

It's All About Love

LOVING YOURSELF FROM THE INSIDE OUT

TOYA KNOWLES

Toya Knowles

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Dedicated to my entire community in the beauty profession, to my esteemed VIP clients, and to Mrs. Janice, whose timeless counsel, "The best project you can ever work on is YOU," has resonated profoundly. Through time, I've realized that to surmount obstacles and foster personal growth, we must break free from stagnation and diligently invest effort. Self-love and self-care remain the pivotal elements, an ongoing daily commitment to evolving and sculpting a more refined version of ourselves.

As you delve into this book, I urge you to approach it with intentionality, steadfast in your commitment to mastering self-love and self-care. Let nothing and no one hinder your journey towards nurturing these essential aspects of your being.

I LOVE Y'all

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I Love Y'all!

My mission...

...is to share my LOVE with everyone.

*Nothing but love,
Taya Knowles*

CHAPTER ONE

The Magic of Manifesting Your Mindset

UNLOCKING YOUR POTENTIAL IS the best way to get started with your mindset.

Ever wondered how your thoughts can shape your reality? Let me share a personal journey that proves the incredible power of manifesting your mindset. Imagine believing in the might of your thoughts and the potency of your words. What you think and speak, you can achieve.

As a young adult in my early 20s, little did I know I was already manifesting in my life. Now, at 52, I see the impact more clearly. Take the instance of my first home purchase at 22. I drove by a place in Blue Island, Illinois, and felt a connection. Through determination, I gathered all the information, navigated obstacles, and moved into that very home I had set my sights on.

When I desired a particular vehicle, I test drove it and collected brochures. Setting a timeline and holding on to that vision, I acquired the vehicle I had envisioned. Even building a business held no bounds. Upon relocating from Chicago to Dallas, I proclaimed a goal: \$2500 a week. I outlined the plan, voiced it, and executed it. Result? The income and clients aligned with my desires.

This is just to name a few.

For me, manifesting signifies embracing positivity, anchoring it with affirmations, and aligning your goals. Write it down—there's power in penning your dreams. Manifesting your mind's desires boils down to this: your thoughts, your words, your reality. One potent avenue? Surround yourself with positivity—be it through YouTube affirmations, audiobooks, or the company of like-minded individuals.

Ready to transform your life? Unleash the power of manifesting your mindset. Believe, affirm, write, and watch the magic unfold.

Certainly, here are three scriptures related to manifesting things in your life.



Read these Scriptures out loud in the mirror so you can retain them and then apply them to your life.

"If you believe, you will receive whatever you ask for in prayer." (Matthew 21:22 NIV).

"Therefore, I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours." (Mark 11:24).

"I can do all this through him who gives me strength." (Philippians 4:13).

What insights did you gain from this chapter?

How do you plan to enhance your mindset moving forward?

CHAPTER TWO

Embracing Your Flaws

EMBRACING YOUR FLAWS MEANS accepting and feeling comfortable with your imperfections, weaknesses, and mistakes. It involves acknowledging that nobody is perfect and these aspects are a natural part of being human. By embracing your flaws, you can develop self-compassion, build self-confidence, and focus on personal growth instead of striving for an unattainable ideal.

At a young age, I had to learn to embrace my flaws. Back then, I didn't even realize I was doing it. During my grammar school years at Faulkner Grammar School, my math teacher, Mr. Brown, gave me the nickname "Snout" because my last name is Knowles. Additionally, my classmate Rashid nicknamed me "Forehead" because I often wore my hair in a ponytail like Sade. I didn't fully grasp it at the time, but I was embracing who I was. Yes, my nose is big, and yes, I have a prominent forehead. But I cherish these unique aspects of

myself because they make me who I am. People are drawn to me because I allow myself to be authentic. I hope this makes sense.

Think of a time when you embraced who you were without realizing it. Reflect on your upbringing up to your current adulthood. Often, as a hairstylist, I hear clients say they don't want a certain haircut because their face is "too fat" or their forehead is "too big." They don't realize they're not fully embracing themselves. Love your forehead, love your current weight—everything can be changed through the choices you make as an individual.

What I've learned is that embracing your flaws is a vital aspect of loving yourself. Everything connects back to love for me. Only when you truly understand and make choices based on what self-love truly looks and feels like will you start accepting and embracing your flaws. We are all imperfect human beings, but even in our imperfection, we are perfect for ourselves. We deal with our inner selves daily.

Have you ever heard the saying, "When you look better, you feel better?" While that may hold some truth, I firmly believe feeling better on the inside is the key. It's only when you prioritize your inner well-being that you radiate confidence and positivity. When you feel good internally, your outer appearance naturally shines. You look amazing not just because of your hair, makeup, and clothes, but because of the positive energy you exude. This is the essence of embracing your flaws.



Read these Scriptures out loud in the mirror so that you can retain them and then apply them to your life.

'Love your neighbor as yourself.' There is no commandment greater than these." (Mark 12:31).

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me." (2 Corinthians 12:9)

What insights did you gain from this chapter?

How do you plan to enhance your mindset to embrace your flaws as you move forward?

CHAPTER THREE

The Great Release

EMBRACE THE POWER WITHIN: Transformative Journey of Release

Imagine a life where you shed not only physical weight but also the burdens of trauma, toxic relationships, and destructive habits. What does the great release mean to you? For me, it signifies a remarkable transformation that goes beyond the surface.

Picture this: breaking free from confinement, escaping the chains that held you back. The great release isn't just a concept; it's a shift toward your authentic self, an extended journey toward greatness.

My granny said one day, "Come here. Step over here, close to me, because I got to tell you something." She looked at me and asked, "You getting fat?"

I searched for words. Really, Granny. You just going to say that out loud? Like that's normal?"

But at that moment, I realized I needed to do something different. They say kids tell the truth. I say, grannies tell the truth, too. The crazy thing, I was going out that night. I went

home to put on my favorite jeans, and I could not pull up those suckers past my thighs. Granny didn't lie.

It all began when I realized my thoughts and actions held the key to my destiny. Releasing unwanted weight wasn't just about dropping pounds, but about reclaiming control over my life. When my granny's words cut through denial, I saw that change was essential.

Manifesting my intentions became my guiding principle. I reached out for guidance, discovering a path toward my true potential. I visualized my dreams, made conscious decisions, and embraced action steps.

Releasing the chains of trauma demanded a different approach. Seeking professional help and guidance, I delved into my past, unearthing buried pain. Grieving the loss of my father became a crucial step toward healing. The journey wasn't easy, but it led to liberation from emotional burdens that had held me captive for years.

The process of release isn't linear; it's about acknowledging and addressing issues head-on. From toxic relationships to self-doubt, each obstacle became an opportunity for growth. Listening to YouTube videos by Louise Hay helped me get an understanding of aiding in the release of unwanted stress and negativity.

Physical health intertwined with emotional well-being. A stroke forced me to reckon with my choices. Taking charge of my health, I committed to exercise, balanced nutrition, and prioritized self-care. The results were profound, but it wasn't just about appearances. It was about restoring my energy, mood, and overall vitality.

The journey toward release is ongoing, a continuous pursuit of self-love and understanding. Releasing weight isn't just about shedding pounds; it's about letting go of old beliefs and patterns that no longer serve you. The benefits are

immeasurable: reduced stress, heightened energy, improved mood, better relationships, and a renewed sense of purpose.

Releasing isn't just about letting go—it's about building a new life. I overcame my past by embracing my passion for hairdressing, and it became a channel for my personal growth. As I listened to my clients' stories, I found solace in guiding them and myself toward healing and empowerment.

Through my journey, I've identified key benefits of releasing unwanted weight and trauma.

1. Stress melts away as you prioritize self-care.
2. A surge in energy as you shed emotional and physical burdens.
3. Improved mood and mindset from releasing negativity.
4. Quality rest and sleep become attainable.
5. Letting go of what no longer serves you.
6. Elevated self-respect and self-esteem.
7. Rediscovering joy in activities you love.
8. Empowering yourself to make better choices.
9. Reduced need for medical appointments.
10. Laughter and happiness become regular companions.

As you embark on your path toward release, remember this: the best project you can ever work on is yourself. By cultivating self-love, embracing change, and relinquishing the past, you'll create a brighter, healthier future. It's not an easy journey, but it's one worth every step. Love yourself enough to release what no longer serves you and watch as your life transforms in unimaginable ways. Start your journey today."



Read these Scriptures out loud in the mirror so that you can retain them and then apply them to your life.

"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal." (2 Corinthians 4:16-18).

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." (Romans 12:2).

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." (Psalm 139:23-24).

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." (Isaiah 43:18-19).

"Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." (Philippians 3:13-14).

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" (2 Corinthians 5:17).

These scriptures emphasize the themes of inner renewal, transformation, letting go of the past, and embracing the power of God's work within you.

"What insights did you gain from this chapter?

How do you plan to enhance your mindset to release unwanted weight, trauma, and past relationships as you move forward?

CHAPTER FOUR

Morning Routine

A MORNING ROUTINE INVOLVES creating a schedule. Even better, develop habits that kick-start your morning positively. It encompasses a series of habits you consistently follow to craft a productive day.

Having a morning routine is essential because it enables you to set the tone for your day, creating an effective schedule that lets you navigate your everyday life. It's about prioritizing and valuing your time, leading to a more productive day. The routine you establish and wholeheartedly embrace fosters a daily positive habit, promoting self-care.

Through a routine, you're not only valuing your time, but also learning to respect others' time. Following your morning routine cultivates fulfillment, happiness, and accomplishment in your life. It's essentially jotting down all the tasks to kick off your day.

Create a checklist. It might be short or extensive—tailor it to suit your needs. Experiment, adjust, and refine it as necessary to achieve your desired morning routine. A morning routine, or a daily routine, might resemble this:

First thing in the morning, rise and express gratitude or thanks to a higher power for awakening you. Establish a workout regimen—create an activity to move your body, have a refreshing cup of water, dedicate 15 minutes to something positive, read a book, or engage with affirmations.

Later, as the night approaches, another routine could involve setting a bedtime to ensure you get seven to eight hours of sleep. Carve out time for 15 more minutes of reading, offer a powerful prayer of gratitude to a higher power, giving thanks for another day to strive toward your ultimate goals, dreams, and desires.

The advantages of a morning routine are plentiful. From personal experience, it gears you up for the day. The way you spend your morning significantly influences the rest of your day. It sets you on the right track from the moment you awaken and touch your feet to the ground.

It cultivates the right mindset. Constructing a morning routine instills confidence, refines time management, and imparts a sense of accomplishment. It alleviates stress.

Often, when our minds are brimming with tasks, there's little time to tick everything off the list. However, the morning routine steers you on course. It imparts a sense of order, eliminating the need to rush through tasks due to the structure of your routine. This prevents stress. It enhances your emotional well-being and empowers you to feel in control.

I've been fortunate to be surrounded by incredible people, and I took a class with a friend named Lakeisha Michelle. She shared a Tony Robbins video with me. She said, 'You must watch this video; it underscores the importance of creating morning routines for the beginning, midday, and evening.'

As I watched Tony Robbins's videos, I realized establishing these routines helped me understand my day's productivity.

As long as you adhere to your routines, you'll witness your life transforming right before your eyes, observing a significant shift in your life's trajectory. So, as you develop a morning routine, consider your lifestyle and genuine needs. I'm a hairstylist, an entrepreneur for three decades. I've crafted routines for both work and personal life. It's genuinely exciting to see you crafting and unveiling routines, witnessing your life metamorphose right before your eyes.

Write out your Routines:



Read this Scripture out loud in the mirror so that you can retain and then apply it to your life.

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving." (Colossians 3:23-24).

What insights did you gain from this chapter?

How do you plan to enhance your mindset to establish a meaningful morning routine as you move forward?

CHAPTER FIVE

Big Kid at Heart

"BEING A BIG KID at heart simply means embracing all the things that brought you happiness and joy as a child. Infuse these into your adult life to ignite a sense of fun and laughter. Let's not misconstrue this concept. Age shouldn't hinder us from preserving our inner child. It's about maintaining a youthful perspective, infusing daily life with enjoyment, and radiating a spirited and energetic vibe.

In one way or another, we all retain a childlike essence. I examined my life from this standpoint. For instance, despite not being a workout enthusiast, I reminisced about my active and fit childhood. Thus, I decided to reintroduce those enjoyable activities. I took up jumping rope, resumed hula hooping, embraced skating, and even plan to get a skateboard, which I used to adore. Riding my bike again also rekindled that joy and laughter. Plus, it was a ton of fun.

Being a big kid at heart offers the chance to lead a more carefree existence. It entails managing business and personal matters with a carefree attitude, ushering in a sense of tranquility and mental peace amid life's hustle—work,

family, relationships, and more. It grants you the peace to be unapologetically yourself, doing what you love on your terms. This is vital, as today's society tends to be overly serious. Amidst the world's troubles, we need these childlike elements to divert our attention momentarily. Infusing happiness into our lives maintains a connection to our childhood, preserving those cherished memories. Creating that carefree ambiance is truly indispensable. It recaptures the childlike happiness and joy we once felt, free from concerns. In our youth, we explored without fear, embracing new experiences.

Reflect on your childhood and remember how your mind naturally gravitated toward happiness, even after disappointments. We embodied an inherent innocence and loved unconditionally. These are just a few facets crucial to preserving our childlike heart.

We all still harbor kid-like qualities. Think of family gatherings where card or board games reign, trips to the beach or park, sleepovers with friends, outings for dinner—the essence of being a big kid at heart surfaces through Double Dutch, Uno, and games from our youth. Holding on to some childlike qualities grants us peace and fun.

This is a point I cannot emphasize enough. Often, I notice people inquiring, whether clients in my chair or those reaching out via social media, about my energy. They frequently remark, 'Your energy is incredible; your spirit is so inspiring.' Given these constant comments, I felt compelled to share this book to inspire others to do the same for themselves.

As I've gained a better understanding of self-love, I recognize the merits of retaining childlike tendencies. It breeds happiness, brings a smile to your face, and underscores that each day presents a fresh start. Keep smiling; your

energy will always be abundant. When you ponder, as a child, you embraced risk and ceaselessly pursued learning. By reintroducing laughter into your life, you can alleviate stress and worries. This, in turn, fosters fulfilling friendships, an enriching life void of overthinking, and encourages exploration. A carefree spirit unleashes your imagination, allowing a sense of liberation to prevail."



Read this Scripture out loud in the mirror so that you can retain and then apply it to your life.

"a time to weep and a time to laugh, a time to mourn and a time to dance." (Ecclesiastes 3:4).

This scripture from Ecclesiastes reminds us there is a time for everything, including a time to laugh and have fun. It encourages us to embrace moments of joy and enjoyment as a natural part of life.

"At that time the disciples came to Jesus and asked, 'Who, then, is the greatest in the kingdom of heaven?' He called a little child to him and placed the child among them. And he said, 'Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven. And whoever welcomes one such child in my name welcomes me.'" (Matthew 18:1-5)

What insights did you gain from this chapter?

How will you actively work on reshaping your mindset to reintegrate the playfulness and curiosity of childhood into your life as you move forward?

CHAPTER SIX

Recycled Relationships

RECYCLING RELATIONSHIPS EMBODIES OUR shared humanity—our continuous growth, inevitable mistakes, and the potential for second chances. As we age, our experiences and lessons shape our perception of which relationships can be renewed and which can't. I'm a firm believer we must work on ourselves. Looking within, we hold ourselves accountable for our role in past relationships. Each of us carries some form of pain or trauma. Once we've confronted this pain, the second chance presents an opportunity for personal growth. If God can forgive our transgressions, why can't we extend forgiveness to others within the context of their mistakes and our shared experiences?

Still, certain relationships may necessitate letting go and allowing a higher power to guide us. Sometimes forgiveness is paramount. Yet, not everyone learns from their mistakes. With some individuals, we must love and forgive while also

recognizing when it's time to let go. These relationships might not be suitable for recycling or revisiting, as they remain unchanged. These individuals haven't absorbed the lessons necessary for personal growth, or they fail to grasp the process of rejuvenating a strained connection. However, this doesn't excuse withholding love and empathy.

In all endeavors, love should guide our actions, for love prevails in all circumstances. When spiritually aligned with a higher power, love thrives. Genuine love forms the cornerstone that aligns everything else. Recycling relationships serves a purpose, allowing individuals to evolve and hopefully internalize meaningful lessons.

As we mature, we should strive for self-improvement, embarking on paths to becoming the best versions of ourselves. While nurturing healthy connections is essential, revisiting certain relationships doesn't always lead to renewal. Some people neglect introspection and healing, preventing the opportunity for renewal.

The concept of recycling implies rejuvenation—a return of the old in a new form. Yet, as we know, not everything is fit for renewal. However, this shouldn't hinder us from loving unconditionally and genuinely, even when certain individuals resist personal growth. Sometimes, recycling means repurposing or ultimately letting go. Nevertheless, remember to extend love and genuineness to all, even if from a distance.

When revisiting the past, old hurts resurface, but these experiences offer clarity and an opportunity for self-reflection. Every relationship, every experience, carries a lesson. If we repeat cycles without letting go of what no longer serves us, we hinder our growth. Self-improvement is paramount.

For instance, I had a friend who once said, 'Guru, you lack vulnerability.' This prompted me to explore what vulnerability entails. I've since worked on becoming more open and vulnerable in relationships. I've learned relationships flourish when built on a strong foundation of friendship, and any subsequent development is an added bonus.

However, the journey starts with self-improvement. I've focused on personal growth and building self-confidence, joy, and inner peace. Engaging in activities I've always enjoyed, such as reading self-care books, nurtures my continuous development. What we need from a book often stands out and resonates at different times, offering new insights each time we revisit its pages.

I've also sought advice from those who've sustained relationships, be it romantic or friendships, for decades. Learning from the wisdom of our elders is invaluable. As a single individual, I've worked on myself to attract the desired qualities in a partner, while being open and vulnerable about my feelings.

Undoubtedly, self-improvement requires consistent effort. Relationships hold immense power and necessitate ongoing work. When we intentionally love ourselves, the willingness to put in the effort naturally follows. Trusting our intuition, a divine sign, is key when considering recycling relationships. Our gut guides us in making the right decisions, informed by a higher power. Whether in an intimate relationship or a friendship, embracing personal growth while remaining patient for the right person is crucial.

Remember, connections are a two-way street. Sometimes, despite our readiness, the other person may not be prepared for the same journey. Honest and open communication fosters mutual respect. Part of recycling involves deciding

whether a person should remain in our lives or if it's time to let go. This decision hinges on understanding our intuition, guided by where we envision ourselves.

Recycling relationships isn't inherently wrong, but understanding its implications is essential. Every relationship, whether fleeting or enduring, contributes to our personal growth. Each encounter shapes our understanding of our desires and what we won't tolerate. These experiences encourage us to delve deeper into self-improvement, an ongoing process that ultimately guides us to love ourselves unconditionally. This, in turn, demonstrates to others how we expect to be treated.

Lastly, we must meet others where they are and permit them to be authentic. People evolve at their own pace. Striving to change someone contradicts why we were initially drawn to them. Embrace their authentic selves, for evolution will come when they're ready.



Read this Scripture out loud in the mirror so that you can retain and then apply it to your life.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres." (1 Corinthians 13: 4-7).

This scripture from 1 Corinthians is often referred to as the "Love Chapter." It provides a beautiful description of love and how it should manifest in relationships. The qualities mentioned in these verses are foundational for building and maintaining healthy and fulfilling relationships.

"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (Ephesians 4:31-32)

"For if you forgive other people when they sin against you, your heavenly Father will also forgive you." (Matthew 6:14)

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." (Colossians 3:13)

What insights did you gain from this chapter?

How will you intentionally evolve your mindset regarding the relationships in your life as you progress forward?

CHAPTER SEVEN

Fuel your Faith

"FUEL YOUR FAITH" MEANS actively nourishing and strengthening your beliefs, trust, and confidence in something greater than yourself, often referring to spiritual or religious beliefs. It involves engaging in practices, actions, and seeking out experiences that help to deepen and reinforce your faith.

Now, I want to share with you two occasions in my young adult life that were incredibly difficult for me to understand. The first was leaving a nearly five-year-long domestic violence relationship, during which I came close to losing my life. I vividly remember the terrifying moment he aimed a gun at my head, pulled the trigger, and laughed, saying, "You thought I was really gonna kill you."

My thoughts raced, considering how my parents, my mother's only child and my father's only daughter, would cope. I closed my eyes, hoping this couldn't be the end. As you can see, I'm here writing this book, sharing my story, alive by the grace of God.

The second situation was dealing with the long-unresolved grief of losing my father. Reading this, I am in the midst of processing that grief. My father passed away in 1993 on Easter.

That night, he told me, "Midget, know that I love you, and everything I do is for your betterment."

Despite the years, those words remain with me.

Reflecting on these moments, I see my faith enabled me to believe that through time, forgiveness, love, and trust in God, I could work on myself and be okay. It wasn't easy, but the challenges I faced were meant for more than just me. My story is bigger than myself. It's about showing that with the power of prayer, belief in a higher power, and the support of others, you can overcome any obstacle.

To fuel my faith, I returned to reading daily scriptures, received from my mother. Spiritual clients and Bible scriptures they shared with me also played a significant role, as well as songs that resonated with me. These messages from various sources helped me keep my faith alive, even in the darkest times.

I encourage you to reflect on moments when you had to rely on faith to know you would be okay, despite the circumstances. As we age and gain wisdom, our experiences build our confidence to face challenges with faith. Without the power of prayer and faith, we wouldn't be who we are today. Each day, we evolve, creating abundance, peace, happiness, and joy. Remember God is love, and through Him and your faith, all things are possible.



Read these Scriptures out loud in the mirror so that you can retain them and then apply them to your life.

"Whoever does not love does not know God, because God is love." (1 John 4:8).

"Jesus looked at them and said, 'With man this is impossible, but not with God; all things are possible with God.'" (Mark 10:27).

"And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." (Hebrews 11:6).

"Consequently, faith comes from hearing the message, and the message is heard through the word about Christ." (Romans 10:17).

"As the body without the spirit is dead, so faith without deeds is dead." (James 2:26)

These scriptures highlight the concepts of seeking, hearing, and acting upon the Word of God to nurture and strengthen your faith in Him.

What insights did you gain from this chapter?

How do you plan to cultivate and fortify your faith, prompting a deeper exploration of your beliefs, as you navigate forward in life?

CHAPTER EIGHT

When You Change Your Food, You Change Your Life

ARE YOU JUST GETTING started with meal prep but need help on how to prep meals? One of the most powerful steps you can take to improve your life is to meal prep. Here's why: it makes your life much easier by eliminating the need to figure out what to cook day by day. Meal prep frees up your time during the week, simplifies grocery shopping, saves you money and time, and can aid in weight loss. As a plant-based individual, I consume whole, living foods. My aim is to inspire a greater appreciation for fruits and vegetables. Meal prepping plays a key role in achieving this goal.

Become a Meal Prep Guru

Before we begin, consider a few things:

- Know your WHY.
- Write out your goals.

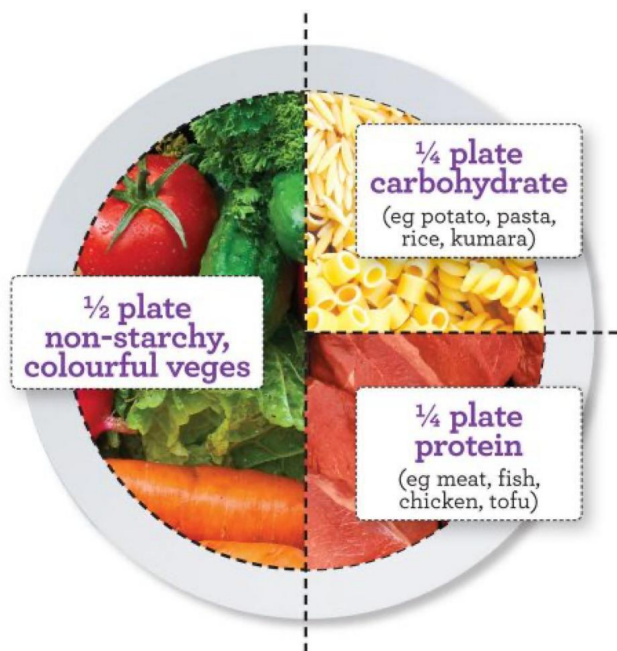
Things You Will Need:

- Meal prep containers, lunch bag, thermal bottle.
- Ice boxes and calendar reminders on your phone.
- Start where you can; everyone has to begin at their own pace.

- Don't take on more than you know you can handle.

Meal prepping can be done on the day that suits you best. As a hairstylist, Sundays work great for me. Everyone's schedule varies. Some work night shifts, some have weekends off, and others have weekdays off. Tailor your plan to fit your lifestyle.

Having meals ready gives you flexibility in choosing healthy options over junk. It's a smart strategy to support your goals.



Here Are the Steps to Get You Moving in the Right Direction:

Step 1: Plan Your Meals

Ensure all meals include balanced protein, carbohydrates (starch), vegetables, and healthy fats. One suggestion to ease the process is to plan your meals in advance for three, five, or seven days before your meal prep day. Then share your list through writing, texting, or emailing. This makes grocery shopping a breeze—buy only the items on your list, save money, and avoid impulse buying.

Tips:

- Don't shop when hungry.
- Opt for easy and simple foods.
- Prepare extra soups, beans, and fruit to freeze for later (label with date prepared and contents).

In each section, do a Google search for Plant-Based Proteins, Grains, Vegetables, Fruits, and Healthy Fats. Add the ones you like or want to explore on the provided lines.

Proteins

Note: Legumes/beans should be cooked in a pressure cooker.

- Black beans
- Lentils
- Garbanzo bean
- Purple hull peas
- Hemp seeds
- Chia seeds
- Flax seeds
- Sunflower seeds
- Pumpkin seeds
- Walnuts
- Pecans
- Brazil nuts

-Sourdough bread

Vegetables

- Spinach
- Yams
- Sweet Potatoes
- Green beans
- Mushrooms
- Arugula
- Brussels sprouts
- Asparagus
- Kale
- Swiss chard
- Collard greens
- Squash
- Zucchini

- Jicama
- Lettuce (avoid iceberg)
- Cucumber
- Onions
- Grape tomatoes
- Fennel

[illegible]

Fruit

- Blackberries
- Blueberries
- Raspberries
- Cherries
- Oranges
- Bananas
- Apricots
- Plums
- Apples

- Kiwi
- Cantaloupe
- Honeydew
- Watermelon
- Pineapple
- Nectarines
- Plums
- Pineapples
- Dragon fruit
- Lychee

****Healthy Fats****

- Almonds
- Walnuts
- Cashews
- Pecans

Step 3: Prep, Prep, Prep TIME Reminder

Set a calendar reminder on your phone to block out two to three hours on your chosen meal prep day. With practice, you'll save a lot of time. Now you'll have a full week's worth of healthy, whole foods, and delicious meals ready to grab and go!

****Helpful Resources for Ideas****

- *Keep it Plant Based* cookbook by Toya Knowles, available on Amazon.com

- *Knives over Forks Magazine*

- *Clean Eating Magazine*

- Pinterest

Things you can search online:

What Fruits and Vegetables to eat in January, etc.

Healthy & Easy plant-based snacks

Disclaimer: Remember I'm not a doctor or a nutritionist expert; this is based on my experiences. Always do your research and consult your doctor before making any decisions. Do what works for you.

Join our millionaire detox so you can feel like a million bucks. To get updates on detox cleanse, subscribe to my website at www.toyaknowles.com.

Toya Knowles Cooking Talk Show

Toya Knowles Cooking Talk Show is designed for you to fall in love with more fruits and vegetables. Our goal is to encourage you, provide resources, and hold you accountable for reclaiming your health. We aim to inspire you to explore new fruits and vegetables. The key lies in using foods you already love while swapping out less healthy options for

plant-based alternatives. I want to share my lifestyle with you and demonstrate how you can still love and enjoy food while making healthier choices, all while having fun. There are no strict rules in this lifestyle; the key is listening to your body and finding what works best for you. I believe all diets have the potential to work; you just have to find the one that suits you and study it until you discover what works for your unique needs. What I've learned from two different dietary lifestyles is that eliminating sugars and processed foods has worked wonders for me, and I believe it can benefit everyone regardless of their chosen eating habits.

When you join, do the following:

Subscribe to my channel—

Download my app—

What You Will Receive

- Recipe Meal Ideas
- Sip & Chat sessions once a month
- Guest Appearances
- Soul Food Sundays
- Tips on How to Move Your Body
- Strategies for Enjoying Dining Out
- Organizing Your Cabinets & Refrigerator: What to Keep and What to Get Rid Of
- How to Read Labels

Tip

To avoid boredom, try a new vegetable every week or two.

—Once you've narrowed down your main ingredients or veggies, you can Google search recipes with the best reviews.

—Ensure you're eating foods aligned with your goals.

The only downside to meal prepping is for those who dislike leftovers.

Items to Have:

- Meal prep containers
- Lunch box
- Blender/Vitamix
- Thermal bottles
- Ice box
- Water bottle

Benefits of Meal Prepping

Meal prepping significantly simplifies life. When I began my journey to a healthier lifestyle in 2007, it was a challenge since I never had to watch what I ate. With guidance from a personal trainer, I grasped meal prepping, breaking it down to basics. Once I overcame the desire for daily variety, meal prep became easy. Accepting leftovers and dedicating a day to prep made a difference. Experimenting with sides and flavors kept it interesting. Once I nailed it, it was the best decision I made.

Benefits:

- Timesaving.
- Financial savings (create a grocery list).
- Portion control.
- Stress reduction.
- Skill improvement.
- Healthier food relationship.
- Inspiration to others.

9 Things I Live By:

- LOVE YOURSELF
- BELIEVE IN YOURSELF

- FALL IN LOVE WITH FRUITS AND VEGETABLES
- JUST MOVE
- NEVER QUIT ON YOU
- LISTEN TO YOUR BODY
- GET PLENTY OF SLEEP
- DANCE
- LAUGHTER

Affirmations for food are vital. Meal prepping led to increased food variety over the week. Portion control through prepping helps maintain a healthy weight. Prepping facilitates eating the right amounts and avoiding tempting yet unhealthy foods.

Remember, all meals should include:

- *A healthy fat*
- *Healthy produce*
- *Healthy protein*



Read these Scriptures out loud in the mirror so you can retain them and then apply them to your life.

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies." (1 Corinthians 6:19-20).

"So whether you eat or drink or whatever you do, do it all for the glory of God." (1 Corinthians 10:31).

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." (Romans 12:1-2).

These scriptures remind us of the importance of honoring our bodies as temples of the Holy Spirit and making choices that align with God's will. They encourage us to make mindful and healthy choices in what we eat and drink for the glory of God.

What insights did you gain from this chapter?

Recognizing that health is wealth and food holds significance, how do you envision moving forward with food choices to enrich and improve your life?

CHAPTER NINE

All or Nothing

"ALL OR NOTHING" SIMPLY means, are you fully committed to changing your life or not? It's that simple. What does the process look like for you when you're all in?

You want to design the blueprint for your life, creating the lifestyle you desire and committing to it. It's about creating harmony in your life, allowing things to flow the way they are supposed to flow and designed to flow. When you're fully committed, it's an amazing journey. You focus on the necessities you need and believe you can create harmony in your life. And when I say harmony, I mean allowing things to flow naturally as they're designed to.

I want to share with you three things I always reference back to in order to allow things to flow in my life. These are life experiences I've gained from close friends.

One time, a friend of mine, Dee, was going through something and started crying. I went over to hug her, trying to console her.

Another friend, Lolita, said, "No, don't do that, and here's why."

She shared with me it's important to feel every emotion you have—it's okay to cry.

You've probably heard the old saying, "Stop crying, you'll be okay. Put your big girl panties on."

But that's not a healthy way to live. We need to allow ourselves to feel every emotion that comes our way.

The second lesson, which I've mentioned in previous chapters, is the best project you can work on is yourself. I often come back to this quote.

Then my friend Keith texted me one day. He said, "I believe when you suppress things, you create stress within yourself."

I read this over and over again for a long time. Sometimes we stress over things without even realizing it. When I put this thought on my salon mirror, it resonated with many clients. It allowed me to take a deeper look within myself.

Another thing that helped me through life is advice from my grief counselor, Tonya Cunningham—to start journaling. These are part of the steps in the process of being fully committed.

To ensure life flows smoothly:

1. Be around the right people, which I call my foundation, my support team. These individuals will hold me accountable, inspire me, motivate me, and be my cheerleaders. Having these friendships and relationships is key.
2. Love yourself. When you truly understand self-love and self-care, you take your life back. Be okay with seeking help through counseling, therapy, or positive videos. Find what works for you.
3. Believe in yourself. Create affirmations.

4. Move your body.
5. Eat clean.
6. Stay spiritually connected.
7. Create and follow a schedule. Everything you need to do should be on a schedule that allows you to be productive. For example, schedule self-care days and family time.
8. Deal with your emotions and be okay with whatever surfaces. Remember, dealing with emotions might hurt, but it's part of the process.
9. Continuously nourish your mind.
10. Never quit on yourself, no matter what comes your way.
11. Stay focused on your daily habits. When you don't apply yourself to the things you need from life, it becomes unfulfilling. We all deserve a fulfilling life, but our life stories and blueprints are unique due to our upbringings.

We each have our journey to travel. For me, it's that simple. When you don't apply effort, you won't achieve anything in life. That's not how we should live. Abundance, prosperity, joy, happiness, and freedom are what we're all here to achieve.

So, ask yourself, what would prevent you from being fully committed to your life? Yes, life happens—we face challenges,

setbacks, unexpected events. But what will stop you from moving forward?

When life throws challenges, the best way to continue is to be all in. Have faith and the will to move forward, even when something tragic happens. If you need to take a moment, that's okay. Just make sure to pick up the pieces again. Starting is important, and so is finishing. I have a saying on my wall that reads, "If you can't stop thinking about it, don't stop working for it."

I love living by that saying. When you believe you can do it, you will write from my experience. When you believe, you think it, write it down, and put it into action. When you believe it, think it, speak it, write it, and start manifesting it, it all comes together. I hope this makes sense. Let me repeat it:

What you think, speak, and write, you will achieve.

The most powerful thing you can do is never give up on yourself. Are you all in, or all out? For me, being all in is the only way to go. Give yourself the desires you want in creating a blueprint you can commit to. One of the scriptures I like is Habakkuk 2:2. "Write the vision; make it plain on tablets, so he may run who reads it."



Write a Scripture that resonates with you after reading this.

What insights did you gain from this chapter?

Given the frequent dilemma of 'all or nothing,' how will you approach nurturing determination and dedication to enrich both yourself and your life?

CHAPTER TEN

Questions for Reflection

THE FOLLOWING PAGES CONTAIN questions for your consideration with space to record your answers. With an honest look at your life, use these pages to initiate true change. These questions can apply to any chapter of this book. If you need more space, consider purchasing a small journal to record and track your answers and progress in achieving the changes you desire.



What stood out to you after reading this book?

List negative behaviors you need to overcome.

How will you take action to overcome?

What's the one thing, you believe you can work on right now?

Are you ready to give yourself permission for 30 days to work on yourself?

How will you manage your thoughts to manifest your reality?

[illegible]

Are you currently in a mental and physical state to receive information? If so, how will you prepare for this next journey?

Do you understand that you may encounter obstacles and feelings of failure? However, do you have the capacity and strength to continue moving forward?

What obstacles are you afraid of?

[illegible]

How do you plan to deal with obstacles and challenges that are difficult to overcome?

[illegible]

Do you know yourself? Do you love yourself? If you say yes, why do you feel this way? And if you say no to this question, why?

What are your expectations?

[illegible]

Do you know your purpose in life?

[illegible]

What do you believe God is saying to you?

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

About the Author

MEET TOYA KNOWLES, a beacon of self-love and empowerment. On her YouTube channel, she shares affirmations and insights that remind us of the strength in loving ourselves first. Toya believes that self-love is our greatest tool, opening doors to success and a happier life. Her book, *It's All About Love: Loving Yourself From the Inside Out*, guides readers on a journey of self-discovery. Join Toya Knowles in embracing self-love and unleashing your true potential.

Toya is an unwavering champion of the hair industry, showcasing her exceptional talent across a wide spectrum of styles, lengths, and textures. With a remarkable career spanning over three decades, she has solidified her reputation as a master beauty professional with a distinctive flair for short hair styling. While her expertise is versatile and encompasses various styles, Toya truly thrives when working with grey hair, infusing it with vibrancy and sophistication.

However, it's her mastery of short hair that elevates her to the status of a true guru in high demand. Clients seek her out not only for her skill in crafting stunning looks, regardless of

hair length, but also for her unmatched ability to transform short hair into works of art. Toya Knowles' unparalleled proficiency and her unique connection with short hairstyles position her as an invaluable asset in the realm of hair styling.

Her culinary journey is deeply personal, rooted in a profound love for fruits and vegetables she yearns to share. Her path was shaped by a transformative realization—a healthier life free from discomfort, inflammation, and the hidden dangers of certain foods. This realization came amidst a challenging episode; a mini-stroke triggered by her high-stress environment. Toya's response was resolute. She bid farewell to meats and processed foods, embracing a path toward well-being. Through consistent exercise and a commitment to a plant-based diet, Toya's journey became a living testament to the incredible changes that can unfold when health and nourishment take center stage.

Today, Toya stands as an ardent advocate for the boundless benefits of plant-based living. Her journey has given rise to a personal cookbook, a captivating cooking show, and a revolutionary detox program, "Millionaires Detox Challenge," designed to empower others. In this program, Toya offers more than just recipes; she extends a lifeline of resources, accountability, and unwavering motivation, drawing from her own transformative experience.

Moreover, Toya's culinary influence has radiated beyond personal realms. Her creations have graced competitions, adorned articles, and resonated within social circles. Yet, it's her live events that truly bridge the gap between her creations and the audience. In these gatherings, Toya brings her culinary expertise to life, meticulously preparing plant-based dishes for attendees who eagerly pay to partake in an evening of flavorful exploration. This connection solidifies her mission, turning her story from a personal journey

into a collective experience, underscoring the power of nourishment and the artistry of living well.

9 Things Toya Lives By:

- LOVE YOURSELF
- BELIEVE IN YOURSELF
- FALL IN LOVE WITH FRUITS AND VEGETABLES
- JUST MOVE
- NEVER QUIT ON YOU
- LISTEN TO YOUR BODY
- GET PLENTY OF SLEEP
- DANCE
- LAUGHTER

This book stands as a tribute to the life lessons I've gathered and my unshakable dedication to evolving daily through love. To my beautiful Mama, your love sustains me. And to my beloved Daddy, your absence is deeply felt. I miss you so much.