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# Total Beauty

The Total Makeover Company, LLC

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## Welcome!

Hello and welcome to the January edition of the Total Beauty. I am so excited about the new year and all that it has to offer. This year is sure to bring about a lot of changes some good and some not so good. For those that are looking for things not to get any better, I encourage you to change your attitude. Stop looking for the negative in everything and start focusing on the positive. You can get things to change in your life by just changing your outlook.

I know it seems too good to be true, but I am a living witness that a change of attitude can do wonders for every area of your life. Focusing on the positive things, holding on to your faith in God and having faith in yourself will change your life. Give it a try and watch your life change.

Have an awesome day!

*Kenya Johnson*  
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## High Expectancy For '07

By: Hope Taylor



2006 has flown by and 2007 awaits us. Are you nervous? Or are you expecting God to do Great things. 2007 can be one of the best years for us if our focus is in the right place and if we are listening to the right words. Our focus must be on God's promises. What things do you desire? Is it to lose weight, or for a loved one to be saved? The desires of our hearts for this New Year are important to God whether big or small.

II Corinthians 1:20 says, "For all the promises of God in Him *are* yes, and in Him Amen, to the glory of God by us. God's promises cannot return void. We must stand upon God's word and obey what he tells us to do. We must apply the word to our everyday life and watch God's hand move in our lives. This year can be the year where we let God's light shine through us reflecting his son in everything we do and say that others may come to know him and trust him as Lord. Let your expectations soar and watch them manifest. For God's best for you is right in front of you.

## Pampering Secrets

You will be happy to know that there are some simple and easy pampering techniques you can do at home. This technique is a mask you can make at home. All you need is honey and half & half evaporated milk. **Mix together 2 tablespoons of honey and 1 tablespoon of half & half evaporated milk.** Apply to your face and let set for a few minutes and wash off with warm water thoroughly. Your skin will feel fresh and revitalized. **If you add a teaspoon of sugar you can have a refreshing facial scrub.** By increasing the amount of all three ingredients (milk, honey and sugar) you can have a nice refreshing body scrub.

**It is nice to know that all of these things can be found in your kitchen.**

## 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-Esteem

### Eight steps to positive change

**The first step we are going to discuss is:**

#### **Observe yourself**

Take a good look at yourself. Make note of things you do that you know need to change. Sometimes it is hard for us to stop and take a close look at ourselves. There are so many things that we could and want to change. The reality is sometimes so painful to think about. Although some of us feel that we do not have anything we need to change about ourselves.

Let's just face reality, we all have things about ourselves that we need to improve on. There is nothing wrong with a little self improvement every once in a while. We could all use it. Even me! So take some time and observe yourself and see what areas you can improve.

## A Man's Perspective Relationships

Relationships are a natural part of life. There is really nothing in this world that does not function through relationships. There are relationships between man and creature, creature and nature, man and nature, nature and nature, creature and creature, and man and man. There are relationships among chemicals and elements as well. Although there are different kinds of relationships there is one thing that is constant, each relationship has principles necessary for the success of that relationship. Following the principles will yield a positive effect; not following the principles will yield a negative effect.

There is one relationship that is most important above all relationships and that is our relationship with God. The success of our relationship with God is determined by our willingness to adhere and follow His principles for relationship. The success of any relationship one may have with others, and even themselves, is related to the relationship they have with God. God's principle for successful relationships is for us to love Him with all of our hearts, soul, and mind. Then we are to love our neighbor as ourselves. If we love God, we can love ourselves then we can love others. True relationship is first found in God. God is love and love is God.