



PETITE²QUEEN[®]

Energized Mindset



Achieving

Celebrate and appreciate every small victory

Success is a matter of **conscious choice**

Make time for yourself

Get your rest! Boost perception and emotional resilience

Seek knowledge of diverse topics

Dedicate time for preparation



Maintaining

Breathe and take a moment to reflect

Demonstrate your passion

Focus with intention

Discipline = balance

Be responsible with conscious awareness

Be true to your values



Feeding

Act on your curiosity

Think outside the box and shake up your paradigm

Be flexible in order to identify new opportunities

Recognize and acknowledge your network

Nurture your relationships

Share gratitude and grace

Resources FOR CONSIDERATION

<https://www.inc.com/jessica-stillman/5-steps-to-get-the-right-mindset-for-success.html>

https://www.huffingtonpost.com/amy-jen-su/leadership-advice_b_2670254.html

<https://www.forbes.com/sites/juleschroeder/2017/06/26/7-surprising-things-ultra-successful-people-do-differently/#625f3f774cb7>