



START

transformation

HERE

hello beautiful

IT IS TIME to tap into your Devine Flow, and start living the life of your dreams- TODAY- right now- right this very second- STOP everything and take the time to read every single word...

I am so honored you've followed your inspiration, and chosen to take the first steps toward taking your life, your business, and your relationships to the next level!

I am here to support you along this incredible journey you are about to embark on!!

I also, gratefully, have a group of other women entrepreneurs that also enjoy sharing their life hacks, that help empower other women to create the lives THEY want, as much as I do; where we support each other in a private online facebook group that I highly advise you to join TODAY!!

First things first- MINDSET

- 1, YOU ARE HERE FOR A REASON- not by chance and you absolutely have the choice and power to stop reading, close the page and go on about your day.
- OR... You can open your heart and mind and realize that you have been lead here. To the most direct way I've been able to come up with to efficiently explain the most effective way to go from where you are now, to well on your way to exactly where you want to be, in three simple steps...

Actually... IMO (in my opinion), Mindset has 100% to do with your success! Hear me out...

FAITH, BELIEF, OUTLOOK all determine your success- WAY more than your knowledge and talent!!!

Now, let's face it, our talents are an absolute blessing, and a definite ingredient, but I'm telling you blind faith- I'm talking Jesus and Moses type of faith is where the real magic lays! Thats where miracles happen! Thats where you find Surrender. Motivation. Inspiration. Creation. Beauty. Love.

If you are tired of frustration and overwhelm and ready to amplify your life! - Read on...



#businesstips

Airplane Mode! Being an entrepreneur- the amount of different tasks listed for the day can feel near insanity... Staying focused long enough to complete said tasks can feel nearly impossible; especially in todays electronic age...

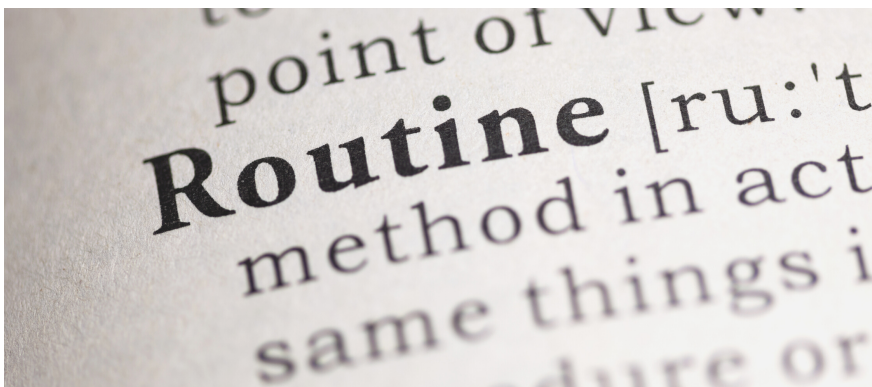
Setting my devices to #airplanemode during times I really need to focus uninterrupted has been an absolute #gamechanger in my productivity!

[LEARN MORE](#)

#lifehack

Morning Routine! Developing and sticking to a morning routine has been one of the best decisions of my life in helping me maintain a positive outlook throughout my day.

Regardless of the chaos and expectations around me, I KNOW I am calm cool and collected no matter what comes my way.



Looking for more inspiration?

Follow me on all social:
[@apothecaringjen](#)

Tune into the Podcast: [Random Thoughts- Some Useful](#)

Check out the [Blog](#):
Mind + Body + Business

Connect with my mentors:

[Regina Perriera, LPC](#)
[Authentic Connections Counseling](#)
regina.g.perriera@gmail.com

[Jarod Allen, LPC](#)
jarodallen@live.com

Books to read:

START HERE
[@apothecaringjen](#)

[You Squared](#)
Price Pritchard, PHD

[You Can Heal Your Life](#)
Louise Hay

[Loveability](#)
Robert Holden

[A Return To Love](#)
Marrianna Willianson

Connect with me:

[Website](#)

[Blog](#)

[Podcast](#)

[Clothing Co.](#)



what now...

If you haven't already taken the time to read through my [website](#), please do... Lots of information there to help paint a picture of how I aim to empower other women entrepreneurs; so I won't take the time to outline all of that here.

Life hasn't always been so enjoyable for me... Childhood was wonderful in so many ways but also very chaotic... most of my adult life has been non stop working- trying to "do something with my life" "make something of myself" and a whole lot of emotional pain that manifested into physical pain, infertility and failed relationships...

I've made something of myself... "successful" multiple-streams-of-income entrepreneur... I've lived all over the globe; worked with all sexes, ages, professions and status quo's... I've been a waitress; bar tender; secretary, office manager, photographer, graphic designer and interested in too many things to list in between.

I feel like I've lived a lot of life in a short amount of time and have a lot of wisdom from some unique experiences to offer to anyone wanting to venture off into the world of entrepreneurship and love nothing more than the chance to empower anyone looking to create something especially if it has the potential to impact the lives of others!

I come from a period of time where I can remember when the internet didn't exist- neither did cell phones- let alone hand held computers with cameras better than my professional grade Nikon!! I learned photography in an actual dark room!

I've mostly self taught (fumbled) my way through learning how to business and branding and want to help other aspiring entrepreneurs live their boss babe dreams!!!

Below are a few challenges to get you started on your transformation journey.... if you will do each of these you'll be amazed at how different your life can look in a few weeks time!

Every Morning, in the mirror, recite:

I am youthful and timeless.

I am Love

I am Successful

My business is thriving

My family is thriving

I love my life!!

EVEN IF YOU DON'T FEEL these words to be true!

Commit to one week!

- Develop a morning routine! More on this [HERE](#)
- Get yourself a Mentor, or two or three
- Inject more laughter in your day-to-day
- Start a mindful, daily practice of gratitude
- DECLUTTER three spaces in your home and office
- Find ways to have more life giving conversations!
- Do at least one thing daily that helps you feel at peace- if not joyful
- MOVE- just move... begin with only 5-10 squats and build on your activity each day



SUPPORT GROUP
CLICK HERE



healthy recipe

STRAWBERRY, FETA, SPINACH SALAD

This- BY FAR is my absolute most favorite salad and is SO easy! All you need:

- | | |
|---------------------|--|
| Spinach | Chopped Walnuts |
| Strawberries | Raspberry Vinaigrette |
| Feta Cheese | Grilled or Breaded Chicken (optional) |

[LEARN MORE](#)

the week ahead...

Being **Mindful** of your thoughts and intentional about what you allow into your mind daily is **essential to growth and living joyfully**. Adding the following affirmations to your daily routine will help steer your thoughts and experiences in the direction of positivity you so desire. This weeks affirmations are from the dear, Louise Hay:

- I am constantly discovering new ways to improve my health.
- Loving others is easy when I love and accept myself.
- I have compassion for all.
- I see the good in everything and in everyone.

Father, thank you for unwavering faith in trusting your plan; the patience in your timing; and strength in following your inspiration. Please bless the work we do, the words we say, the love we share and the grace we show, in our daily walk. Please lead the broken hearted to healing and guide the leaders of our country toward peace and love. I love you, amen.

step up your health game!

I am in NO way close a health nut of fitness buff! I'm a plain ol' girl just trying to live my best life and have found a few high impact game changers as far as my overall weight maintenance and day to day energy...

My Top 3 Tricks on looking fit and feeling healthy:

1. Intermittent fasting
2. Being #thatdogmom
3. Enjoying my food when I do give in and doing my best to make a healthier choice the next meal.

Loving myself more also helps!

Stop beating yourself up for "bad" choices and "mistakes". Loving yourself more is KEY!!!

Here's one of my most loved salad recipes- find more recipes and tips in my [blog](#).

[Sign up](#) for our newsletter and tune in to the **Random Thoughts- Some Useful Podcast**.

Connect with me:

[Website](#)

[Blog](#)

[Podcast](#)

[Clothing Co](#)



THIS WEEK

SUN

WEEK OF

MON

PRIORITIES

TUE

WED

TO DO LIST

THUR



FRI

MEAL PLAN

M

T

W

TH

SAT

F

S

S

FOCUS/GOALS

