

5 Fatal Flaws Limiting Your Success

and how to eliminate them!

You're Not Living with Intention

Why do you do what you do? Whatever that may be, be sure that you do it with intention. Many of us go through life feeling so overwhelmed because we live in a world full of distractions and because of this, we rarely get the things done that we've set out to do each day. Forming better habits is key to becoming your most successful self. For the next week, I invite you to practice waking up 30 minutes earlier to get up and start your day with some stimulation. Either go for a walk, go for a run, or pick up a notepad and write down everything that you need to get done for the day. You'll be amazed out how much better you feel starting your day with intentional habits instead of rushing out the door each morning forgetting to grab your morning breakfast shake.

Your Confidence Needs a Permanent Boost

Eliminating self-doubt and building confidence isn't easy, but let me tell you that you are enough. In a world of selfies and perfect Instagram models, women's confidence is at an all-time low. There are small things that can be done each day to naturally boost your confidence and feel proud of the woman looking back at you in the mirror. Each day, take a moment to reflect at where you are in your life and be grateful. Show gratitude for how far you've come and the journey that lies ahead. Surround yourself with people who lift you up, and stop comparing yourself to others. You never know their full story, and I promise that life isn't as glamorous as it appears to be on social media. Here's a tip: each morning when you're heading out to work, look in the mirror and tell yourself "*I am too blessed to be stressed. I am too legit to quit. I am to fine to whine.*" You won't be able to help but smile.

Your Finances Aren't Where You'd Like Them to Be

Money is the root of all evil. I really believe that, but it is also necessary to provide resources to LIVE. Too many times, people stress about their financial situation. I encourage you to take a look at your budget. Are you spending more than you make? Are you relying on credit cards to put food in your belly? It's time to take back control. Money should not run your life. There are a lot of resources that use to manage my budget, and one of my favorites is mint.com. Take a look and see if it can help you in this area.

You've Got Some Bad Habits to Break

We all have our vices. For years, wine was my best friend before bed. Little did I know that having a glass of wine before bed was actually keeping me up at night. I still enjoy wine in moderation, but I started a new habit of listening to podcasts or chill playlists on Spotify before bed and it's really helped me to mindlessly wind down from the day while putting me in a positive headspace before bed. It's so important to make sure that you are getting adequate sleep at night. Your body needs to restore, and we are not machines. It's also important to balance your time with work and play. Take a moment to write down how you spend your time when you aren't at work. What are your daily habits? Are there any that you feel are wasting your time? Make the decision to change, eliminate, or improve that habit today!

You Need to Expand Your Network

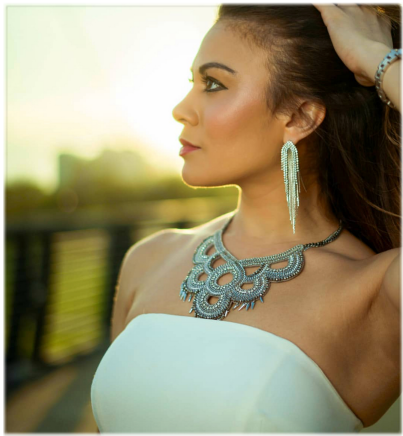
You are the average of the five people you spend the most time with. Take a look at your network of friends. If you've been hanging with the exact same people for the past 5 years with no additions or changes to your circle, it's probably time to expand it. It's great to keep in touch with people you have a history with, but when you are trying to make changes like getting that promotion, eating healthier, working out more, etc. that usually requires for you to expand your circle of influence. You can't change and grow if you aren't continuing to surround yourself with others who want to change and grow, too. Join my tribe of amazing women who have started making those changes, and introduce yourself to some new acquaintances!

You got this. Now go out there, be unapologetically confident, boldly be you, and rock your happiness!



About Brittanni

Your confidence strategist and professional mentor.



My personal mission is to develop and cultivate the qualities of confidence, inspiration, and overall well-being so that I am able to live each day with success and enjoy life to the fullest. I will do this by leading with daily intention, eliminating negative habits, and giving selflessly to enrich not only my life, but also the lives of those around me.

Growing up as a bi-racial girl in a blended family in Houston, TX, I spent most of my younger years trying to find my place. Personal success has always been important to me because of my desire to "prove that I can". I remember a young boy telling me in grade school that I was stupid because I had a white mother and a black father. That was tough to hear as a child and I didn't understand why he felt that way, or who else felt that

way. From that point on, I lived my life in a state of constant fear that I just would not be good enough for anyone unless I worked hard enough to get the best grades, the most awards and the most recognition.

That is not the way we are meant to live.

I spent my college years working in a Corporate role and completed my MBA while continuing the struggle to truly find my place. After I was able to identify the motivations I had to do so much more, I began to realize that I could not continue living my life for other people. I had to begin living for myself, and that is the best decision that I have ever made. Life is too short to live anything less than your absolute best. We should live our lives full of intention and own our happiness. Now is the time to unleash your fears, dream bigger, and become your best self.

I coach fierce and independent women through programs structured to help them identify the areas in their life that are holding them back from living their dreams. Take back control of your time, your financial situation, and create healthier habits that will help to elevate your career. Are you with me? Let's do this.

Personal Coaching Services

Many people lack a true support system and I thrive by truly being there to personally support my clients through the goals we have set together. I will keep you accountable, provide you with first hand insight to some of the most invaluable information from many of my personal trainings from inspiring leaders such as John C. Maxwell, Simon Sinek, and Chalene Johnson.

When we engage in personal coaching sessions, we will work one on one to help you:

- achieve new skills and competencies to become more effective (communication)
- prepare for new responsibilities (acquire leadership skills)
- manage yourself (time management)
- clarify and work toward performance goals (setting realistic goals)
- increase job satisfaction and motivation



We will take inventory of your daily habits, your schedule, and identify proven solutions to get you back on track. You will leave each session feeling motivated, inspired, and equipped with the information and tools you need to start making changes immediately.

Schedule your FREE call today.