

Created to Inspire, Inspired to Create

TEXAS INKED

Thank You



2020... Blah

I don't even think it deserves addressing.

We want to send our love to those whom have experienced loss during the last year. We won't impose with our political views, just know we did our part in trying to end the spread.

2021

Looking forward, we hope 2021 meets us all with health, wealth, and payback. (We all deserve to be reimbursed for 2020, we are worth more than the \$600 our government thinks we are!)

The new year is going to bring some changes to our little magazine. Stick with us as we try to rebuild and get back to our regular printed material. We have not yet solidified the plan, as it is ever changing during these crazy times. We are working hard behind the scene to get back to what we had built from the ground up 6 years ago!

Watch for our new Pro-team Artist and Models to be dropped in Jan 2021!!!
WE ABSOLUTELY OWE EVERYTHING WE HAVE TO YOU, OUR SUPPORTERS!
We want to recognize those who have made contributions to keep up going the past few months.

Thank You:

Deanna James

Jay Joree

Char Mcgaughy

Jenny Rodriguez

Abel Torres

Jeffrey Williams

May Urias

Butter Kills

Sam Coward

It is hard to put in words how lucky we are to be supported by you.

***Thank you!**

We would like to
send a special
thank you to the
men and women
who keep us
looking good!

Thank
you

Our
Texas Inked
Pro Team
Artist!!!



RYAN (RYNO) TAYLOR



KARA KLENK



GRAHMATTER



TRENT VALLEAU



JEREMY GANDY



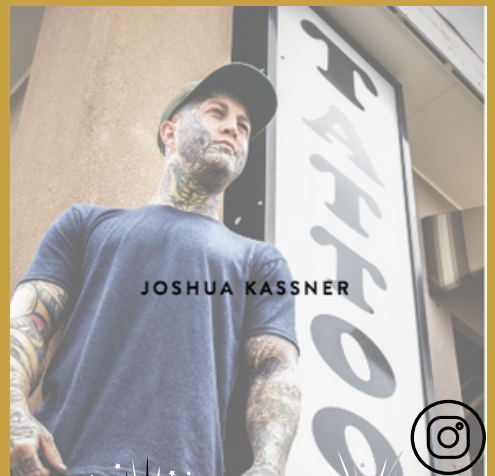
JOHNNY BEAVERS



ROCHELLE ALVAREZ

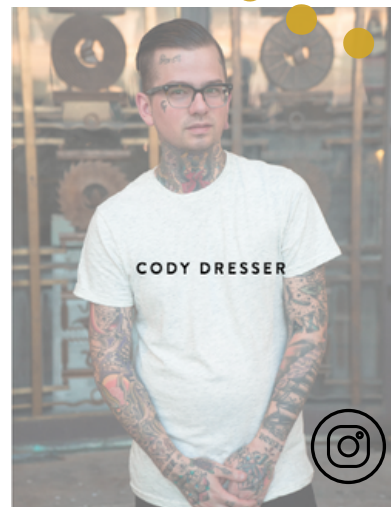
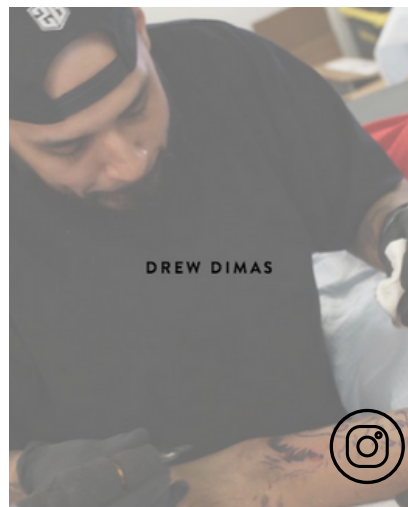


QUIN HERNANDEZ



JOSHUA KASSNER





THANK YOU

It is never easy being away from family, but this year changed that for us.

This year made it really sink in.

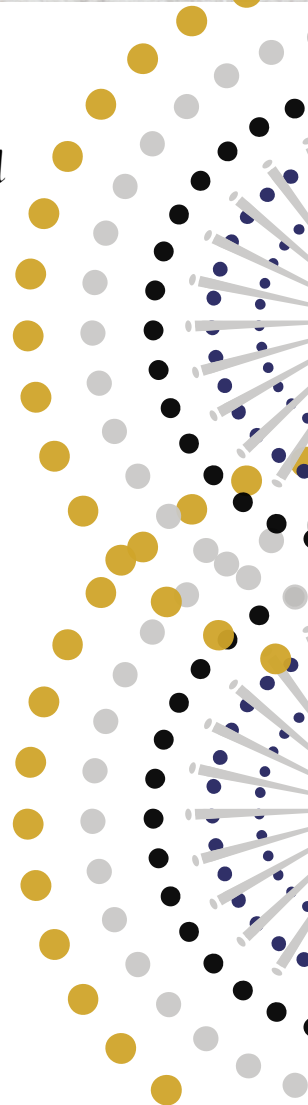
Texas Inked would be a sad place if we never met our artists! Each of these people hold a special place in our heart and will always be considered FAMILY!!!

We have missed you guys so much this year. Dates are lining up for 2021 and will see y'all at shows, in the streets, and maybe even at your own shop!!!

If you are not part of the Pro Team and would like to be considered...

- Be from, in, or around TEXAS!
- Use the @ & # - Visibly in your post or story!
- Send a formal submission via our online form! [Click Here](#) to go there now.
- Be a great Artist!

It's pretty easy! We would love to see the family grow!



New Year, New Me!

Every year around this time I get slammed with new clients. Everyone is looking forward to the new year to begin a fitness or health journey that they hope will last a lifetime, right? Here is why it does not last a lifetime and the flaw in the fixed mindset that prevents us from making it a way of life.

Being achievement focused only – this means you are only focusing on a number goal. A goal weight, a goal size, a goal body fat, seems harmless.

Where is the error in that? Once you hit that goal, you stop, lose focus or get complacent and fall back into bad habits.

You go from 0 to 100 and think that will stick.

You go from not working out at all to saying you will workout everyday.

You go from eating fast food everyday to eating salads all day or starving yourself.

All this does is set you up for failure because when you mess up (and you will, perfection doesn't exist) you feel guilt, shame and let that spiral into bad habits.

Instead of doing this, fall in love with the journey. Celebrate the little wins! Think about your life and what you can manage? Instead of saying I will workout everyday, aim for 3 days a week.

Instead of saying I will never eat bad foods, say I will have one cheat meal per week.

Be realistic and then once you are hitting that goal consistently, then raise it! Celebrating small wins can keep you motivated and focused. It does not have to be hard; it can be manageable.

Lastly, hire someone to help you, guide you and hold you accountable! It's a wise investment and one I've never heard someone say they regret.

So let's make it a forever lifestyle!

More information is available at www.strengthbodymind.com and on Instagram at [StrengthBodyMind](https://www.instagram.com/StrengthBodyMind)

If you have questions about this topic or anything related to health and fitness, drop me a line at stephanie@strengthbodymind.com

Stephanie Trevino, is a certified nutritionist and life coach. She is the founder and owner of Strength of Body and Mind, a full-service consultancy dedicated to strengthening the body and mind through coaching in all aspects of life including professional development, physical and mental health and wellness. Her areas of expertise include physical fitness, nutrition, and mental and physical wellness.



JENNY RODRIGUEZ



KRYSTAL MARIE



THANK YOU

Our Texas Inked Model Team is HOTT! It is always a fucking ball when we get together. As soon as we can get back to conventions you have to meet them. So many gorgeous ladies with beautiful uniqueness.

Think you can hold your own against all this beauty?

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BREANNA KAY



HANNAH VICTORIA



KAELY LYNN



MEGAN LOPEZ



TAYLER MACKENZIE





HAPPY
New
YEAR

TO OUR BRAND AMBASSADORS, CONTENT
CREATORS, WRITERS, PHOTOGRAPHERS
AND ANYONE ELSE WHO LOVES AND
SUPPORTS US...
THANK YOU, WE KNOW THERE WOULD BE
NO US WITH OUT YOU!

This Month's

FEATURED

Product

*Black and
White
"Chaos"
Backpack
\$55.00 + s/h*

This all-over print medium size backpack has plenty of room with a big inner pocket, a separate section for a 15" laptop, a front pocket, and a hidden pocket at the back. The bag is made of a water-resistant material, which is all-over printed with your designs. The soft, padded mesh material on the back and the black handles make it perfect for daily use or sports activities.

Check Out All Our Products
www.texasinked.com/shop



YOUR AD
HERE



LET US HELP YOU REACH THE TEXAS ARTS COMMUNITY...

NEWSLETTER AD PRICING

EMAIL NIKKI@TEXASINKED.COM FOR MORE INFORMATION OR TO PURCHASE.

Prices Increasing Jan 1st!

		
1/3RD PAGE	1/2 PAGE	FULL PAGE
\$25 WKLY \$90* MNTHLY	\$50 WKLY \$175* MNTHLY	\$100 WKLY \$350* MNTHLY

*Discount only applies if paid in full. # of weeks in each month will vary, prices will not. No design included, you must provide your own artwork.