



7 days to

**RICH, HOT
and HAPPY**



The image features a collection of fashion and lifestyle items. At the top, a white scarf with a vibrant floral and abstract pattern is draped. Below it, a newspaper clipping from New York, NY, is visible with the headline "The Salesgirl Girl" and sub-headlines "SALESPEOPLE ARE OUT!" and "SALESGIRLS ARE IN!". To the right, a golden-brown cinnamon roll with white icing is shown. In the foreground, a bright yellow quilted Chanel-style bag with a silver-tone metal clasp is displayed on a light-colored, marbled surface. The text "DAY ONE" is overlaid in large white letters, and "Set Your Day Up to Win" is written below it in a smaller white font.

DAY ONE

Set Your Day Up to Win

4-HOUR FRAMEWORK WORKSHEET

The Four-Hour Framework is designed to maximize productivity, energy, and results without burnout. By implementing this structure, you'll make intentional progress every day.

HOW IT WORKS:

The framework consists of:

1. One Hour of Input Time

- Read, listen to podcasts, or consume high-quality information.
- Expands your thinking and enhances creativity.

2. One Hour of Output Time

- Engage in physical movement (walking, working out, stretching).
-
- Increases energy and mental clarity.

3. Two Hours of Deep Work

- Uninterrupted creation time (writing, planning, strategizing).
- Ensures focused execution without distractions.

IMPLEMENTING THE FRAMEWORK

- You don't need four consecutive hours--activities can be stacked!
 - Example: Listen to an audiobook while walking
- Reduce distractions to maintain focus in deep work sessions.

4-HOUR FRAMEWORK WORKSHEET

YOUR ACTION PLAN

1. Define Your Input Sources (Books, Podcasts, Courses)
2. Plan Your Movement (What activity will you commit to?)
3. Identify Deep Work Priorities (What needs focused effort?)
4. Schedule Your Time Blocks

REFLECTION

- What did you accomplish today?
- How did following this structure impact your focus?
- What adjustments can you make for tomorrow?

A still life composition featuring a yellow quilted Chanel bag with a silver-tone chain-link clasp, a newspaper clipping, a patterned scarf, and cookies. The newspaper clipping is from 'The Salesgirl' in New York, NY, with the headline 'SALESPEOPLE ARE OUT! SALESGIRLS ARE IN!'. The scarf has a colorful floral and abstract pattern. The cookies are round and topped with white icing. The entire scene is set on a light-colored, textured surface.

DAY TWO

Rewire Your Mind for Success

ABUNDANCE MINDSET WORKSHEET

Your thoughts and beliefs shape your productivity and ultimately your success. When you shift from a scarcity mindset to an abundance mindset, you open yourself to new opportunities, confidence, and strategic decision-making.

Take a second to look at some of these examples, then complete the final row with a current thought you're struggling with and reframe it into an abundant mindset

SCARCITY MINDSET	ABUNDANCE MINDSET
"I never have enough money."	"I create financial opportunities by learning how to sell."
"Opportunities are limited."	"There is opportunity all around me."
"If someone else succeeds, there's less for me."	"I can learn from others' success and apply those lessons to my own path."
"I have to choose between motherhood and my career."	"With sales skills, I build a life where motherhood and my career fuel each other, not compete."
"I'm stuck where I am."	"With focus and consistency, I can shape my future to align with my goals."

ABUNDANCE MINDSET WORKSHEET

ABUNDANCE MINDSET JOURNALING PROMPTS:

Journaling is one of the most powerful tools to rewire your mindset. By putting your thoughts on paper, you create awareness, challenge limiting beliefs, and intentionally shift into an abundance-focused perspective. These prompts will help you unlock new opportunities, develop confidence, and take action from a place of possibility rather than fear.

Where do I currently feel lack in my life, and how can I reframe it into abundance?	How have past setbacks actually led me to something better?	What's a time I took a risk and it paid off? What does that teach me about trusting in abundance?
What's a belief I've held about money or success that might be limiting me? How can I rewrite it?	What skills, resources, or connections do I already have that I'm underutilizing?	How can I see opportunities instead of obstacles in my current situation?
Where in my life do I feel "stuck" or like I've hit a ceiling? What beliefs might be contributing to that?	What's a recurring thought I have about money, success, or opportunity that might be holding me back?	What are three affirmations I can say daily to strengthen my abundance mindset?
What evidence do I already have that contradicts my limiting belief?	What tasks or habits do I believe "I don't have time for" that could actually create more success if I prioritized them?	If I fully believed there was no limit to my success, what big move would I make next?
Where am I operating from scarcity in my work—rushing, overloading, or feeling behind? How can I shift to an abundance mindset instead?	What are three tasks I do that generate the most impact? How can I do more of those and less of the ones that don't?	If I fully trusted that consistent effort leads to inevitable success, how would I approach my work today?
How can I see sales and business growth as creating value rather than "asking" for money?	How can I make my productivity feel more effortless and enjoyable instead of something I "have to do"?	How can I shift from feeling busy to feeling impactful in my work?



The image features a collection of fashion and lifestyle items. At the top, a white scarf with a vibrant floral and abstract pattern is draped. Below it, a newspaper clipping from 'The Salesgirl Times' is visible, with the headline 'SALESPEOPLE ARE HOT!' and 'SALESGIRLS ARE HOT!' repeated. To the right, a golden-brown cinnamon roll with white icing is partially visible. In the foreground, a bright yellow quilted Chanel bag with a silver-tone chain-link clasp is the central focus. The items are set against a dark background, with a light-colored, possibly marble, surface at the bottom.

DAY THREE

Elevate Your Life with this ONE habit

YOUR MINIMUM 'GET READY' PROTOCOL

WHY CREATE A MINIMUM GET READY PROTOCOL?

Life can get busy, but feeling put-together doesn't have to take hours. A Minimum Get Ready Protocol is a quick, intentional routine that helps you feel polished and confident, even when you're short on time. Whether you're heading to a meeting, hopping on a Zoom call, or running errands, this protocol ensures you're presenting your best self in just a few simple steps.

HOW TO BUILD YOURS

Think about the essentials that make you feel like you. Your protocol might include basic grooming, a go-to outfit, or a quick confidence-boosting action.

Here are some ideas to get you started: shoes on, hair up, skincare done, showered, hair brushed, lipstick on, sunscreen applied, earrings, a watch, mascara, concealer, face makeup, etc.

YOUR MINIMUM GET READY PROTOCOL:

-

-

-

-

-

A still life composition featuring a yellow quilted Chanel bag with a silver-tone chain-link clasp, a cinnamon roll with white icing, a floral patterned scarf, and a newspaper clipping. The items are arranged on a light-colored, textured surface. The newspaper clipping is from 'The Galesgirl Times' in New York, NY, with the headline 'SALESPEOPLE ARE ALL ABOUT SALES GIRLS'.

DAY FOUR

Set the Scene for SUCCESS

SUCCESS-DRIVEN OFFICE AUDIT

SECTION 1: CLARIFY YOUR SUCCESS GOALS

REFLECTION:

- What is the primary purpose of my workspace? (e.g., deep work, creative thinking, meetings, content creation)
- Does my office setup support my biggest goals and daily tasks? Why or why not?

ACTION ITEMS:

- Write down 3 key outcomes I want to achieve from my workspace.
- Adjust my setup to align with these priorities (e.g., better desk layout, more whiteboard space, improved lighting).

SECTION 2: DECLUTTER & ORGANIZE FOR FOCUS

REFLECTION:

- What items in my office are distractions rather than tools for success?
- How does clutter in my space impact my mental clarity and focus?
- Do I have easy access to the materials I use most often?

ACTION ITEMS:

- Remove or relocate unnecessary items from my desk.
- Organize my most-used tools (e.g., notebooks, laptop, chargers) for easy access.
- Implement a system for keeping my workspace clean daily.

SECTION 3: OPTIMIZE FOR ENERGY & PRODUCTIVITY

REFLECTION:

- Does my office lighting energize or drain me?
- Is my chair and desk setup ergonomic and comfortable for long work sessions?
- How does my workspace make me feel when I walk into it?

ACTION ITEMS:

- Improve my lighting (add natural light, upgrade bulbs, reposition lamps).
- Adjust my chair, desk height, or standing desk setup for comfort and posture.
- Add elements that boost my energy (e.g., plants, inspiring artwork, scented candles).

SUCCESS-DRIVEN OFFICE AUDIT

SECTION 4: MINIMIZE DISTRACTIONS & MAXIMIZE FLOW

REFLECTION:

- What are my biggest distractions in my workspace (noise, notifications, clutter)?
- How often do I get up, check my phone, or get sidetracked?
- Does my workspace encourage deep focus or multitasking?

ACTION ITEMS:

- Set up a distraction-free zone (turn off unnecessary notifications, use noise-canceling headphones).
- Create a dedicated space for deep work (e.g., a separate desk for creative tasks).
- Use time-blocking or a focus timer to stay on track.

SECTION 5: ALIGN WITH SUCCESS HABITS

REFLECTION:

- Does my environment encourage my best work habits?
- What small adjustments would make me more productive daily?
- What could I add to my space to remind me of my goals?

ACTION ITEMS:

- Create a visible success reminder (goal board, vision statement, affirmations).
- Set up a morning routine that primes my workspace for success (clear desk, review top tasks).
- Implement one habit that will elevate my focus (e.g., no phone in office during deep work).

FINAL STEP: RATE YOUR SUCCESS-DRIVEN OFFICE

On a scale from 1-10, how well does my office support my success?
(1 = Needs major improvement, 10 = Fully optimized)

What is ONE high-impact change I can make this week to upgrade my workspace?



The image features a collection of items: a white scarf with a colorful floral pattern, a newspaper clipping with the headline 'The Salesgirl Times' and sub-headlines 'SALESPEOPLE ARE OUT!' and 'SALESGIRLS ARE IN!', a cinnamon roll with white icing, and a yellow quilted Chanel bag with a silver-tone logo. The items are arranged on a light-colored, textured surface.

DAY FIVE

KICKSTART Your Momentum

DAILY DEPOSIT WORKSHEET

WHAT I'M THANKFUL FOR:

DATE: _____

1. _____

2. _____

3. _____

WHAT I'M LEARNING:

GAME DAY LIST:

1.

2.

3.

4.

5.

WHO I AM:

WIN/LOSE:

THE SALESGIRL STANDARD

Success isn't an accident—it's a standard.

And The Salesgirl Standard is your 5-step framework to level up, build confidence, and start winning daily.

If you're tired of feeling stuck or second-guessing your next move, this is your sign to take action.

Because ACTION breeds clarity—and clarity brings results.

HERE'S HOW YOU MAKE IT HAPPEN:

READ 10 PAGES OF NON-FICTION

Growth starts with your mind. Feed it powerful ideas (start with Persuade for Good!!) and watch how your perspective shifts.

WORKOUT FOR 45 MINUTES

Strength in business starts with strength in YOU. Move your body, build resilience, and step into your power.

GET READY

Confidence is a game-changer. When you show up polished and put-together, you feel put-together. Energy attracts opportunity—so set the tone. In fact, this is one of the most criminally OVERLOOKED habits that the top 1% of women always do.

Watch [this YouTube video](#) to see why it makes all the difference.

COMPLIMENT SOMEONE

Influence is built in the little moments. Lift others up, watch your relationships deepen, and see how generosity comes full circle.

DO SOMETHING YOU'VE BEEN AVOIDING

Your biggest breakthrough is on the other side of what you don't want to do. Face it, finish it, and feel the momentum shift.

Success isn't about luck—it's about standards. **Set yours high.**

Start The Salesgirl Standard today and watch what happens when you decide to win.



The image features a central collage of items. At the top, a white scarf with a vibrant floral and abstract pattern is draped. Below it, a newspaper clipping from New York, NY, is visible with the headline 'The Salesgirl' and 'SALESPEOPLE ARE... SALES GIRLS ARE...'. To the right, a golden-brown cinnamon roll with white icing is shown. On the left, the tip of a black high-heeled shoe is visible. In the foreground, a quilted yellow Chanel bag with a silver-tone metal clasp is prominently displayed. The entire scene is set against a dark background with a light-colored, marbled surface at the bottom.

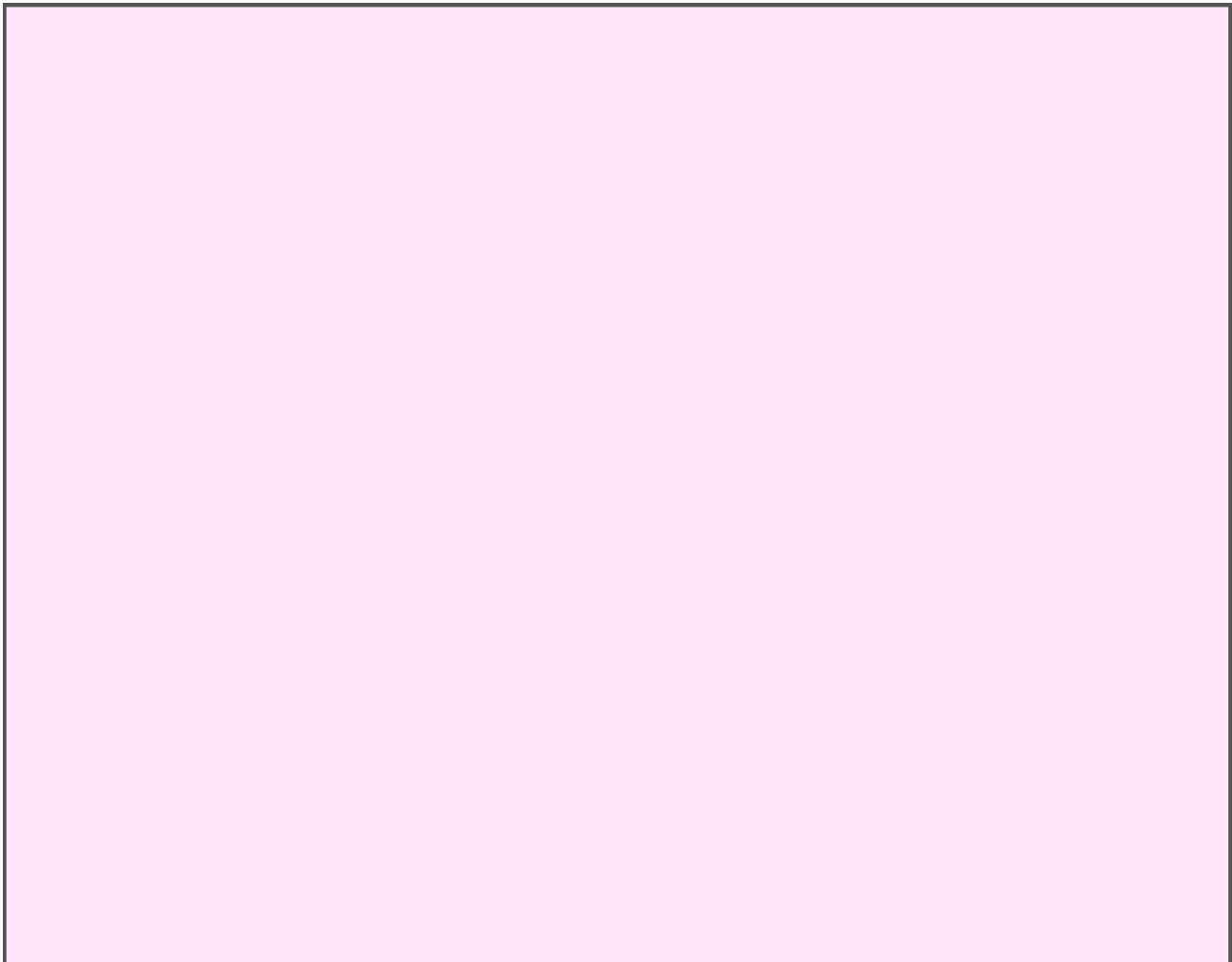
DAY SEVEN

Stay Consistent and Keep Winning

WEEKLY RESET CHECKLIST

#1 BRAIN DUMP – CLEAR YOUR MIND

- Set a 10-minute timer and write down everything on your mind—tasks, ideas, reminders, worries, and goals. Feel free to use the blank space provided below.
- Don't organize—just dump everything onto paper or a digital note.
- Use prompts like:
 - What's stressing me out right now?
 - What are the tasks I've been avoiding?
 - What are my big goals for the week?



WEEKLY RESET CHECKLIST

#2 EISENHOWER MATRIX – SORT YOUR BRAIN DUMP

How to Use the Eisenhower Matrix Efficiently:

#1. Sort Your Brain Dump into the Matrix

- Take your brain dump list and categorize each task into one of these four quadrants:
 - **DO** 🚀 (Urgent & Important) – Must be done ASAP.
 - **DECIDE** 📅 (Important, Not Urgent) – Schedule these before they become urgent.
 - **DELEGATE** 🗣️ (Urgent, Not Important) – Automate or hand these off.
 - **DELETE** ✖️ (Not Urgent, Not Important) – Eliminate distractions and time-wasters.

#2. Sort Tasks into the Matrix

- Categorize each task into one of the four quadrants above.

#3 Take Action + Schedule Tasks for the Week Ahead

- Prioritize & Handle DO Tasks First
 - Start working on urgent & important tasks right away.
 - Complete anything that must be done today or within the next 48 hours.
- Plan When to Handle DECIDE Tasks
 - Identify the tasks that need to be scheduled for next week.
 - Add them to your planner or task list to prevent last-minute stress.

PRO TIP!

Keep your Eisenhower Matrix visible (printed or digital) so you stay focused on what truly moves the needle!

HERE'S AN EXAMPLE OF A BRAIN DUMP + EISENHOWER MATRIX!

		URGENT	NOT URGENT
		DO 🚀 Do these ASAP	DECIDE 📅 Schedule them into your calendar
IMPORTANT		<ul style="list-style-type: none"> • Finalize client proposal • Respond to prospects in DMs • Prep content for VIP client session 	<ul style="list-style-type: none"> • Film new ads • Create new training material • Outline webinar presentation • Plan social media content • Drop off dry cleaning • Kids sports practice at 7pm
		DELEGATE 🗣️ Delegate or automate	DELETE ✖️ Eliminate
NOT IMPORTANT		<ul style="list-style-type: none"> • Check email inbox • Edit YouTube Videos • Follow up with team about launch • Book flights for conference 	<ul style="list-style-type: none"> • Organize office space (low priority) • Grocery shopping (can be scheduled or delivered)
	BRAIN DUMP		
	<ul style="list-style-type: none"> • Film new ads • Drop off dry cleaning • Kids' sports practice at 7 PM • Schedule dentist appointment • Create new training material • Respond to prospects in DMs • Edit YouTube videos • Plan social media content for the week • Finalize client proposal • Grocery shopping • Check email inbox • Book flights for an upcoming conference • Outline webinar presentation • Follow up with team about upcoming launch • Prep content for VIP client session • Organize office space 		

URGENT


NOT URGENT

IMPORTANT

DO


 Do these ASAP

DECIDE

 Schedule them into your calendar

NOT IMPORTANT

DELEGATE

 Delegate or automate

DELETE

 Eliminate

WEEKLY RESET CHECKLIST

#3 TIME BLOCK YOUR WEEK – TAKE ACTION

- Review your priorities from the Eisenhower Matrix.
- Assign specific time blocks in your calendar for DO and DECIDE tasks.
- Batch similar tasks together (e.g., content creation, deep work, meetings).
- Leave buffer time for unexpected tasks.

Ask Yourself: What tasks tend to disrupt my schedule the most? How can I plan for them?

#4 SET 3 KEY GOALS – KEEP IT SIMPLE

- Choose 3 goals that will move you forward this week.
- Break them down into small, actionable steps.
- Ensure they align with your long-term vision.

Ask Yourself: If I could only achieve one thing this week, what would have the biggest impact?

#5 REVIEW & ADJUST – STAY FLEXIBLE

- Look at what worked & what didn't this past week.
- Adjust time blocks & strategies based on challenges.
- Remove or delegate low-priority tasks that slow you down.

Ask Yourself: What habit or process could I improve to work more efficiently next week?