

# Aristocrat

## ACADEMY

PLAN • PRAY • SLAY

### 10 Affirmations To Empower You To Slay Your Goals

- Today I will take one step toward my dreams
- Action is the energy that translates my thoughts to reality
- When I follow my plan positive things happen
- I have the knowledge and resources to achieve my dreams
- Nothing can stop me from achieving my dreams
- My dreams are much greater than my fears
- As I challenge my fears, I am strengthened & empowered
- I am fearless in all that I do
- I am creating a life of passion & purpose
- I honor my vision & purpose through the completion of my goals

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### 10 Time Management Tips To Help You Stay On Track

- Create a daily plan the night before
- Use a planner/organizer
- Prioritize your tasks and batch similar tasks together
- Complete hard tasks first - It's best to get them out the way
- Schedule more time than anticipated to have a buffer for the unexpected
- Set a time limit on your tasks to keep you focused
- Block out distractions - Turn off notifications, put your phone on silent, change environments if needed
- Delegate - Avoid stress and burnout by putting too much on your plate
- Take a break when you start to lose focus
- Learn to say NO

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### 9 Online Resources That'll Help You Get Your Biz In Formation

#### National Association of Women Business Owners

One of the largest organizations for women business owners, providing a wealth of information from finding sources for funding to business certifications to local networking

#### U.S. Women's Chamber of Commerce

Offers a range of services, including certification of women-owned businesses, retirement planning, and a wealth of information on business management and government contraction

#### Women's Business Development Council

Supported by the Small Business Administration to provide women financial coaching and training to help grow women owned businesses.



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#### Women's Business Development Center

The largest and most comprehensive women's business assistance center in the United States. The organization helps both women owned startups and established businesses through numerous course offerings on business development, marketing and finance

#### Ladies Who Launch

One of the most popular online hubs for women who want to start their own businesses. The hub provides free and paid tools and services and online and local groups and events to join and attend

#### Chic CEO

Free resource for female entrepreneurs with lots of articles on starting a business, running a home business and more



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### 9 Online Resources That'll Help You Get Your Biz In Formation

#### eWomenNetwork

The premier women's business network in North America creates opportunities for women to network, market their businesses and gain access to influential leaders and experts

#### Startup Princess

An international community of women dedicated to educating female entrepreneurs, encourage startups through social events and exchange networking opportunities with women in business

#### Young Female Entrepreneurs

Dedicated to women entrepreneurs in their 20s and 30s and strives to connect aspiring women in business with big brands and new people to help them build and grow a sustainable business

