

NOWBE, Inc  
3101 Holland Cliffs Rd.  
Huntingtown, MD 20639

Greetings,

I am introducing you to HEM 365! 365 Days of **H**ope, **E**ncouragement, and **M**otivation. 365 Days to touch the HEM of His Garment. HEM is a part of NOWBE, Inc., a startup nonprofit that focuses on character building for our youth.

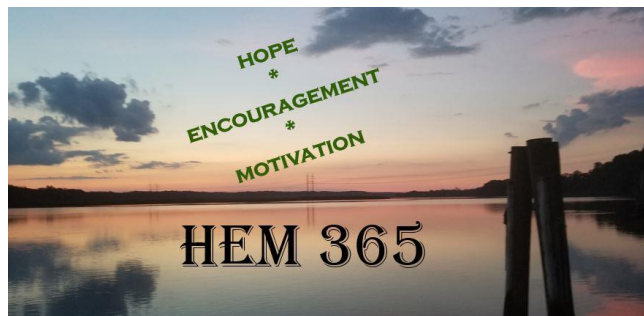
I need 365 Christian men - all ages, creeds and color, to deliver a two minute or less message to our youth to give them HEM to start their day. Our children need to know that they can be healed through Christ, regardless of their situation. The videos will be placed on the HEM 365 YouTube channel. Will you assist me? If so, please do the following:

1. Pray. Choose a topic. Write down what you want to say. Pray over it.
2. Make a 45 sec to two-minute video.
  - a. You can share your first name on the video, but no other identifiable information.
  - b. Start each video saying:  
**Good morning – I am here to start your morning with Hope, Encouragement, and Motivation. You are loved, valued, and respected. Hold your head up high.**
  - c. End each video saying:  
**Today is a new day and a new opportunity. You can do anything you put your mind to. You can be anything you want to be.**
3. Read and sign the video release form below.
4. Email your video. Please put your chosen topic # and topic in the subject line of the email. The Video Release Form should be attached.
5. Please submit by Saturday August 31, 2019.

Please share with other Christian men who also have a positive message, forward this invitation to them as well. If you have any questions or concerns, please do not hesitate to contact me.

Thank you!

Blessings to you,  
Regina Carrell  
NOWBE, Inc.  
[ginanowbe@gmail.com](mailto:ginanowbe@gmail.com)  
678-656-9393 (text is best)



Point your kids in the right direction –  
when they're old they won't be lost.  
Proverbs 22:6 (MSG)

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## VIDEO RELEASE FORM

I, \_\_\_\_\_, hereby grant permission to NOWBE, Inc, the rights of my image, in video or still, and if the likeness and sound of my voice as recorded on audio or video tape, given freely, without payment or any other consideration. I understand that my image may be edited, copied exhibited, published or distributed and waive the right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive any right to royalties or other compensations arising or related to the use of my image or recording. I also understand that this material may be used in diverse educational settings within an unrestricted geographic area.

Photographic, audio or video recordings me be used for ANY USE which may include, but is not limited to:

1. Presentations;
2. Courses;
3. Online/Internet Videos;
4. Media;
5. News (Press);

By signing this release, I understand this permission signifies that photographic or video recordings of me may be electronically displayed via the Internet or in the public educational setting.

I will be consulted about the use of the photographs or video recording for any purpose other than those listed above.

There is no time limit on the validity of this release nor is there any geographic limitation on where these materials may be distributed.

This release applies to photographic, audio or video recordings collected as part of the sessions listed on this document only.

By signing this release, I acknowledge that I have completely read and truly understand the above release and agree to be bound thereby, I hereby release any and all claims against any person or organization utilizing this material for educational purposes.

Print Full Name: \_\_\_\_\_

FIRST

MIDDLE

LAST

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If this release is obtained from a presenter under the age of 19, then the signature of that presenters' parent or legal guardian is required.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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#	SUBJECT
1	"Picture Me" -How Do You See Yourself?
2	10 Minutes Of Movement
3	A Part of Community
4	Abandonment
5	Abstinence
6	Accept Yourself
7	Acceptance
8	Accountability -Don't Go Alone
9	Accountabilty For Yourself and Your Actions
10	Accepting and Supportive Communities
11	Adjusting to New Environments
12	Advice
13	Alcohol and Drug Related Crime - I Didn't See This Coming
14	Anger
15	Anorexia
16	Anxiety
17	Attitude Control
18	Be a Builder
19	Be A Giver
20	Be a Team Player
21	Be About Something
22	Be an Individual
23	Be At Peace
24	Be Aware of You
25	Be Bold
26	Be Cheerful
27	Be Coherent
28	Be Confident
29	Be Consistant With Yourself
30	Be Consistent
31	Be Courageous
32	Be Deliberate
33	Be Flexible
34	Be Happy
35	Be Helpful
36	Be Inspired
37	Be Kind Hearted

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38	Be Like a Tree Planted by the Waters
39	Be Optimistic
40	Be Persistent
41	Be Prepared
42	Be Proud
43	Be Thankful
44	Be Your Best You
45	Becoming Desensitized - Beware
46	Being a Gentlemen
47	Being Adventurous
48	Being Alone for Real- Who Can I Reach Out To?
49	Being Apathetic
50	Being Betrayed by Someone You Trust-How to Move On
51	Being Brave
52	Being Charming
53	Being Connected
54	Being Considerate
55	Being Easy-Going
56	Being Fair
57	Being Friendly
58	Being Genuine
59	Being in the Best You
60	Being Patient
61	Being Petty
62	Being Playful
63	Being Polite
64	Being Safe
65	Being Self-Aware
66	Being Spirit Filled
67	Being Thoughtful
68	Being Tolerant
69	Believe In You
70	Boastful
71	Brain Development Facts
72	Bridle Your Tongue
73	Built To Last
74	Bullying
75	But What Do I Say No To?
76	Calm Down

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77	Celebrate Your Success
78	Clean Up After Yourself
79	Clean Your Space
80	Commitment
81	Communication Skills
82	Competition
83	Complacency
84	Confide in Someone
85	Conflicting Expectations
86	Confusion
87	Consequences
88	Cooperation
89	Coping Skills
90	Counseling -Seek Help
91	Count to 15 and Be Cool
92	Create a Routine
93	Criminal Activity-You Have Choices
94	Cyber Bullying
95	Cyber Safety
96	Dealing with Depression
97	Dedication
98	Defiant Behavior
99	Depression
100	Destructive Behavior
101	Digital Natives vs Digital Immigrants
102	Do Good to Others
103	Do It Right When You Do It
104	Do Not Interrupt
105	Do Something Awesome Today
106	Doing Things That are Good For You
107	Don't Have a Jellyback
108	Drama-Free
109	Drinking and Driving
111	Drinking Is Better Than Doing Drugs
112	Driving and Texting
113	Drug Use
114	Eating Disorders
115	Eating Right
116	Emotional Submission

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117	Everything Is Not For Me-Drawing the Line
118	Excuse Yourself-No One Is Perfect
119	Exposure to New Experiences to Help Your Future
120	Failure
121	Fake News
122	Family
123	Family Issues - They are Dysfunctional
124	Fatherless
125	Feeding Your Mind
126	Feel It, Validate It, Overcome It
127	Feeling Alive
128	Feeling Alone
129	Feeling Heavy and Burdened
130	Find Out Who You Are, What Do You Like, What Do You Want to Do?
131	Find the Positive
132	Find Your Peace
133	Find your Power
134	Find Your Swag
135	Finding a Church
136	Finding a Job
137	Finding Balance
138	Finding Your Extraordinary
139	Finding Your Ministry
140	Five Ways To Overcome A Situation
141	Following the Crowd- What Do You Gain/Lose from that?
142	Forgive Others
143	Forgive Yourself
144	Freedom vs. Bondage
145	Gains, Mental
146	Gains, Physical
147	Gains, Spiritual
148	Goal-Oriented
149	God Does Not Make A Mistake-He Planned For You To Be Here
150	God Is My Best Friend
151	Good Decision Making
152	Good Energy
153	Grades
154	Grief/Bereavement
155	Guard Your Seed -Harvest Will Come

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156	Gun Safety
157	Harassment
158	Hard-Worker
159	Have Fun, Enjoy Life
160	Having a Great Imagination
161	Having a Sense Of Humor
162	Having Self Discipline
163	Health Matters
164	Healthy Choices
165	Help with Chores
166	Heroes
167	Heros
168	Home Sweet Home
169	How Can I Be a Good Friend?
170	How Can I get Out Of a Gang?
171	How Do I Keep Going When I Want to Quit?
172	How Do I know I Have Made a Real Friend?
173	How Do I Overcome a Situation I Cannot Change?
174	How to be Brave
175	How to become Motivated?
176	How to Cope
177	How to Deal at Home If I Hate it
178	How to Deal with Bullies
179	How to Deal with Racism Against Others
180	How to Deal with Racism Against You
181	How to Handle Being Treated Unfairly
182	How to Handle Heartbreak
183	How to Make Relationships Work
184	How to Recognize if You are Sabotaging Yourself
185	How to Stop Sabotaging Yourself
186	Humble Yourself
187	Husband Material
188	Hygiene
189	I Adapt to Change
190	I Am A Dreamer
191	I am a Leader
192	I Am a Planner
193	I am a Team Player
194	I Am a Thinker

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195	I am a Winner
196	I am Ashamed
197	I Am Being Abused-How Do I Get Out of This Situation?
198	I Am Brilliant
199	I am Capable
200	I am Creative
201	I Am Credit Worthy
202	I Am Determined
203	I am Embarrassed Because What I Have is Different
204	I Am Energetic
205	I am Enough
206	I Am Faithful
207	I am Free
208	I Am Generous
209	I Am Honest
210	I Am Important
211	I am In Trouble- What Next?
212	I am Innovative
213	I am Loved
214	I Am Loyal
215	I am Motivated
216	I am My Own Person
217	I Am not Thrilled or Motivated - Leave Me Alone
218	I am Outstanding
219	I Am Passionate About...
220	I Am Proud
221	I Am Significant
222	I Am Smart
223	I am Still Doing Good Even Though I Drink?
224	I am Strong
225	I Am Understanding
226	I Am Using Drugs and I Do Not Plan On Stopping
227	I Am Using Drugs- How Do I Stop?
228	I Am Wise
229	I Can Create a Budget
230	I Can Gain Knowledge
231	I Can Have A Savings
232	I Can Make Investments
233	I Can Own My Own Home

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234	I Do Not Have to Follow You
235	I Feel Confused
236	I Have a Real Job, Now What Do I Do?
237	I Know Best
238	I Know How To Manage My Money
239	I Love Math
240	I Love Science
241	I Love to Learn
242	I Love to Read
243	I Must
244	I Need Help, How Do I Ask?
245	I Want to Be Stable
246	I Was Raped - How Do I Get Help?
247	I Will Not
248	Illegal Guns
249	In Order and In Season
250	Inner Strength - How Do I Build It?
251	Intentional Sharing
252	Interactive Games
253	Invest In Yourself
254	Is God Real?
255	Is It Worth Your Time?
256	Isolation is a NO GO!
257	It Is Important To Be Heard
258	It Is Important To Listen
259	It Takes You! You Have What it Takes!
260	It's Not Funny
261	It's Okay If It's Not My Way
262	Jealousy
263	Keep Your Hands to Yourself
264	Know and Name What You Will Not Tolerate
265	Know the Who, What, When, Where and How of Your Surroundings and Situation
266	Know Your Limitations
267	Know Your Past: Acknowledge it & Shape Your Future: Live It
268	Know Your Priorities
269	Know Your Truth
270	Knowing When to Let Go
271	Let Stuff Go!
272	Life Goals

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273	Life is Difficult
274	Life is Too Full to be Mad
275	Limit Digital Time
276	Listen to Your Heart
277	Listen to Yourself
278	Listening Skills
279	Look Inward- Discover Yourself
280	Losses, Mental
281	Losses, Physical
282	Losses, Spiritual
283	Love the Success of Others
284	Love Your Success, But Don't Brag
285	Love Yourself
286	Make a List
287	Making Healthy Eating Choices
288	Making Progress
289	Making the Wrong Decision-Making a Comeback
290	Making Yourself Stand Apart Positively
291	Mentors - Are they Important?
292	Mind My Own Business
293	Miracles in Everything God Allows You To See
294	Motherless
295	Motivation -What Motivates You?
296	Moving On
297	My Job: Student
298	My Life is Going Through So Many Changes, I Feel Unsure
299	Never Give Up
300	New Day-New Start
301	No Means No
302	Obesity
303	Online Church Services
304	Opinions
305	Oppression
306	Order
307	Out of Control
308	Overcoming
309	Peer Pressure
310	Plan Until You Know Something
311	Plant Seeds to Prosper

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312	Police Brutality
313	Police Confrontation
314	Popping Pills Makes the Pain Go Away
315	Porn
316	Pray for Others
317	Pray for Yourself
318	Project Your Reality, Despite Circumstances
319	Proper Ways to Be Affectionate
320	Protect Your Eyes: On Screen Violence
321	Protect Your Pics - First Don't Take Them - Too Late - Delete Them
322	Puberty
323	Put a Plant in Your House
324	Put the Oxygen Mask ON Yourself-Self Care/Love
325	Rebellious
326	Rejection
327	Repent
328	Reset...1,2,3 GO!
329	Resiliency
330	RESPECT
331	Respect Others
332	Respect Your Elders
333	Respect Yourself
334	Responsibility
335	Rest
336	Rest and Relax
337	Results Oriented
338	Revelation-Find You
339	Role Models
340	Role Models
341	Sadness
342	Salvation
343	Saying No
344	Secrecy/Privacy
345	Secrets from Parents
346	Seize the Day
347	Self-Control - Who is Really In Charge
348	Self-Harm
349	Serve Always
350	Serving Others

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351	Set Your Goal for Today
352	Sexting
353	Sexting
354	Showing Appreciation
355	Sincerity
356	Snap Chat
357	Social Media DON'T's
358	Social Media Do's
359	Social Pressure
360	Speak Clearly
361	Stay Active
362	Stay Focused
363	Staying Calm
364	STDs
365	Stealing -I Could Use That
366	Stop Being Rude, Impolite and Mean -Better Yourself
367	Stress- How to Deal With It
368	Struggling Alone
369	Study
370	Submit To The Lord
371	Suicide
372	Take Care of Your Property
373	Take Care of Another Persons' Property
374	Taking Bad Risk
375	Taking Care of Yourself
376	Taking Good Risk
377	Tangible Outcomes
378	TATS in the Wrong Places
379	TED Talks
380	Teen Hook Ups
381	Teen Pregnancies
382	The Bigger Picture-Knowing What You Can't See
383	The Magic of You
384	The Police as a Positive Part of Our Community
385	The Seed to Unforgiveness
386	The Way I Look Is the Way God Made Me -Perfect in His Image
387	There's A lot You Don't Know
388	There's Room for Everyone to Shine
389	They Make Me Feel Like I Am Nobody

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390	Thinking Outside the Box
391	Three for Me - Top Goals to Complete 1 month
392	Three for Me - Top Goals to Complete 1 week
393	Three for Me - Top Goals to Complete 1 yea
394	Three for Me - Top Goals to Complete 10 years
395	Three for Me - Top Goals to Complete 3 months
396	Three for Me - Top Goals to Complete 5 years
397	Three for Me - Top Goals to Complete Today
398	Time Manager
399	Track It-Be Aware
400	Trust-Earned and Lost
401	Try, Try, Try Again
402	Ugly Hard Choices
403	Understand What You Can Control
404	Understanding LGBTQ!
405	Unfair Consequences
406	Unshakable
407	Upward, Onward...Always Forward
408	Use Positive Language
409	Valuable
410	Value Your Time
411	Vaping
412	Vent
413	Video's- Some are NO Go's
414	Violence At Home
415	Watch Me Shine
416	What Are Options to Violence?
417	What Did I Finish Today?
418	What Do I Do to Pick Myself Up?
419	What Do I Do When I Am Attacked?
420	What Do I Do When I am Embarrassed?
421	What Do I Say Yes To?
422	What if I Don't Feel Special/Loved/Valued
423	What is Going On Outside of My World?
424	What Makes You Special
425	What Makes You the Judge?
426	What You Say Is Important
427	When Is It Time to Fight?
428	When Someone Dies

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429	When to Bail on A Relationship
430	Where are My Parents - Raising Myself
431	Where Can I Find Help if No One Is Here for Me
432	Where Do You See Yourself?
433	Where Is God?
434	Who Makes You Special
435	Why Do I Bully Others
436	Why Do I Hurt Other People?
437	Why Do I Owe 10% Tithes
438	Why Do We Need the Police?
439	Why Does the Police Need You?
440	Why Is Vaping a Better Alternative?
441	Wife Material
442	Words Matter
443	Working Together
444	Yes Means Yes
445	You are #1
446	You are a Masterpiece
447	You are a Winner
448	You are an Inspiration
449	You Are Better Than My Situation
450	You are Capable
451	You are Dynamic
452	You are Good
453	You Are More Than Enough
454	You are Strong
455	You Are What You Consume - Explicit Language and Violence
456	You Can Complete It- You Must Start First
457	You Did It!
458	You Fit in This World
459	You Know A lot
460	You Owe 10% to Yourself
461	You Owe Yourself 10% of Your Day
462	Your Body Is Your Temple
463	You're Going to Make All Kinds Of Mistakes
464	YouTube It - The How to Guide to Studying
465	Zoom in Close - Do You Like What You See?

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