

Total Beauty



Welcome

Hello, My name is Kenya Johnson and I am a Certified Master Personal Growth Coach and president of The Total Makeover Company, LLC. I want to welcome all of you to my monthly newsletter “Total Beauty”. Just like my company the “Total Beauty” is dedicated to teaching women how to restore their natural beauty from the inside out. All of the articles you will read will cater to dealing with the inside, outside and everything that makes up our self-image or how we feel about ourselves.

My purpose for “Total Beauty” and “The Total Makeover” is to teach, build and restore women and girls to reach their full life’s potential not only physical but mental, emotional and spiritual. To build and restore women’s self-esteem to its fullest. I am sure that you will benefit from all the “Total Beauty” and “The Total Makeover” has to offer.

May God bless you,

Kenya J. Johnson

Kenya Johnson, M.P.G.C.

If you would like to receive more information regarding “The Total Makeover Company” or would like to submit an article to the “Total Beauty” please call me at (313) 272-0415 or email me at: kenya0804@aol.com and put “**The Total Makeover Co.**” or “**Total Beauty**” in the subject area.

The Total Makeover
Company, LLC

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Pampering Secrets

Pampering yourself is a good way to start building up low self-esteem. It is about caring and loving ourselves. It is taking time out, away from everything and being good to yourself. It is about realizing that you are worth the time you spend on yourself.

There are many ways to pamper yourself. One of my favorites is a long hot bubble bath in the dark with only the light from a candle. A bath pillow to rest my back on and a cold face mask to release the pressure and the tension from the day. Soft music playing in the back ground as I slowly relax away all the stresses of the day. **That is what I call a perfect end to a stressful day!**

Of course there are many ways to pamper yourself. Getting your hair done, keeping a regular nail appointment and getting a pedicure are all ways to be pampered.

If you have a pampering secret that you would like to share you can email me at: kenya0804@aol.com. In the subject area type **Pampering Secrets**.

Loving Yourself

One reason for being here on this Earth is to learn how to love and respect ourselves. A good way to find out how you feel about yourself is to listen to how you speak to yourself. Our words have power to bring negative or positive things to past. Whether we communicate with someone else or ourselves, we must use right speech so we may begin the process of truly loving ourselves.

Please remember— what you think is what you created in your life. Your life is a result of what you think. The images and thoughts we hold in our mind are what govern us. So learn to love and respect who you are and who God made you to be.

“What you think is what you created in your life.”

Girl Talk—Ladies of Virtue

Girl Talk—Ladies of Virtue is a group that I created to empower young ladies the age of 12-17 to practice abstinence. To equip them with enough information to stay a virgin until the day they are married or if they have already had sex, to stay committed to not have sex again until the day they are married. It is all about giving them the power to say no and live what they believe and what they have been taught.

I have been blessed by what has transpired from the young ladies in this group. I have been impressed by the one's that have decided to make the commitment. They have shown real courage to live what they believe and stand up for it every day. Although they would admit that it has not been easy, they are willing to give it a try one day at a time.

To find out more about Girl Talk—Ladies of Virtue email me at: kenya0804@aol.com and put **“Girl Talk”** in the subject area.



1st Girl Talk

March 2006

Schedule of Events

3/13/06—Self-Esteem Group Meeting @6pm

3/20/06—Self-Esteem Group Meeting @6pm

3/27/06—Self-Esteem Group Meeting @6pm

Please call for location or for more information. **(313) 272-0415**
Or Email:

Kenya0804@aol.com
and put *Self-Esteem Group* in the subject area.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 <i>Group</i>	14	15	16	17	18
19	20 <i>Group</i>	21	22	23	24	25
26	27 <i>Group</i>	28	29	30	31	

Calling All Ladies!

Attention ladies:

Living Bread Ministries international will host there annual women's conference

April 22-23, 2006

Speakers include:

Prophetess Joyce Hogan

Elder Barbara Claxton

Min. Lydia Clark

Sis. Kenya Johnson

Prophetess Pamela Kent

You do not want to miss this event. It will change and transform your life.

Call (313) 534-4704 for more information.

The Total Makeover Company, LLC

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"Restoring Beauty From The Inside Out"



My Confession

I am fearfully and wonderfully made. God made me in His own image. I will not believe the things that friends, family members, employers, my spouse or the world tell me I am. I will not listen to the distorted views of the world's idea of a healthy self-image. I will not give in to the things that they say. I will look into the mirror and love what I see. I see a woman of God full of power and authority. Devil I serve you notice. You will no longer make me think that I am less than beautiful. In the name of Jesus I bind and rebuke every hindrance, obstruction and blockage that will not allow me to see myself in God's eyes. From this day forward I will see my self in the image of God.

AMEN

Self-Image

What is self-image? Self-image is what we or who we think we are. It is put together from how others have seen and treated us and from the conclusion we have drawn as we compare ourselves to others. It is what television and beauty magazines have told us we had to be or look like.

Over the years we have heard people tell us that we are too fat or too thin. We are too tall or too short. We have heard our parents tell us that we would never amount to anything or that we could do nothing right or I wish you would be more like your sibling. We have listen to television and read magazines tell us that we should be a certain weight to be beautiful or a certain color. They have told us that to be different was not beautiful. To be unique was not good enough.

When we take all of these things and put them together, the positive and the negative, we have come up with our self-image. We are left with low self-esteem and absolutely no confidence in ourselves.

Ladies there is always room for improvement in our lives. We all should strive to look our best and be our best. That is not to say that you are not beautiful now. All of us are made different. We are all unique in so many different ways. We should take what God has given us and began to see ourselves as beautiful. We need to begin to see the good things about ourselves instead of concentrating on what we do not like.

Through my unique style of coaching I have helped several women see past all of the negative information they have received about them and see the true beauty that they possess. If you are struggling with your self-image please call me today and let me show you how beautiful you really are. (313) 272-0415 or Email: kenya0804@aol.com