

“ Growth mindset individuals have a hunger for learning, love to tackle challenges and grow as an individual. Failure doesn't always = disappointment, but instead adds a valuable life lesson that helps them grow. ”

- Teressia Crandall-Mutch
The Social Crush

TRANSFORM YOUR SUNDAY

MAKE A HOME-COOKED MEAL

BUY FRESH FLOWERS

WASH YOUR BED SHEETS

MEAL PLAN

SIGN UP FOR A NEW FITNESS CLASS

SET INTENTIONS FOR THE WEEK

STRETCH YOUR BODY

WRITE A LOVE NOTE TO YOURSELF,
HIDE IT WHERE YOU'LL FIND IT LATER

DECLUTTER ONE AREA OF YOUR
HOME, COMPUTER, OR LIFE

SEND A FRIEND A MESSAGE OF
APPRECIATION AND LOVE

HAVE A PHOTOSHOOT WITH
YOURSELF (HELLO SELF-TIMER)

ORGANIZE ALL OF YOUR PAPERS
INTO ONE LOCATION

LIGHT SOME CANDLES

JOT DOWN YOUR ERRANDS/BUY
LIST FOR THE WEEK

Embrace your
fear of success

Stop giving
power to the
things that dont
empower you.

MARKETING STRATEGIES TO INCREASE SALES

1. **Get customer reviews & promote them**
2. **Create a referral program**
3. **Leave your business cards in high-traffic areas**
4. **Send your current customers a gift/offer**
5. **Speak publicly at events, workshops, libraries, etc.**

Transformation
begins with
purpose.

You are
worthy
of all that
you desire.

**Don't let
yourself be
defined by
hardship.**

Authenticity is what happens when you refuse to let your choices be steered by external validation.

If an
opportunity
does not
exist,
create it.

DEVELOP THE PERFECT WORK-LIFE BALANCE

1. Know your limits & respect them
2. Create a solid routine
3. Get more sleep
4. Plan your social interactions
5. Take a break from screens

**What you see
often depends
on what you
are looking for.**

Struggle



Failure

Take rejection with joy.

Hold your failures in a positive space.

Your path is being paved, steering you away from all that isn't meant for you.

Align your mindset accordingly.

**Your existence is made
up of many experiences,
relationships, successes,
failures, celebrations,
values, and hopes.**

**Within each moment lies
a single common
denominator:**

Your health.

**You don't have to give
100% of yourself every
single day.**

**Some days, you may only
be able to bring 20% to
the table.**

**However, you have to
commit to giving 100% of
that 20%.**

Because you deserve it.