

“ 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.**