BUSINE ISSUE 07



PERSONS OF THE YEAR

BUSINESS SUCCESS STORIES

ELON MUSK - KATHY MOTLAGH - DONALD TRUMP - JEFF BEZOS



BUSINESS INSIGHT MAGAZINE

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Elon Musk, Jeff Bezos, and Donald Trump business achievements and Iosses in 2021

2021 has been a year of rapid changes. We have viewed the ups and downs of prominent figures around the globe. Let's see how it went for Elon Musk, Jeff Bezos, and Donald Trump.

Elon Musk became "2021 Person of the Year" as per the Times on Monday, December 13, 2021. In April 2021, NASA signed an exclusive contract with SpaceX to put US citizens on the moon. It was the first time it happened ever since 1972. Furthermore, Tesla, a company owned by Elon Musk, gave 100,000 Teslas to the Hertz (industry giant) fleet in October. His company faced some allegations in 2021, including the one where Teslas go ordered to pay \$137 million to one of its black employees due to racial discrimination and abuse.

Another thing to notice here is how SpaceX got into a dire situation as Elon Musk's company went through a Raptor Production Crisis. With the raptor production crisis, it would be challenging to have a Starship flight rate of once biweekly next year. If that happens, then the company may face bankruptcy.



The enormous growth of Tesla and SpaceX leader has the largest fortune by far with a net of \$277 billion in 2021 as per the Bloomberg Billionaires Index. Second to Elon Musk in terms of largest fortunes is Jeff Boaz. Earlier in 2021, Musk overtook the title of the world's richest man from Bezos as the value of Tesla and SpaceX increased. Jeff Bezos, the owner of Amazon, one of the most popular and successful companies around the globe, had also stated and challenged the ruling in court, saying how it was favoritism when NASA gave the contract to SpaceX in April. He was also of the view that NASA should've noticed the efforts of both Blue Origin and SpaceX. Musk's SpaceX beat Bezos's Blue origin in terms of the NASA contract.

However, that isn't all. Jeff Bezos also built a record-breaking yacht at the Dutch shipyard in October. The yacht; 's length was 417 feet and is supposed to be the longest sailing yacht around the globe once ready. It's quite a big

accounts. Twitter banned Donald trump right after his two tweets which, according to Twitter, could lead to violent acts which are against the twitter policies.



After many failures, Jeff Bezos finally achieved success in the Amazon Games in 2021. He tweeted how proud he was of his team's persistence in achieving the goals. As per steamDB, New World even beat Counter-Strike Global Offensive in terms of numbers of players.

When Bezos and Musk were in the battle of being the richest people globally, Trump started 2021 with the ban of his social media

Donald J.Trump



From 2017 to 2021, Donald John Trump served as the 45th president of the United States. He was president of the United States, a media personality, a businessman, and a politician.

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Later, Trump started various side businesses, mostly by licensing his name. He has built skyscrapers, casinos, and hotels under the Trump name.

Throughout his business career, Donald Trump has been involved in more than 4,000 state and federal legal actions, Trump has never filed for personal bankruptcy, but six times he's filed for bankruptcy for his business properties between 1991 and 2009. From 1996 to 2015, Trump was the owner of the Miss Universe beauty pageant brand.

A reality television series called The Apprentice he hosted and co-produced from 2003 to 2015.

In 1978, Donald Trump completed his first real estate deal when he remodeled the Grand Hyatt Hotel in Manhattan. His signature business base, Trump Tower, was built in 1983.



Photo Credit:Gage Skidmore

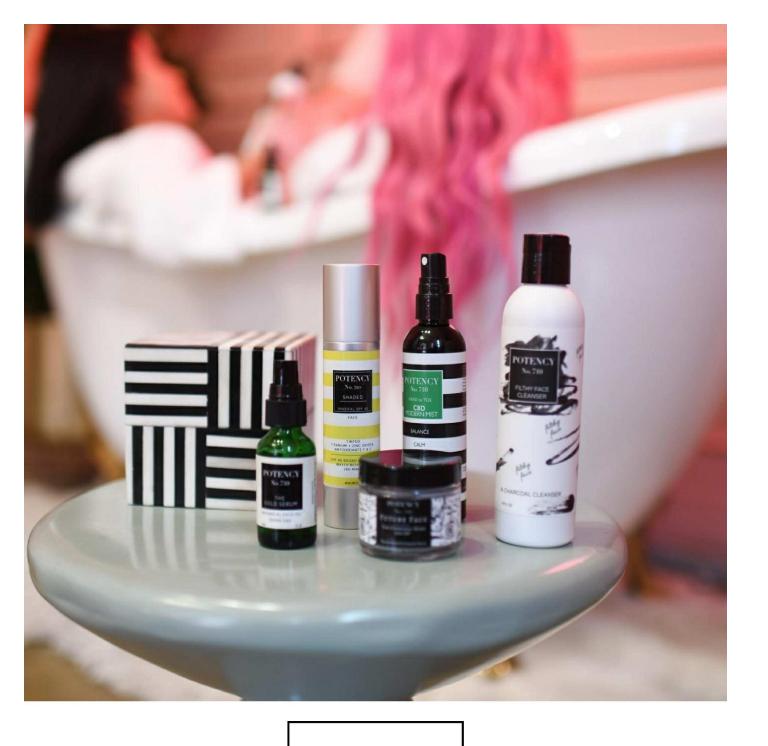


However, that didn't silence the former president in the digital world. He launched the social platform "TRUTH" in October. RNC also declared that they would pay up to 1.6 Million USD of Donald Trump's personal legal bills. They did it because he is the former president, and GOP finds it crucial to defend Trump and his achievement records.



Despite the controversies surrounding Donald Trump, he has done many interesting things in his life some that are good and some that are questionable but no one is perfect. You should hopefully have learned a bit more about Donald Trump after reading this listicle about the enigmatic man who is both admired and demeaned, both in politics and in entertainment. Donald Trump has been a very activate participant in business, politics and media over the years his status an icon, entertainer politician, and businessman will inevitably live on long after his death.





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KATHY MOTLAGH

CEO of ThinkVirtues

AN ESTEEMED TRANSFORMATIONAL COACH, AND ADVISOR TO TOP CEOS AND LEADERS GLOBALLY



ANIL: Kathy! Thank you so much for taking the time to do this interview. I know our readers will enjoy it.

ANIL: What is your leadership philosophy?

KATHY: I believe that leaders need to raise their own consciousnesses, then rise to inspire and empower their teams and colleagues. Doing their inner work first empowers them to empower others. Our philosophy is very simple and spells out LEADERSHIP. Here is a brief overview:

- 1.Lead with passion, joy, and love, on a foundation of raised consciousness
- 2. Empathy- show up with empathy and compassion for others, listen deeply to understand
- 3. Authentic integrity Develop self and others- A growth and infinite mindset Elegance and grace
- 4. Generate trust and respect
- 5.Stand for purpose, meaning, and powerful causes
- 6. Be humble and yet confident
- 7. Inspire innovation and creativity
- 8. Powerfully empower others

ANIL: What is your approach to motivating and developing talent?

KATHY: In our experience, employees who go through our Power of Authenticity framework and training, establish a solid foundation within themselves of who they are and why they are here.

They then are extremely motivated to make the initiatives identified in the workshop realized. Most end up crushing these goals and exceeding the expectation of their leaders because the motivation is now coming from within, powerfully. The biggest outcome of this is self-leadership, which includes mastering what I call the Sacred Triangle in leadership, Thoughts, Emotions, And Behaviors – Self-Mastery.

ANIL: What methods have you used to motivate your clients or CEOs in the past?

KATHY: I teach all of my clients how to internally motivate themselves, which of course, includes a deep sense of understanding of the self. I see too many people injecting other people's inspirational points, which sometimes works short-term, but doesn't have lasting benefits. Inside each of us lay answers that motivate us and more, and we owe it to ourselves to go through the process of expressing these wonderful qualities.

ANIL: Tell us also about a time when your client was in a challenging situation and how you applied your leadership skills to achieve their desired outcomes.

KATHY: I can think of many, but one, in particular, is a good client who had high aspirations but fell short of meeting them, leading him to question his leadership skills, become frustrated and disappointed. He believes in investing in himself and his company, so he had worked with many good consulting firms, however, did not achieve the desired outcomes. He was referred to me by another client and we worked together for a little over a year. Throughout our engagement, of rich inner work and frameworks to ignite his passion, we were able to help him innovate several lanes of his business and create the outcomes he was looking for.

His level of confidence went through the roof, he became much happier about himself, which resulted in a much happier home life, and improved relationships. He went on to exceed his initial goal and eventually doubled his revenue. This was incredibly exciting. He considers us his competitive advantage, I am happy to say.

ANIL: What will you do to make meetings more efficient?

KATHY: Not have them unless necessary. I am an advocate of quick touchpoints and brainstorming sessions, but not meetings necessarily.

ANIL: What does influence mean for you?

KATHY: Influence is a broad term, but to me, it means to be heart-centered in service and caring deeply about people and their futures so that you have a positive impact on their individual and collective lives. With this guiding light principle, we have the power to influence others in a positive and meaningful way.

ANIL: What are the key relationships you want to put attention around?

KATHY: Number one, my two teenagers, who are amazing human beings. My family, friends, and clients, who have become good friends. I value relationships, and people in general. I have a deep sense of love and respect for people in my life and am grateful for them. I am incredibly fortunate.

ANIL: What unique skills does each CEO bring to the team members?

KATHY: For us at ThinkVirtues, it's their virtues, values, vision, and the plans to implement them in a meaningful way. I have yet to meet a CEO who didn't have a worthy vision for him or herself and for his or her company. It's about getting granular about it, in addition to doing the inner work.

ANIL: What are your 3 key bullet points?

KATHY: Be compassionate, loving, and caring Empower yourself so that you can empower those around you Live a life of service

ANIL: As a leader, how are you supporting others around you?

KATHY: I work on myself by hiring the right support and coaches to help me develop my own LEADERSHIP. I also equip my team with what they need in order to be successful. I empower them. I love them unconditionally. Every member of my team, for example, has gone through our Power of Authenticity workshop, which we consider a baseline for all leaders or those who want to unleash their inner authenticity and step into their power and a super genius.

ANIL: Tell us also about a time when your client was in a challenging situation and how you applied your leadership skills to achieve their desired outcomes.

KATHY: I can think of many, but one, in particular, is a good client who had high aspirations but fell short of meeting them, leading him to question his leadership skills, become frustrated and disappointed. He believes in investing in himself and his company, so he had worked with many good consulting firms, however, did not achieve the desired outcomes. He was referred to me by another client and we worked together for a little over a year. Throughout our engagement, of rich inner work and frameworks to ignite his passion, we were able to help him innovate several lanes of his business and create the outcomes he was looking for.

- 1. GOALS: We have systems that are rooted in our purpose and meaning in life and our roles as humans in the big world that we share with others.
- 2.ACTION: We are committed to excellence and our work is designed for each person or company, so every project and assignment is unique. Generally, we approach things with love and encouragement. I cultivate unconditional love for self and for others in our culture.
- 3.**AWARENESS:** We help them to raise their consciousness and awareness of themselves, our environment, and the people they encounter. To live mindfully, heartfully, and embrace each moment in the step they are in. To not allow the past and the future to steal our present joy and happiness.
- 4. ACCOUNTABILITY: We hold ourselves and each other accountable. This way no one misses their goals and aspirations. Teamwork is how we make it all happen.



Kathy Motlagh CEO / Author / Co-Founder



Kathy Motlagh, CEO of ThinkVirtues, is an esteemed transformational coach, and advisor to top CEOs and leaders globally. She is the creator of Power of Authenticity workshop, the prepriotary framework and method behind this unique, holistic, and transformational workshop that has been powerfully life changing for most participants.

Motlagh helps her clients identify their top virtues. This critical step in advanced leadership mastery and development accelerates success and growth, for individuals and corporations alike. Motlagh empowers people to step into their authentic power, express their creativity and genius in a way that wasn't available to them ever before.

Motlagh seeks to transform families, and corporate environments into places where virtues thrive. Virtues, our mind muscles as she calls them, are inherent in all of us. However, they need to be learned, practiced, trained and habituated, in order for humans to thrive. She has worked with many psychiatrists, social workers, and childhood education experts toward the development and implementation of the ThinkVirtues work and curricula.

Motlagh is the writer and creative force behind the Eutopia book series, Virtues Cards, and accompanying products. She also serves as one of ThinkVirtues' chief content creators, curriculum writers, speechwriters and workshop creators. Additionally, Motlagh has vast experience facilitating workshops and coaching for educators, parents, and employees.

Motlagh's business experience includes more than twenty years in business and finance, as a trusted advisor where she managed millions of dollars for a variety of groups and individuals. She is a John Maxwell Team trained and certified speaker, leadership trainer and coach and has facilitated many corporate workshops and learning sessions.

She has the proven ability to work with employees from a variety of corporate environments and manifold industries. A graduate of the Art Institute of Chicago, Motlagh has used her creative and innovative muscles to empower and transform culture in homes, and organizations. She has also taught art at the Montessori Academy of North Hoffman for seventeen years where she worked to help empower children, educators, and parents. She has been an active board member of the school since its inception more than twenty-five years ago.

Motlagh is a regular attendee of the Neuroscience Convention as well as an avid follower and researcher of psychiatry, physics, psychology and social sciences focusing on facilitating meaningful growth and transformational positive change. Motlagh resides in Chicago and involves her family, including her two sons, in community service for local nonprofits and charitable cause.

Behind every influential and powerful leader is an esteemed coach and adviser like Kathy Motlagh.

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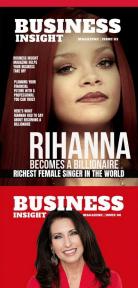


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7 Most Successful Women Business Owners



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USA EQUITIES CORP'S QHSLAB DIGITAL HEALTH PLATFORM STRATEGY IS BACKED BY LATEST RESEARCH PUBLISHED IN THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION (JAMA)



- The JAMA research found that digital health interventions supporting patient self-management improves primary care for patients with multiple chronic conditions.
- QHSLab supports medical decision making in the management of many chronic conditions including in patients with multimorbidity's.
- Independent physicians increasingly rely upon digital health systems to provide solutions that address their patient's problems but are not happy with single disease specific vendor relationship.

USA Equities Corp. (OTCQB: USAQ), a company focused on providing clinicians with tools to leverage proactive value-based healthcare solutions through the use of emerging digital and point of care technologies, recently found additional scientific validation for its digital medicine platform -- QHSLab.

A recent article published December 28, 2021, in the Journal of the American Medical Association (JAMA) titled 'Assessment of an Interactive Digital Health-Based Self-management Program to Reduce Hospitalizations Among Patients With Multiple Chronic Diseases' reported on the success achieved by physicians utilizing research system similar with QHSLab. The randomized clinical trial found that "among participants who received the internet chronic disease management intervention, fewer were admitted to the hospital" and "digital health interventions supporting patient self-management and self-monitoring has the potential to augment primary care among patients with multiple chronic diseases and co-morbidities."

USA Equities Corp offers a digital medicine Software-as-a-Service (SaaS) platform, QHSLab, which includes evidence-based digital screening and patient self-management interventions. Through its dynamic algorithms, QHSLab identifies the root causes of patients' chronic disease, not merely the symptoms, and presents its findings to physicians suggesting ways to manage their patients' diseases. QHSLab currently helps physicians manage allergies, asthma, mental health, and more through a comprehensive platform, not a single disease or health condition-only approach like those offered by many other digital health providers.

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Physicians are seeking preventive and chronic care management tools for their medical decision-making and patient care, including non-face-to-face interventions and easy to incorporate workflow digital screenings. Today, independent physicians and their practices desire digital health relationships that meet all their needs instead of having to incorporate multiple limited services from numerous digital health companies. Physicians don't have time to pick and choose among different digital health systems. QHSLab solves this problem, especially for the independent primary care provider.

"We see the burden placed on primary care providers to care for patients who present with a myriad of conditions that need ongoing medical management both face to face and non-face to face. Providers are seeking comprehensive and reimbursable tools that provide them with the data and monitoring they need to support their patient caseload while providing first-class care," said USA Equities Corp Chief Executive Officer Troy Grogan.

The recent study published in Jama states that "Implicit in care is successful patient self-management, which includes self-monitoring of symptoms, maintenance of healthy lifestyle behaviors, and management of medications." QHSLab is a low-cost high-value service that allows physicians and patients to achieve this objective. QHSLab's expansion will continue throughout the new year. "We are excited to soon release new reimbursable digital medicine instruments for managing hypertension, asthmatic lung function, chronic pain, and obstructive sleep apnea, adding to our existing portfolio and putting even more power in the hands of independent primary care physicians. We're listening to our physician clients and delivering on what they're asking for" concluded Grogan.

The Company began the process of changing its name to QHSLab, Inc. by filing a preliminary information statement with the SEC on December 21, 2021. The name change reflects the business, products, and services the Company now offers as referenced throughout this press release.

ABOUT USA EQUITIES CORP

USA Equities Corp (OTCQB: USAQ) is a medical device company providing digital medicine solutions and point-of-care-diagnostic tests to primary care physicians. Digital medicine allows doctors to assess their patients' responses quickly and effectively using advanced artificial intelligence algorithms. Digital medicine can also remotely monitor patients' vital signs and evaluate the effects of prescribed medicines and treatments on patients' health through real-time data transferred from patient to doctor. USAQ also markets and sells point-of-care, rapid-response diagnostic tests used in the primary care practice. USAQ's products and services are designed to help physicians improve patient monitoring and medical care while also improving the revenues of their practice.

For additional information, visit the Company's website at www.USAQCorp.com

GLOBE NEWSWIRE

DR. JOHN GAINES

A Miraculous Journey from a Young Child Orphaned at the Age of Seven to One of Yahoo's Top Ten Most Influential People ~ And He is Not Stopping There...



Tragedy, poverty, and seemingly insurmountable obstacles can cause individuals to lose all hope. With an "ACEs" (Adverse Childhood Experiences) score of 9 out of 10, (10 being the worst), statistically speaking, Dr. Gaines' trajectory was to end up in a very bad place in life. Thankfully, Dr. Gaines canceled the noose when people told this influencer and thought leader, he was "statistically" doomed. The ACEs test didn't exist back when, as a seven-year-old little child, John, walked into his mother's room after school and found her dead from a drug overdose. Dr. Gaines took the ACEs test at the age of 25, only to find he was technically supposed to have been in the category of someone for whom there was no hope. In addition to the tragedy of his mother's Gaines' father abandoned him (while death. reconnecting later in life before also Fortunately, Dr. Gaines canceled the noise, yet again, when naysayers told him a child born with crack cocaine in his system, with a drug-addicted mother and absentee father, had little or no chance of escaping a bleak fate, much less, going on to become the soughtafter motivational and inspirational speaker, loyal father and husband and highly successful entrepreneur he is today. Against all odds, Dr. Gaines found a path to personal wealth and great success. Dr. Gaines is now imparting his system for forging that same kind of

positive path, to youth nationwide, subsequently becoming the main thrust of his personal mission and walking in his own purpose.

Also known as Dr. John "PUSH" Gaines, he advocates for mentorship, is CEO of a non-profit PUSH for Dreams and core contributor to the RIDEALS, a DEI (Diversity, Equity, and Inclusion) resource hub for students, teachers, parents, and communities, teaching about building and re-establishing healthy learning communities all over the world, and strengthening race relationships to increase student-educator relations, learning recovery and student attendance. Dr. Gaines, as an author and leadership consultant, leads with his personal story of rising from the ashes of the terrible cards he was dealt and powering beyond the wreckage of his past. With all the odds stacked against him from a very young age, Dr. Gaines still overcame the adversity to become one of Yahoo Finance's 10 most influential people alongside inspirational giants such as Denzel Washington and Anthony Robbins. By communicating the experiences of a very difficult and seemingly insurmountably adverse childhood, Dr. John Gaines deeply connects with people who have never had a single person in their life believe in them. "I believe, every young person, despite the obstacles,

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despite the adversity they face, every young person is just one 'I believe in you away from achieving their dreams," Dr. Gaines teaches. This, in fact, applies to adults as well, and the motivational message elevates everyone who embraces it.

Shortly after the untimely death of his beloved mother, Dr. Gaines was asked by his first-grade teacher what he wanted to do in life, and what his dreams and aspirations were. Dr. Gaines' first reply was, "There is nothing I want to do, there is nothing I want to become." The teacher persisted and said, "There must be something, John." At that moment, as his eyes drifted upward in search of the answer his teacher was seeking, he saw on the wall, a portrait of Dr. Martin Luther King and it struck him, "I want to be a Doctor, like Dr. King." Mrs. Keolker (formerly Crowley)", the first-grade teacher, then said something very simple, but her words impacted Dr. Gaines' entire life, "John, I believe in you." Dr. Gaines explains how that was the first moment he began to love himself and the first moment he began to believe in himself. Within the seeds of that moment was the soil which ultimately allowed that seed to germinate into the great works this man has done and continues to do. Dr. Gaines recalls, "I knew there would be kids that would face what I had to face, and I wanted to give them inspiration to not give up on their dreams." Years after Mrs. Keolker imparted that seed of belief in Dr. Gaines, a young, rising prominent business entrepreneur and educator, Dr. Timmie R. Foster, came along to water it, and inspired him to scale and economically develop that belief. Dr. Timmie R. Foster and Dr. Gaines currently partner on several multi-million dollar projects for youth and educators and continue to believe in the future of children, families, and educators together. It is said that the antidote for fear is faith, which definitely has a place. Dr. Gaines also adds that the opposite of fear is knowledge, and the cure to fear is knowledge.

Dr. Gaines teaches, as knowledge increases, fear decreases, and the more knowledge, the more confidence. "I found I would read and learn and the more knowledge I obtained, the less fear I had to make decisions, the less fear I had to create and be what I wanted to be. My gift is being a great learner. I encourage anyone to look beyond whatever their circumstance might be, and just fall in love with learning," says Dr. Gaines. The elucidation within this simple, but impactful, message, shines brightly throughout the projects and organizations Dr. Gaines is associated with and will continue to do so for generations to come. When asked how Dr. John Gaines rose above the circumstances he was born into, and how he escaped the negative people, places, and things around his childhood self, to become a highly educated and successful entrepreneur and leader? Dr. Gaines speaks about the "Pigeon vs. The Eagle." "I believe when you realize you were created to be an eagle, you begin to elevate," he explains. Dr. Gaines goes on, "When you are 10,000 to 20,000 feet above sea level in the air, you will only see other eagles because pigeons can't fly that high." The modern-day philosopher, relates this analogy, not only to his success in business but to finding himself the perfect partner, his wife, Emily Gaines. Fortunately, Dr. Gaines' other siblings have very successful marriages so he knew it was possible. Dr. Gaines looked at other couples he really appreciated and pulled things out that he wanted for his own relationship and future. As Dr. Gaines began walking in his purpose, he knew whoever God had for him, was going to be at the eagle altitude and that he didn't need to come back down to the ground to find that person. This concept also relates to business and all other areas of life. "I believe all people have the potential to elevate to that level, and then when you do, you are going to run into other people, associations, whoever that is, that are also operating at that level. So for me, it was really about, not necessarily looking for

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the right things, but looking for those things in myself, then actually having the courage to actually elevate," explains Dr. Gaines.

At present, Dr. Gaines is focused on his non-profit leadership academy, PUSH for Dreams, and the latest project where he is a core contributor, rIDEALS.org, a DEI resource hub. The foundational concept around RIDEALS and everything Dr. Gaines is involved in, all starts with a belief. That belief changes attitude, and attitude makes it possible to develop a positive selfimage to achieve anything. The curriculum and experiential training provided by the thought partners of RIDEALS, for example, offer kids, teachers, parents, and administrators accessible tools to facilitate imparting belief and respect for their experiences and their heritages into each other. Having this kind of training available in the school system helps teachers and parents to be reminded they can be that one person who believes in a child and positively impacts his or her life forever. Dr. Gaines is teaching teachers, parents, and even other students how to be that one person who says, "I believe in you." The aim is to help people identify their systems and to realize we all go through something. Understanding 'life isn't always easy for everyone is part of the training, but the difference between good and great is learning how we use that pain for a purpose, and how to turn that pain into a promise. Dr. Gaines teaches, "Every individual has the seed within them to be powerful and successful, but the seed cannot germinate on the window sill, it needs to be in the soil to grow into a tree." Every seed, regardless of color, culture, gender, physical or mental ability, race, nationality, orientation, or religion, has that potential within it. "When that tree grows, then you will have fruit. I realized that the tree does not benefit from its own fruit, it is for others." With rIDEALS for the education sector and his non-profit, PUSH for Dreams, Dr. Gaines shows people how to find their gifts and

their purpose. He provides the soil for the potentially powerful seeds everyone has inside them, to grow into strong trees that bear fruit. The overall aim is to not only learn how to share one's own story and learn to communicate but to impart that skill and knowledge to others. Dr. Gaines, RIDEALS, and PUSH for Dreams, are changing people's lives in many positive ways. The goal to impart the message, "Activate the greatness that is birthed inside you," comes through in all of Dr. Gaines' endeavors. Dr. Gaines' motivation and inspiration helps everyone, especially young people, to find their gift, walk in their purpose and learn to believe in themselves. This leads to forming successful habits and attitudes and successful systems which all lead to success in life. Elevating everyone who is willing, in not only schools and communities, but the world, is the fruit, Dr. Gaines' tree of purpose bears, and everyone lucky enough to experience it, benefits in impactful, meaningful and even life-changing ways.

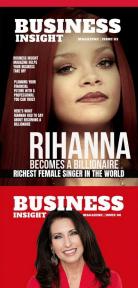
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KIM DAVIS

7 Most Successful Women Business Owners



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Kolline lee The Love Queen

How did I get here?

I run a successful coaching business helping countless men and sometimes women to transform their love lives. I am divinely guided. I wake up every morning feeling blessed, grateful, happy, and honored to have created a life I absolutely love and adore. I have two beautiful, incredibly strong-willed daughters, who are passionate about life. I call myself "The Love Queen" as I know the secrets to attracting high-value mates, embodying love, and tapping into my femininity in all aspects of my life, especially my romantic life.

It certainly didn't happen overnight. Five years ago, I was suicidal in a narcissistic marriage. My then-husband had left me for the third time. I was an unhappy housewife living in a victim mindset with anger, resentment, shame, guilt, and the pain of heartbreak. I was suffocated by the deeprooted - I am not good enough-ness from my childhood trauma, death of my brother, a toxic marriage, and the deep loss of self. I was also confused and crippled by the



accumulated cultural, societal, and gender conditions. I asked myself many times. How should I move forward? I soon realized and was awakened by the reality that I still have two daughters to raise (10 & 8). I wanted to be their source of inspiration and empowerment. Thus, my journey of self-discovery began with the following steps:

STRENGTHENING SELF LOVE

I had a tremendous curiosity to learn about myself and the world. Loving myself became my top priority.

Self-love is beyond self-care routines. It is reaching the "wholeness" of our overall well-being. It is the balance of our body, mind, and soul. Self-care routines focus more on the "body" aspect of self-love. Living a healthy lifestyle, exercising regularly, and eating healthy meals are all part of enhancing the "body" aspect of self-love.

Self-love also included healing my inner child. Healing my inner child was a focus of healing the "soul" aspect of me. This is to deepen self-trust. I needed to regain my self-trust as I had abandoned myself in the past by allowing others to push my boundaries. Thus, healing my inner child by talking to my inner child and by pampering my inner child were the steps I took to fulfill and love myself unconditionally. In order to be self-reliant again, I healed my inner child by being my own best friend and accountability partner, and by stepping up and being committed to myself.

In addition, self-love also meant rebuilding and reinventing myself. The quest of reinventing

myself became the most rewarding experience of my life. This was where I invested in the "mind" aspect of self-love. Knowledge is power. I began to hire coaches, read books, attended personal development seminars, events, watch YouTube videos, etc. This focus of self-love was on rebuilding a BETTER me and the HIGHEST version of who I am, on a continuous basis by adapting to a growth mindset.

Lastly, self-love also included forgiving and accepting myself of what happened in the past. We can't go back in time, but we can forgive ourselves and forgive all the people involved in those experiences. It is to achieve the deepest inner peace and freedom. Forgiving yourself ultimately will set you free. In that process, I allowed myself to hit the "reset" button of my life and to start over anew, fresh, to rewrite my story.



SHIFTING TO ABUNDANCE MINDSET

I also began by imagining myself as a blank canvas. I realized what happened in the past was meant to make me stronger. If I am the creator of my life, the hero in my story, what do I want to create? I asked myself repeatedly: "Who do I want to be today and in the future?" I soon realized and adapted to the abundance mindset. I am a firm believer that "thoughts create reality". When we think positively, we emanate positive energy, which results in us taking inspired actions toward our goals. Thus, positive thoughts inspire better decisions and drive positive results. The abundance mindset combats the victim mindset as well as the scarcity mindset. It kills two birds in one stone. To think abundantly is to think that the world is limitless with no lack. The Universe IS limitless. Thus, in a limitless world- we are limitless and unstoppable to achieve anything and everything we desire in life.

HONORING OUR HEART AND SOUL

This may seem to be the hardest part for most people. I want you to know that we have all somehow been preprogrammed with "people-pleasing behaviors" in our childhood or in past relationships. Humans are innately born to be kind-hearted. With that, we have positive qualities that tend to be compassionate, helpful, loving, and giving. Don't get me wrong, these are absolutely wonderful traits. The challenge is for most of us: where do we draw the line? I want to remind you that in any situation, we should strive to create a win-win solution. People who overly

please others are "unknowingly" dishonoring the desires of their hearts and souls. This applied to me when I was in my narcissistic marriage. Despite others' behaviors, we need to have the self-awareness to gauge if we dishonored our own hearts and souls in the process by not setting stronger boundaries. I learned this the hard way. Thus, I began to do what was right for me to honor the desires of my heart and soul. Practice makes perfect. Before I knew it, I was living an empowering life that I love. I encourage you in all aspects of your life, to create a balanced win-win approach such as in personal, business, romantic relationships, friendships, etc,.

I FTTING GO

Letting go of the things, people, or what no longer serves us in our lives is super important and empowering. It should also be done on a continuous basis in evaluating where we spend the most time. Are they serving us to our highest good? In my own life, the first thing I had to let go of was my toxic marriage.

To let go of something or someone is to take our power back. This also applies to all aspects of our lives. In love, it could be a marriage, a relationship, or someone we are dating. Walking away is the most powerful tool you can adapt to in propelling toward the future that you envision.

TRUSTING THE UNIVERSE

The final piece and the most important piece are my faith, my spirituality, and my belief system. We ought to keep faith even in the most trying time. Life is a journey with many lessons and

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learnings. We inevitably go through life's ups and downs, career changes, deaths, relocations, divorces, etc. it's through the most difficult times that strengthen our faith, our spirituality, our belief system, etc. Let me state: I respect and am inclusive in my views on religion and spirituality. I believe there's a higher power in this universe that governs things that we can't control. So you may call that higher power as God/Lord/Universe/ Source/Vortex/Allah/Buddha, etc.

My own personal experience with the higher power happened 5 years ago. When I was lost in my marriage and was uncertain how to go on with my life. I was suicidal one night. God came to me that very night. He spun me into the sky, slowly then very fast, lifted me up from my bed passing my ceiling into the sky.

At that moment, I was certain who he was without a doubt. I pleaded, "God, please help me!" He answered firmly, "No one can help you, only YOU can!" Since then, I changed the outlook of my life and took the inspired actions of taking my power back to live a life that I truly desire.

I embrace and respect that all of us may have different experiences in our spiritual journey. The goal is to find our true life's purpose. I created a coaching business that helps elevate individual consciousness to raise collective consciousness as a whole. My goal is to heal the planet and spread more love into the world.

Together, we can. It all starts with us. We ought to go within to unlock the love within us. Without loving ourselves, we won't have love to give others. Without filling our own cup to emanate self love and positive energy, we won't call in what we desire externally. Manifestation starts from within. It starts with our belief system. Keep faith, trust that the Universe is on our side. We don't manifest what we deserve in life. We manifest what we BELIEVE we deserve in life.

Please reach out to me to share your story. I offer one hour complimentary consultation calls to both men and women. I can listen, advise and provide resources for you. I look forward to inspiring and empowering you to live a life you envision.

Love you more!



Kolline Lee is a Certified Love, Relationship and Sex Coach. She is the founder of Kolline Lee Coaching, LLC. She supports single men to find the love they desire and deserve through self love, authenticity and being the HIGHEST version of themselves.

It's such an honor to be featured in this magazine. I feel divinely guided and blessed to share my story with you.

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