



# Glamour Girl

N E W S L E T T E R

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## WHAT IS GLAMOUR GIRL?

Every year Master's Touch Salon hosts an empowerment seminar for young ladies between the ages of 10-18. The seminar creates an opportunity for interaction with other youth and provides spaces for powerful speakers to plant seeds and transform lives. This event occurs in September each year. The Glamour Girl Newsletter was created to engage female teenage readers in between the annual seminar. The Glamour Girl Newsletter will be issued quarterly: in January, April, July, and October.

## GIRL, WHERE ARE YOU ?

What's up Glam Girl?! I'm always thinking of you and how life is going for you. There is so much going on all around us and I hope you are doing well. Sometimes it's so easy to get lost in your mind and hard to know yourself. Sometimes I get caught up in what other people around me are doing and it makes me question myself. Ask yourself this: Do you know where you are? And no, I'm not talking about physically; I mean where are you in your mind? Do you know where you're headed or are you lost? If you feel lost sometimes, don't worry. I'm here to help! If you don't mind Glam Girl, I want to break some concepts down to you and I hope that you understand.

As human beings, we are made of mind, body, and soul. Now at your age, I didn't know anything about this, but I wish I did! Our mind, body, and soul are connected. They work together to help us be aware, make decisions, and react to or reflect on where life takes us. I really want you to understand this, so can I be real with you Glam Girl?





Well, years ago when I was 11 or 12, I made a decision that involved my body, and It was a big mistake! Now I won't go into details but just know, I can't change what I did. I should've said no, but my mind and my body were not on the same page. Remember, your mind, body and soul are connected and you have to protect all three by using your brilliant mind. I was pressured into making decisions about my body as a teen and because I wasn't strong-minded, I made some poor choices. Even when I felt uncomfortable, I let my "friends" and boys pressure me into doing things I knew were wrong. I don't want you to make the same mistakes Glam Girl! Please know that your body is precious, unique, and one of a kind!

I sincerely encourage you to love your body, respect your body, and protect your body! When you look in the mirror embrace what you see and always strive to love yourself inside and out -- no matter what! Set standards for your body and protect it because others won't. When it comes to your body, never forget this: **YOU CAN ALWAYS SAY NO** (and you should). You don't have to go anywhere or do anything with anyone that you don't want to. Even if you do want to do something, stop and think first. Use your mind to make the best decision possible.

Make up your mind Glam Girl, or somebody else will. Situations arise and things can happen quickly! But if you know your worth, what's right from wrong, and what's best for you you will make better decisions when things happen. If I would have set standards and had a made up mind about my self-esteem and identity, no one else could have persuaded me to do something I was not ready to do. As you grow, learn, age, and mature you will understand more and more how important it is to keep you mind, body, and soul drama free! And I know none of this sounds fun, but trust me, you will thank me later!

I'm writing to you because something I did 15 years ago has had a lasting effect on my soul! Glam Girl, this is a big deal! My mind wasn't made up when I was 11, it caused me to make a poor decision with my body and now my soul needs to be healed from my mistakes. Be wiser Glam Girl and listen to those who have been there and done that. Make up your mind, set your standards, and don't fold under pressure for anyone! Protect your mind by thinking about the good things in life and your bright future. Think about what's good for you (not good to you) and stay away from bad people, places, and things! Always remember to guard and protect your body because your actions will affect your soul. Be well, Glam Girl and when you're not, don't ever suffer in silence. Get the help and advice that you need to live your best life!

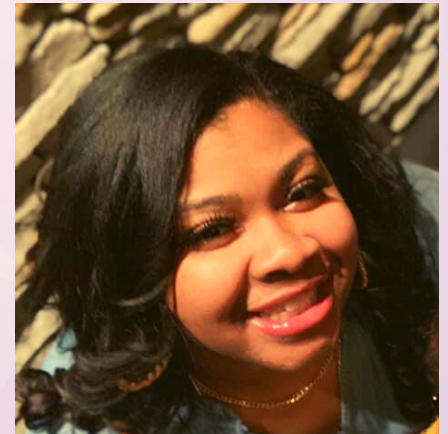
"Sometimes it's the smallest decisions that  
can change your life forever."

-Keri Russell

## UP FOR A CHALLENGE?

Think about the decisions you have been making lately. Have you been living risky or are you on the right track? Are you doing things that you want to do or is social media and the people around you influencing your thoughts about yourself and your decisions? Do you feel any pressure coming from anything or anyone? Write down your feelings, thoughts, and any action steps that will help you make better decisions.

## MEET THE AUTHOR....



Zari Gary is the mind behind the Glamour Girl Newsletter. She is an ISU alumna who received her bachelor's degree in Social Work. Gary currently works for Heartland Head Start as a Family Resource Advocate and Master's Touch Salon as the Executive Secretary in Bloomington, IL. Zari enjoys helping and encouraging others to reach their goals. It is her life's mission to break the chains that hold people back from their purpose in life. Contact her at [zmgary0227@gmail.com](mailto:zmgary0227@gmail.com).

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