

AN ENERGY
DRINK
FOR THE
SOUL

JUST A TASTE

30-DAY JOURNAL



JENNIFER DEAN

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INTRODUCTION

When I think about my daily walk I often think about the little things that make a big difference to me. It could be something as simple as someone speaking in an elevator or just a friendly gesture that helps me get through the day. In this journal I want you to relax and just write down your thoughts and experiences for the next 30 days. Make a commitment to yourself to bare witness to your journey! Go back to your journal and your thoughts in 6 months and just read them. Take an opportunity to measure your improvements and get EXCITED about the experience. Take the time to translate your thoughts into actions.

It's about you! Only you need to know and understand where you are. You have the ability to change your life by changing your attitude.

Keeping a daily log is something I have done for years. When I read back through my daily journal, I am encouraged to know that I have made improvements. Improvements can come in many forms large or small but success is relative to you and your experiences. My journals help me to stay focused on my goals and what I REALLY want out of life. Reviewing my journal helps me stay on top of what really matters to me; God, Family, and then Work. I have been given only 86,400 seconds each day to affect change. Yes! Today I woke up to be a blessing to myself and others.

Remember that writing does not determine where you are, but WHO you are and where you are going. Sis is an exercise in truth and faith! Give yourself a chance to CHANGE.

I pray that this will in some way bless your life to be a blessing.

“

86,400
SECONDS
IN A DAY...

Yesterday is gone, tomorrow is not promised,
today is all you have.
Make it count!

»» DAY 1 ««

DAY 1 – 86,400 SECONDS...

“
I’M BLESSED
AND HIGHLY
FAVORED!

The blessings of God are shining directly on you.
With those rays of light you are able to spread
your sunlight. Be a blessing!

»» DAY 2 ««

[illegible]

“ BRING YOUR OWN WEATHER...”

It's all about attitude. If you bring sunshine, let it be sunny all day! Don't let someone's else's storms change your weather, you are in control of your choices.

»» DAY 3 ««

[illegible]

“ DON'T FALL INTO THE BLACK HOLE.”

Choosing the wrong path in life can be like a black hole, sometimes we can pull you out, other times it just sucks you right in. It is all about choices.

»» DAY 4 ««

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

“ GET OUT OF THE BOAT AND WALK ON THE WATER

Focus on God and remember not to limit your abilities. Just try, you will be amazed at what you are capable of doing if you just put forth the effort. For every opportunity, there will be a challenge. But with every challenge comes growth and empowerment to do more!

»» DAY 5 ««

[illegible]

“

HABITS ARE
EASY TO
START AND
HARD TO
BREAK

Your mind doesn't know if the habit is good or bad, it just understands that it is a habit. Easy to start...hard to break!

»» DAY 6 ««

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

“
IF YOU MAKE
A MISTAKE,
MAKE A BIG
ONE

Everyone makes mistakes. Mistakes help you grow. So, if you make a mistake, learn from it, grow from it. BUT, move on from it. It is only a mistake when you wallow in it.

»» DAY 7 ««

[illegible]

“ GOD DOESN'T GIVE YOU DREAMS YOU CAN'T ACHIEVE

You cannot dream what you cannot achieve, God simply will not allow it. In order to turn your dreams into reality, you must get up, get out, and get going! Turning goals into reality doesn't always come easy, but if your mind can dream it, you can do it!

You will never know until you TRY.

»» DAY 8 ««

[illegible]

“
YOU’RE EITHER
PART OF THE
PROBLEM OR
PART OF THE
SOLUTION

In any situation, you are either part of the problem or part of the solution. You must ask yourself, “What part do I play?” Seek the solution. If you focus 80% of your time on a problem, you cannot find the solution.

»» DAY 9 ««

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

“
YOU CAN'T
SERVICE
OTHERS IF YOU
DON'T SERVICE
YOURSELF

Service is the key that turns the lock to life. It unlocks the doors that were created just for you. You have to take care of yourself in order to take care of others.
Service flows from the inside out.

»» DAY 10 ««

[illegible]

“ LIFE IS LIKE A ROLLER COASTER RIDE

It may start out slow but hold on...you will have ups and downs, and twists and turns. BUT...it seems as quickly as it starts, the ride is over. Enjoy the moments.

»» DAY 11 ««

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

“
LIFE IS NOT
FAIR OR
UNFAIR, IT IS
EXACTLY WHAT
YOU MAKE IT

Life is not fair or unfair, it is what you chose to make it. Victim or victor, you may not get out of the situation, but you can change who you are in the situation.

»» DAY 12 ««

DAY 12 – FAIR OR UNFAIR

[illegible]

“

IT'S THE LITTLE
THINGS IN LIFE
THAT MAKE
A BIG
DIFFERENCE

It will be the little things that are hidden in your heart that you remember the most. The “I love you” and the “Thank you” — those can never be taken away.

»» DAY 13 ««

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

“ INTEGRITY IS ALL YOU HAVE

Character is our foundation; integrity is our infrastructure.
It is what you do when no one else is looking.

Strong Foundation = Strong Building.

»» DAY 14 ««

[illegible]

“

WHO YOU ARE
AROUND IS
WHO YOU
BECOME

If you really want to know what type of person you are just check the people around you the most. That is a mirror image of what you are. Simply check yourself, it starts with you. You have the ability to change your surroundings and the people surrounding you. Remember, mess brings mess, chaos loves chaos, and negativity brings more negativity.

»» DAY 15 ««

[illegible]

“ EXPRESS OR DEPRESS

If you don't learn to express, YOU will depress.
Depression will make you sick. it is mind over matter. If
you do not control it, it will control you.

So, let's talk about it...

»» DAY 16 ««

DAY 16 – EXPRESS OR DEPRESS

[illegible]

“

HOW YOU SEE LIFE IS HOW LIFE SEES YOU

We struggle in life to see what we want to see, but life never struggles to see us. What you put in is what you get out. How you see it is how it will see you.

What is your vision?

»» DAY 17 ««

[illegible]

“

YOUR BODY LANGUAGE SPEAKS VOLUMES

Body language speaks louder than any spoken words. It's all about how you carry yourself, how you walk, talk and see success.

Listen to what your body is saying.

»» DAY 18 ««

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

“

CONFIDENCE IS
NOT KNOWING
EVERYTHING
BUT KNOWING
WHERE TO
FIND IT

It is ok to say, “I don’t know, but I will find out.”
We do not have to be experts at everything just an expert
at knowing where to find it.

»» DAY 19 ««

DAY 19 – CONFIDENCE

[illegible]

“

LET YOUR
PURPOSE BE
YOUR GUIDE

Let your purpose be your guide, do NOT guide your
purpose. Know the difference.

»» DAY 20 ««

[illegible]

“

FAKE IT ‘TILL
YOU MAKE IT

Sometimes in life we just have to borrow our self-esteem,
put on a big smile, and fake it ‘till you make it. You may
not always feel like it, but you still have to do it.

This is just how the cookie crumbles.

»» DAY 21 ««

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

“ PURPOSE EQUALS PEACE

When you live with purpose, you live with peace. God has a plan and a purpose for your life. Every day, you wake up you are given another opportunity to live your purpose.

Make life count!

»» DAY 22 ««

[illegible]

“ LEAVE YOUR BAGS AT THE DOOR

Nobody wants your bags; they have their own. Baggage comes in all shapes and sizes and it will keep growing unless you unpack.

Buy yourself a garbage bag and just get rid of all the STUFF you can no longer wear nor bear. Release and let go.

Just unload your luggage.

»» DAY 23 ««

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.

“ ATTITUDE IS KEY

Attitude will take you to the penthouse or the basement,
it is just a choice.

Positive In, Positive Out.

»» DAY 24 ««

[illegible]

“

YOU HAVE TO
BELIEVE YOU
CAN BEFORE
YOU WILL

If you don't reach deep inside for your
potential, you will never find it.

It is hidden in your soul.

»» DAY 25 ««

[illegible]

“ GOALS ARE THE LINES THAT DREAMS SIT ON

Preparation, planning, and execution. It is a
life rule. If it is to be, it is up to me.

Write it down and check it off!

»» DAY 26 ««

[illegible]

“

SUPERSTARS
MAY WIN THE
PLAY BUT
SUPERTEAMS
WIN THE
GAME

When you play on a team, it takes more than
just a great player to win, it takes a great
team. You must come out to win NOT just to
play. Sometimes it is just not about you, it's
about EVERYONE.

»» DAY 27 ««

[illegible]

“ MOTIVATION IS THE GAS THAT FUELS LIFE

If you are motivated by someone or something,
once that person or thing is gone you are no longer
motivated.

Motivation is from the inside out!

»» DAY 28 ««

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

“ ENERGY, EXCITEMENT, AND ENTHUSIASM!

Direct your energy to being excited about who you are and who's you are. The three E's — Bring them with you wherever you go!

Show up to show out!

»» DAY 29 ««

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

“ FIRST IMPRESSIONS ARE LASTING

You only have one time to make a lasting impression. Go out of your way to look the part you play and play the part that you look. You never know who you will meet or where you may meet them. You only get one time to make that impression -
MAKE IT A GOOD ONE!

»» DAY 30 ««

ABOUT THE AUTHOR

Jennifer Lynn Dean is the President & Founder of Dean's Professional Services - Smith & Dean, Inc., an award-winning staffing, staff development and consulting firm. In 1993, Dean's Professional Services opened its doors, specializing in medical staffing and consulting. Since that time, the company has become a solution-based partnership for clients, a career home base for our applicants, and a professional development and education partner for the communities we serve.

As a business owner, Jennifer developed a strong desire to share her knowledge with others through public speaking. Her company, Outspoken, provides professional development, customer service training, and customized workshops. A highly sought-after speaker and life coach, Jennifer speaks more than 60 times per year to various medical associations, physician's offices, educational centers, churches, and graduation commencements throughout the United States. In addition, she has shared her journey about life with laugh-out-loud wisdom through her book entitled *An Energy Drink for the Soul*, "The First Sip" and her 30-day journal, *An Energy Drink for the Soul*, "Just a Taste." Jennifer has appeared as a guest speaker on several television and radio shows including, *The Price of Business*, *Great Day Houston*, and *Women Who Lead* with Dr. Ruth Ollison.

Jennifer is a previous board member for the Texas Association of Staffing, Texas Business Alliance, and current advisory board member for Child Advocates (Houston) and Better Business Bureau (Houston). In addition, she is past president of the Houston Society for Healthcare Human Resources Administration. In 2008, Jennifer received the Greater Houston's YMCA Minority Achievement Award. Jennifer Dean was chosen to chair the 2011 One Woman Conference hosted by the Texas Business Alliance. In 2012, she was a keynote speaker for the WBEA's Small Business and Entrepreneur Leadership Conference, as well as a panelist for AIU's Annual Women's Empowerment Summit. Jennifer has been a finalist with the Houston Citizen's Chamber of Commerce Pinnacle Awards in 1998, 2000, 2008, and in 2010 she became an award winner. In 1999, Jennifer was a finalist for the Ernst & Young Entrepreneur of the Year Award and was nominated again in 2012. In 2017, Jennifer was awarded the Women Who Mean Business Award by the Houston Business Journal.

Dean's Professional Services was named one of the Best and Brightest Companies to work for in Houston 2016, taking home the Houston's Best Company's to Work For award. Additionally, in 2016 and 2017, DPS ranked on the Houston Fast 100, presented by the Houston Business Journal with 122% growth year over the year. Since 1999, Dean's Professional Services has ranked among the largest permanent placement, largest area temporary placement, largest minority owned, and the Fast 100 by the Houston Business Journal. In 2018, DPS was ranked in a record of five times in the Houston Business Journal's Book of Lists. Since 2016, Dean's Professional Services has received Best Places to Work For in Houston and in 2018, was the recipient of the Elite Award for Retention and Onboarding. In 2009, Dean's Professional Services became a Joint Commission Certified Health Care Staffing Service. In 2016, Dean's Professional Services

was awarded Smart Business Magazine's Family Business Achievement Award and was recognized as top supplier for RightSourcing's M.D.Anderson / UT Supplier Group. In 2017, DPS received Small Business Magazine's Family Achievement Award.

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