. I recently moved to California to take Trust to LA. I draw a lot of inspiration from west coast culture and it was time to finally make the move.

My business is solid enough to travel, which was essential to taking the leap! Now when I take mini road trips or big trips, I can always bring my business with me and seek opportunities, meet new people and shop owners along the way.

Everyone I have met is so willing to give me direction and it really means a lot that these people take the time to do so. I am in the heart of my industry which makes me a small fish in a big sea. There are SO many people out here doing what I am doing but everyone who is a step ahead is always willing to help. It takes courage to walk into a shop or headquarters of a company and ask to speak to the buyer, but you NEVER know until you do it! You have to constantly put yourself out there and if you believe in yourself and your product, then it will spark an interest with a potential client.

THE BEST ADVICE I HAVE RECEIVED

Since being out here, is to not compare yourself to the competition. It's SO true, Trust me! Of course to be successful you must understand your industry and who your competitors are. It IS important to identify the points that make you truly different and that make you, you and your business unique. Being confidant in who you are and your brand is what is going to separate you from the next person. Find what makes you special, maybe it's where you grew up, or how you started your business, or maybe it's even where you live and how you got there. Find that special something that will make your potential clients HAVE to carry your brand. Just be you.

YOU HAVE TO START SOMEWHERE

If you start by accomplishing small short-term goals and achieving them, then the sky is the limit! I try to do everything thoroughly and slow instead of rushing to get there. Somebody very wise told me, "When you're in first grade there is always someone in kindergarten and there is always someone in second grade." With that said, there is always going to be someone ahead of you but you can't let it get you down because there is also always someone just starting out. Taking the first step to chase your dreams puts one foot in front of the other and you're off hitting the ground running!

When you own a business you're constantly thinking and working. Especially in this industry because you have to constantly stay up on the trends and find a way to be different. For me, its also important to always stay true to me and my vision behind the brand. I can't say being self-employed is perfect...there are plenty of restless nights and stressful moments that are not fun....but there are many more good times, pride and rewards! I am a one woman show and I love it. I believe that self-fulfillment and being happy in life is most important. It is a blessing to be able to own a business and do what I love while having fun, being creative and expressing myself, who I am and what I believe. I feel beyond lucky and grateful everyday.

model || mary hallman

WWW.VIVEJUICERY.COM

models || melanie grieder, alayna smith, shelby hall

VOZ
COLLECTIVE

VOZ COLLECTIVE

Written on our office wall is the saying "If it's impossible, it's going to take a little bit longer." This quote, which echoes the many sayings that our grandfather used to say, is a constant reminder of the continuous creative work that we display in our company, Voz Collective. As we went through the practical route in attending university we realized our passions and creative ideas weren't being completely fulfilled. So, going against what might have seemed safe, we decided to dream big and start our own company.

Initially, we knew we wanted to start a company where we could showcase our creativity and also work for ourselves. We experimented with a few creative ideas for the company, staying with the main concept of developing a creative workspace that blended our love for both painting and photography. While doing so we found that wood jewelry incorporated everything we wanted to do. So as we stood in an art warehouse preparing to check out, we saw a wood bangle and from that single bangle, our dream took shape. From painting and staining that first bangle the idea to expand quickly hit us. Why stop at just bangles? So we began to paint and stain necklaces which turned into earrings which sparked the concept of rings. Before we knew it we were having photo shoots, collaborating with other artists and being approached by vendors that loved our work just as much as we did.

Voz Collective is our dream that came to fruition. Though we are living our dream, we are always thinking about the bigger picture. As we achieved our goal of starting our own company, we have aspirations in expanding and hopes to one day have a collective artistic warehouse where creative minds can come together and collaborate. Until then, we at Voz Collective plan on continuing to make bold vibrant jewelry and editorially lifestyle driven photography that captures our passions and pushes us to dream even bigger.

- Written by Marketing/Office Assistant Jeffrey Sinkewicz

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IG: @vozcollective

WWW.VOZCOLLECTIVE.COM

INSIGHTS FROM OUR INTERNS

We have the greatest team ever and truly feel so privileged to work with these inspiring individuals! Read on for thoughts on DREAMING BIG from two of our darling team members. If you want to be a part of the BE WISE Team email us at BEWISEMAG@GMAIL.COM. We would love to have you!

photo : vincent brod || model : sina p. @eastwestmodels frankfurt || hair/make-up/clothing: lara pfeifer

THE BALANCING ACT

BY MAURA RUTH DERN

Life gets busy and overwhelming. No argument there. When deciding between school or work, friends or family, fries or salad, the answer should always involve balance.

Sometimes we focus too narrowly on one idea or responsibility and the result can involve stress and potentially a loss of hair. On the tightrope of pre major-responsibility life, in order to make the right decisions, it's important to understand you have a place and also a purpose in the world.

This idea I want to share with you is a piece of philosophy from the Jewish Talmud that resonates well with me. It says that a man should always have two pieces of paper in his pockets. In the first pocket, the paper should say, "I am but a grain of sand," and in the other pocket, the paper should say, "for me, the world was created." In order to achieve happiness, a man should be able to balance out these two truths.

In the grand scheme of things, we are all just a small piece that contributes to a huge cycle. It is important to act with humility and know you're not the hottest thing since sliced bread. You are simply a grain of sand among many other grains of sand. On the other hand, you serve a significant purpose. You were created specifically to make a contribution to the world and leave a mark that cannot be left by anyone else. No, I don't literally carry around these little papers in my jeans, but I do always like to keep these two ideas in mind.

The secret to finding a balance is knowing when to use what piece of paper at what time. Don't take yourself too seriously. Order fries every once and a while, do as your mama taught you, and good luck on your balancing act.

photo || elwira kusz

FOLLOW MAURA @
IG: @mauraruthdern

A QUICK REMINDER

BY KAYLA CLARK STANSTNY

photo || tyson french

Following my dreams has been so important to me – from day one. I found my passion in high school, while interning at the local news station. I loved the energy the newsroom gave me and planted my feet in the dream to become a news anchor. It made me feel alive and gave me purpose, and it drove my life for many years. As I attended college and worked towards those dreams, I realized a new dream – serving a mission for the LDS church. I was so excited at the prospect and worked hard studying to prepare myself.

As I worked on my mission papers and took steps towards my dreams – of being a missionary and eventually a news anchor - I met my husband. He turned my life upside down – in the best way possible. As we began to date seriously, I realized that my dreams of becoming a news anchor and a missionary conflicted with my dream of being a wife to my sweet Jordan – a dream that I didn't know I had until it was right in front of me. Through a series of events that can be deemed nothing short of a "steep learning curve" I learned to first and above all else, plant my dreams in God.

God knew that I had a dream of being on-air, but He also knew that to create my dream-life, I needed to marry my husband. He knew what would make me happy in the long run, even if it meant giving up (or amending) something that I wanted right now. He knew what was right for my life – and it was different than the dreams I had come up with myself. This has not been an easy lesson to learn – and to this day, I have to re-learn it.
I still find it of paramount importance to have specific dreams and to go after them – dreams give our life flavor, they give us passion, they help us grow into our great potential. But we need to remember that God has dreams for us, too – and our dream, first and foremost, should be to listen to Him and live the life He needs us to.

We need to be in tune with His dreams for us, so that He can help us build a beautiful life in accordance with His will. I cannot imagine a world in which the life God wants for us is any lesser than the one we want for ourselves. It might just be a little different. So learn to adjust your sails, and let's keep on dreaming.

CARLI C

My name is Carli. I am a 21 year old who is going to college, living a plain and simple life. HA. Not quite.

When I was two years old I was diagnosed with a rare disease called Spinal Muscular Atrophy. I have type 2 and was only expected to live to the age of 5. Well as you can tell by the mere fact that I am writing this post, that didn't happen. And I am so happy that it didn't. The doctors told my mother and my father that I'd be permanently in a wheelchair with very little to no motor skills. When I was eight I got my first wheelchair. It was the wheelchair of all wheelchairs. It was dark purple and I could do the raddest wheelies in it.

ARTER

After awhile the doctors kind of just stopped putting an expiration date on my life. I was healthy and happy and the wheelchair didn't really affect my life. But I was just a kid. Yeah I was the only one in my elementary school that was in a wheelchair but so what. I knew I was different than all the other little boys and girls, but I didn't really know how.

Junior high was a bad time for me, but isn't it for everyone? I finally started to realize just how different I was. Kids started to stare and ask questions. I started getting referred to as "the girl in the wheelchair" and I didn't really like the attention I was getting for it.

In 7th grade I decided to join the Track and Field team, with the encouragement of one of my teachers. I remember telling him "I can't do that, I'm in a wheelchair." He responded, "Oh right, that means you can't do it. You're right, sorry." That simple statement has fueled my ENTIRE life.

"AFTER AWHILE THE DOCTORS KIND OF JUST STOPPED PUTTING AN EXPIRATION DATE ON MY LIFE."

“I JUST WANTED TO BE NORMAL.”

Track was one of the hardest (physical) things I have ever done. After each practice I wanted to quite. To give up. Besides no one would blame me, I'm in a wheelchair. But each day I kept on pushing myself > literally. There was one meet in particular I remember making it half way around the track and fighting back tears. My arms felt like Jello and everyone else had already finished the race, everyone except me and I still had a long way to go. That was when Steven Hymas ran up to me told me I could do it and started walking along side me. The entire rest of the way he was that voice that kept telling me to "Keep pushing," "Make it to the finish line," and "Carli, don't even think about giving up." As I got to the finish line, the crowd started cheering and chanting my name.

By this time I was still fighting back tears, but not tears of exhaustion or even tears or excitement but tears of embarrassment. I didn't want to be that girl. I didn't want to be "the girl in the wheelchair." I didn't want their pity cheers. I wanted to blend in. Be normal. Be like every other person on the field.

Looking back now, all I can say for myself is, I was a brat. At that age I didn't realize the power I had. I hadn't realized my potential.

I was just looking to be like all the other teenagers. I didn't want to inspire. I didn't want to change the world.

I. Just. Wanted. To. Be. Normal.

I went through my "pity me" phase. I would get in fights with my mom and blame her for my disability. (Mom I am so sorry for that. I can't imagine the pain and hurt my words caused you. I love you.) I blamed Heavenly Father. I got sick of hearing that "Heavenly Father gave you this challenge because He knew you could handle it." I obviously couldn't handle it. I was bitter. I wanted to be a cheerleader. A ballerina. A runner. A swimmer. A gymnast. Anything but in a wheelchair.

I thank the good Lord that I got over that. I don't really know what happened or what changed my mentality but the switch finally flipped and I grasped the fact that I was more than my wheelchair. As long as I acted like it. I could easily give up. Be sad. Be cynical, ungrateful, mad, angry, bitter. But what kind of life is that?

It would be a life of despair, lonely and hopeless.

I changed the summer of my Sophomore year. I began to hope. Hope for the future. Hope for a cure. Hope for love. Hope for a good life. Just Hope.

I stopped asking "Why me," and started believing in "He gave me this challenge because I could handle it."

Life didn't get easier. If anything it got harder but I could finally find some happiness in my trials. I got involved with the MDA (Muscular Dystrophy Association) and became their Utah State Ambassador. I started traveling for them and speaking on behalf of all those "Girls/Boys in wheelchairs." I became the positivity that people affected by MD needed. I started to see myself as Carli, not as "the girl in the wheelchair."

I graduated High school, with honors. I got accepted into The University of Utah. I joined Delta Gamma (a Sorority-the best Sorority at that). I made friends. I joined clubs. I got involved. I started dating. I started to love life.

In the past twenty-one years of my life I have been given opportunities people couldn't even dream of. I've crowd surfed in my wheelchair, been on TV, ran for Senior Class President of my University, received scholarships, volunteered in Kenya and so much more.

**LIFE DIDN'T GET EASIER.
IF ANYTHING IT GOT HARDER.
BUT I COULD FINALLY FIND
SOME HAPPINESS IN MY TRIALS.**

Oh how different my life would be if I kept that negative mindset I had when I was younger. I am still known as the girl in the wheelchair. But now I am so incredibly proud to be that girl. I am not just a girl in a wheelchair, I am THEE girl in a wheelchair.

I still have my hard days. There are times when I hate having SMA and there are times when I still wonder "why". But they're just moments, not days, not years, not a lifetime. In my mind there is no point in asking "Why" because it doesn't fix the problem, it just creates more.

I know everyone has something that they have a hard time dealing with. Life is such a pain. It is so hard. Things happen to us that make us bitter. We all have a reason to give up.

DON'T. Never stop believing in hope. But give yourself time to be sad, to be angry. But just a moment. It's part of the process. But don't waste the beautiful life Heavenly Father gave you on asking "Why".

There is beauty and magic all around you. There is love and inspiration. There is a reason we are here, doing what we are doing. You might not know your purpose just yet, but keep looking and searching. You'll find it. I found mine. Mine is to give people hope.

Wake up every single morning and be grateful you woke up. Be grateful you have air in your lungs and a beat to your heart. Thank the Lord you're here on this gorgeous earth of His. And please don't ever forget that you darling, are something magical.

FOLLOW CARLI
IG: @carlilynne

photo || kobe wagstaff , model || marchelle lundquist , makeup || blow beauty , clothing || the public sector

WHAT IS YOUR BIG DREAM?

We want to know what your BIG DREAM is. Use hashtag #bewisedreambig to share your BIG DREAMS with us. We will pick our favorite image and the winner will be featured in the next issue of BE WISE Magazine! NEVER STOP DREAMING!

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CLOSING THOUGHTS

Throughout this magazine we have shared different tips-and-tricks on HOW you can begin accomplishing your own goals as well as insights from many outstanding individuals who are currently MAKING their dreams a reality.

We hope that as you read through this issue, something has touched you, sparked an idea, or motivated you to move forward in accomplishing your own goals and dreams. Each of us have been so incredibly blessed with LIFE. We often get so caught up in comparing or critiquing our own life that we forget that simply having one is a beautiful thing.

Do not become discouraged. Do no lose sight of all you have been blessed with. Do not give up on your dreams. This world can be a difficult place for BIG DREAMS to grow, IF WE ALLOW IT TO BE. Choose to fight against the norm and societies expectations. Dream BIG. Shoot for the stars.

You are a child of God. Please pause for a minute and reflect on what that actually means. You are royal. You are limitless. Turn to your Father in Heaven and plead with Him to guide and direct you through your journey. He believes in you and He can make so much more of your life than you can alone.

We have truly spent countless hours and prayers in creating this issue of BE WISE. As you have read this magazine, we pray that you have come to understand and feel of your infinite worth. We hope that you understand how valuable you are. Most importantly we hope that you felt the love of our Heavenly Father. You deserve to feel of worth, you deserve to feel important, and you deserve to feel of His love. Remember in all that you do, BE WISE.

photo || tyson french

A SPECIAL THANKS TO OUR LOVELY CONTRIBUTORS AND SPONSORS

This magazine would not have been possible without all of these amazing people! We are incredibly grateful for all of their work and support! Thank you all so much! We appreciate each and every one of you!

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Al Fox
Alayna Smith
Alexa Larsen
Alexana Nemeth
Alexandra Joy Butz
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Salt and Pepper Tees
Samantha Kerby
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Sammy Jean
Sarah Vaughn
Secret Holiday and Co.
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Shelby Griffiths
Shelby Hall
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photo : vincent brod || model: sina p. @eastwestmodels frankfurt || hair/make-up/clothing: lara pfeifer

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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.

GET FEATURED!

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!

EMAIL: bewisemag@gmail.com

JOIN THE BE WISE TEAM

You've got the dreams and the skills, now you just need the cheer squad.

If you love BE WISE and want to be a part of our team we would LOVE to have you join us!

We have tons of exciting positions on the BE WISE Team such as . . . Photographers, stylists, illustrators, health and fitness editors, writers, fashion directors, beauty editors, public relations, models, interns, company partnerships, and brand reps.

Along with building and expanding BE WISE, we are passionate about helping all of our team members accomplish their very own goals and dreams.

It is our hope that as a BE WISE Team Member, you will not only be able to take part in all that BE WISE stands for and promotes but be able to strengthen and build your very own empire. We thrive in the success of our Team Members and would love to have you be a part of BE WISE. We commit to "cheer" you on throughout all your own personal endeavors as we work together to help each other "BE WISE".

Email BEWISEMAG@GMAIL.COM for more information about joining our team.

DREAM
ON
DREAMER