



# *5-Day Mindset Reset Workbook*

**HEALING TO CONTROL THE CONTROLLABLES**

By Crystal Telesford, Founder of BOLD Intentionz

[www.boldintentionz.com](http://www.boldintentionz.com)

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- Inspiring Others Through Your Journey
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# Welcome

Welcome to the "5-Day Mindset Reset Workbook: Healing to Control the Controllables."

I created this workbook to help you take bold steps toward clarity, confidence, and intentional growth.

Over the next five days, we'll work together to build a strong foundation for healing and progress—focusing on reflection, purpose, habits, resilience, and impact.

Through the BOLD Shift Framework—BELIEVE, OWN, LOVE, DO, and EXPAND—you'll learn how to heal, grow, and take back control of the things you can.

I'm so excited to be part of this journey with you. Let's get started!



# *Roadmap of the Workbook*

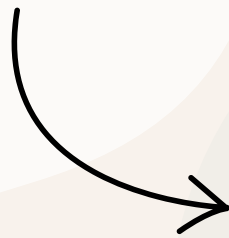
DAY 1: BELIEVE – HEAL YOUR  
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DAY 2: OWN – HEAL THROUGH  
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DAY 3: LOVE – HEAL THROUGH  
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01

*Day 1*

**BELIEVE – HEAL YOUR MINDSET**



## Healing Mental Clutter

### Identifying Limiting Beliefs

I know how heavy limiting beliefs can feel—they've held me back before too. It's easy to get caught in cycles of doubt, questioning whether we're enough or capable of reaching our goals. But here's what I've learned—those beliefs aren't facts. They're just stories we've told ourselves based on past experiences or fears.

Today, we're going to uncover those old stories, look at where they came from, and start rewriting them. This process is powerful because it allows us to let go of what no longer serves us and make space for clarity and growth.

### Creating Empowering Affirmations

Affirmations have been a lifeline for me, especially during times of uncertainty. They remind me that I'm in control of my thoughts and my outcomes.

Once I identified the limiting beliefs that were keeping me stuck, I replaced them with affirmations that helped me believe in myself again. I want you to do the same today—turn old doubts into truths that inspire action and confidence.

**Example:**

**Limiting Belief:** *I'm not good enough.*

**Empowering Affirmation:** *I am capable, worthy, and equipped to succeed.*

I like to repeat my affirmations out loud, especially in front of a mirror. It helps me feel their truth and believe them on a deeper level. Try it—it might feel awkward at first, but it's a powerful way to rewire your mindset and create lasting change.

# 01

# Day 1

## **BELIEVE – HEAL YOUR MINDSET**

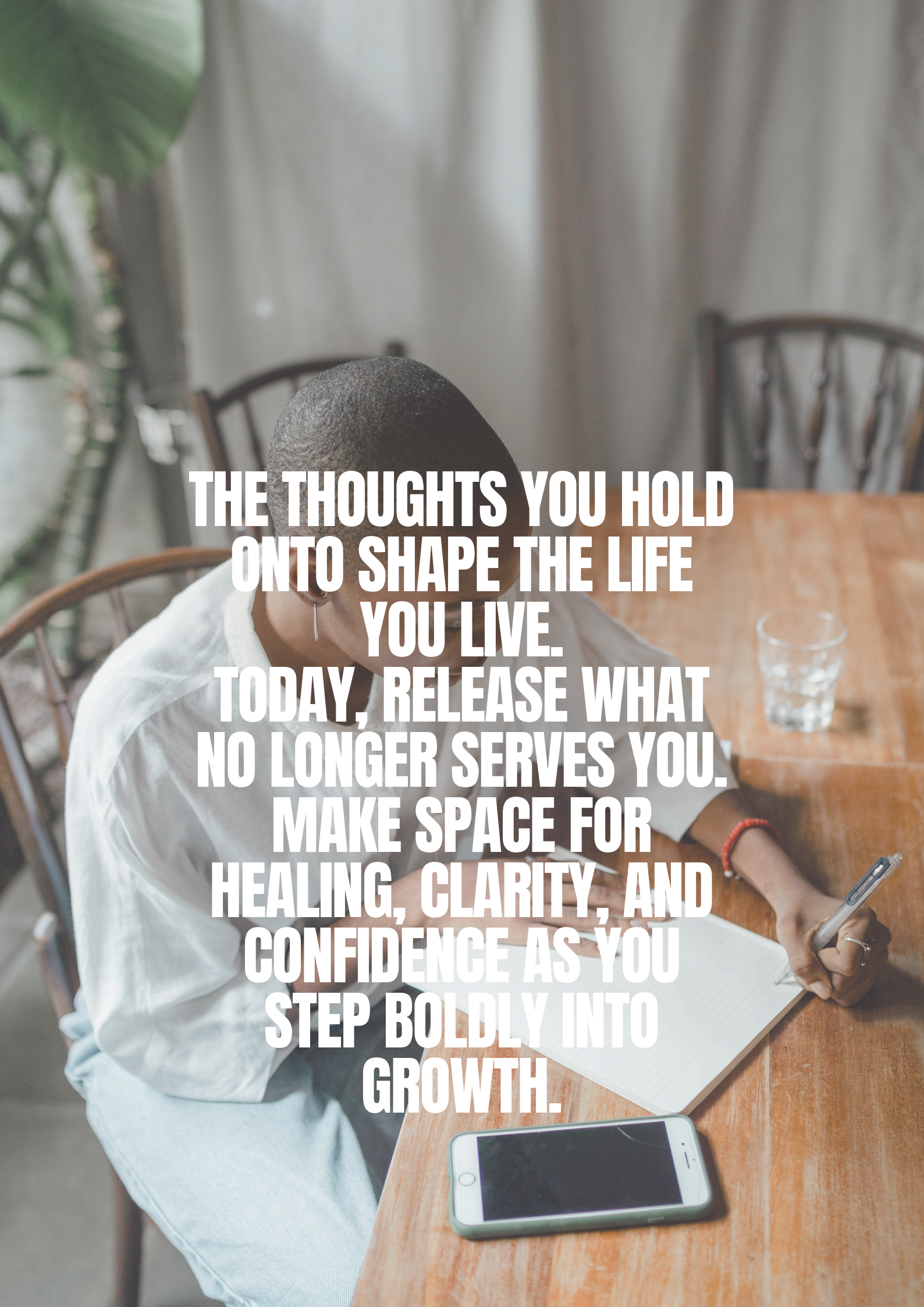
### Reframing Negative Thoughts

Negative thoughts can be stubborn, but they don't have to be permanent—I've learned this firsthand. Reframing has been one of the most powerful tools in my healing journey. It's about recognizing those negative patterns and intentionally flipping the script to support growth.

When I face setbacks, instead of saying, "This always happens to me," I've learned to reframe it as, "This is happening for me to grow and learn." That shift helps me move forward instead of staying stuck.

Today, I want to guide you through this same process. Together, we'll identify the negative thoughts holding you back and replace them with truths that feel empowering and encouraging. This isn't about ignoring what's hard—it's about choosing thoughts that support your healing, clarity, and confidence as you keep moving forward.



A person with short dark hair, wearing a white long-sleeved shirt and light blue pants, is sitting at a wooden table. They are leaning forward, writing in a white notebook with a pen. On the table in front of them is a smartphone with a green case and a clear glass of water. The background is a simple room with a wooden chair and a plant.

**THE THOUGHTS YOU HOLD  
ONTO SHAPE THE LIFE  
YOU LIVE.**

**TODAY, RELEASE WHAT  
NO LONGER SERVES YOU.  
MAKE SPACE FOR  
HEALING, CLARITY, AND  
CONFIDENCE AS YOU  
STEP BOLDLY INTO  
GROWTH.**





# *Reframing Negative Thoughts*

## **Exercise:**

Take a moment to pause and breathe deeply. Visualize a clear and peaceful mind—one free from doubt, fear, or overwhelm. Use this space to map out your thoughts, ideas, or intentions for the clarity and confidence you want to create.

## **Instructions:**

Write freely in the space below—this can include words, phrases, empowering statements, or even sketches that represent the thoughts and beliefs you're choosing to embrace. Focus on what brings you peace, clarity, and healing. Let this visual representation remind you that you have the power to shift your mindset and move forward with purpose.



02

*Day 2*

**OWN – HEAL THROUGH ALIGNMENT**



# Day 2

## OWN – HEAL THROUGH ALIGNMENT

### Defining Core Values

#### Clarifying Your Values

I've learned that healing starts with clarity—especially when it comes to what truly matters. When life feels uncertain or overwhelming, my values have been my anchor, reminding me of who I am and what I stand for.

Values act like a compass, helping us stay grounded and aligned with what's most important, even when everything else feels out of control. As you reflect on your own values, you'll begin to feel that same sense of direction and stability. It's a reminder that healing often comes from getting clear about what we're willing to fight for and what we need to let go of.

#### Defining Your Mission Statement

For me, creating a mission statement wasn't just about setting goals—it was about finding purpose. There was a time when I felt stuck, uncertain of where I was headed. But defining my mission helped me reconnect with why I wanted to heal and what kind of life I wanted to build.

A mission statement can do the same for you. It's a declaration of what drives you and what impact you want to make—not just for yourself but for others, too. It's a reminder that even in moments of doubt, you have something worth pursuing.

#### Crafting Purpose-Driven Goals

I used to set goals just to feel productive, but I quickly realized that without purpose, goals can feel empty. The real change happened when I started setting goals that aligned with my values and vision. Suddenly, my actions felt intentional, and every step forward—even the small ones—felt meaningful.

That's the power of purpose-driven goals. They're not about checking off boxes—they're about creating momentum that supports your healing and growth. When your goals match your purpose, you'll feel more inspired, more focused, and more in control of the life you're building.











# Day 3

**LOVE – HEAL THROUGH INTENTIONAL HABITS**

**LOVE – HEAL THROUGH  
INTENTIONAL HABITS**

## Creating Momentum for Growth

### Building Sustainable Habits

I've learned that habits are the foundation of growth and healing. They shape our daily lives, and building sustainable habits has helped me create long-term success—especially when life felt uncertain.

For me, sustainable habits aren't about perfection—they're about consistency. Simple practices like journaling, exercising, or setting intentions each morning have kept me grounded. I've realized that small, repeated actions can lead to big transformations over time.

The most healing habits I've built are the ones I can stick with, even on hard days when motivation is low. They feel natural, fit into my daily routine, and keep me connected to my bigger vision. Whether it's drinking more water, meditating, or setting aside time to plan my week, these habits remind me that growth doesn't have to be complicated—it just has to be intentional.

I hope this section inspires you to create habits that support your healing, confidence, and clarity one step at a time.

**LOVE – HEAL THROUGH  
INTENTIONAL HABITS****Activity:**

Track 3 daily habits for 7 days to support your healing and growth. Use this tracker to celebrate progress, reflect on what's working, and adjust where needed.

**Remember:** Small, intentional habits create lasting change. Each checkmark is proof that you're showing up for yourself, one step at a time.

**Daily Habit Tracker:**

Habit	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Example: Morning Walk	✓	✓	✓	✓	✓	✓	✓



**LOVE – HEAL THROUGH  
INTENTIONAL HABITS**

## Tracking Progress and Adjustments

Building habits takes patience, reflection, and flexibility. I've learned that healing often happens in small, intentional steps—not overnight transformations. It's okay if every day doesn't look perfect. What matters is showing up, learning from setbacks, and moving forward with purpose.

Take a moment each day to check in with yourself and ask:

- What worked well today?
- What challenges did I face?
- How can I improve or adjust tomorrow?

When I started focusing on intentional habits, I found that small tweaks—like pairing new habits with existing routines—made all the difference. Adjustments like simplifying my habits or celebrating small wins kept me motivated and grounded.

**Remember:** Progress is the goal, not perfection. Use your tracker to stay accountable and remind yourself that every step you take is moving you closer to clarity, confidence, and growth.

**LOVE – HEAL THROUGH  
INTENTIONAL HABITS****Momentum for Growth**

I've learned that growth often starts with small, consistent habits, but real transformation happens when we stretch beyond our comfort zones.

Momentum builds when we're willing to take bold steps, even if they feel a little uncomfortable at first.

Think about one bold habit you can create—something intentional that aligns with your values and pushes you toward healing and growth. It doesn't have to be perfect; it just has to be purposeful. For example, when I started journaling daily, I added a reflection on wins and lessons learned. That simple adjustment helped me stay grounded and focused on progress.

Growth-focused habits amplify healing by connecting your actions to your intentions. They keep you aligned, inspired, and open to new possibilities.

**Activity:** Think of one bold habit you want to create that supports your healing and growth. This could be journaling for clarity, morning affirmations for confidence, or setting aside time for reflection. Then, outline 3 intentional steps to get started and build momentum.

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1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_







04

*Day 4*

**DO – HEAL THROUGH RESILIENCE**

**DO – HEAL THROUGH  
RESILIENCE**

## Reset Plans for Setbacks

Setbacks are a natural part of life, but they don't have to derail your growth or healing. I've learned that setbacks often show up when we're making progress, testing our ability to stay grounded and resilient. Instead of seeing them as failures, I began viewing them as signals—reminders to pause, reflect, and reset.

Healing isn't about avoiding challenges; it's about building the strength to navigate them with clarity and grace. That's why having a reset plan matters. It gives you space to process emotions, pivot when needed, and continue moving forward without losing momentum.

When we prepare for challenges, we're not just building resilience—we're creating a foundation for deeper healing and long-term growth. Having a reset plan means you're not starting over—you're starting stronger.

**Activity:** Identify 3 potential setbacks you might encounter. Then, write down:

1. How you'll respond if they happen—focusing on solutions rather than stress.
2. What support systems or resources you can lean on to stay grounded and supported during your healing process.

Setback	Response Plan	Support Resources
<b>Example:</b> Lack of time	Re-evaluate schedule and prioritize key tasks	Accountability partner, planner app

## DO – HEAL THROUGH RESILIENCE

### Developing a Resilience Roadmap

Resilience isn't something we're born with—it's something we build. For me, resilience has been a key part of my healing journey. It's what helps us stay grounded in purpose when life feels uncertain. I've learned that building resilience isn't about avoiding challenges—it's about equipping ourselves to move through them with confidence and clarity.

Think of resilience as your personal roadmap for healing and growth. It's made up of habits, mindset shifts, and intentional actions that support your ability to adapt and keep moving forward, no matter what life throws your way. Today, we'll focus on creating your own resilience toolkit—a resource you can rely on when you need strength, clarity, or direction.

Having this roadmap has made it easier for me to bounce back from setbacks and keep my focus on long-term growth. I hope it does the same for you.

**Activity:** Write down 3 resilience-building actions you'll take:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Reflection:** How can you use these actions to stay strong during tough times?  
Write 2-3 sentences about what resilience means to you.

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# Roadmap to Resilience

## STEP 1: ACKNOWLEDGE SETBACKS

Recognize areas where challenges arise and reflect on emotional patterns that may need healing.

## STEP 2: BUILD A HEALING TOOLKIT

List tools, habits, and resources (e.g., affirmations, journaling, mentors, or grounding practices) that support your emotional and mental well-being.

## STEP 3: DEVELOP A RESET PLAN

Create strategies to navigate setbacks with clarity and confidence, empowering you to move forward without staying stuck in old patterns.

## STEP 4: REFRAME CHALLENGES INTO GROWTH

Shift focus from obstacles to lessons learned, using challenges as opportunities to build strength, character, and inner peace.

## STEP 5: REINFORCE RESILIENCE DAILY

Track progress, celebrate small wins, and stay consistent with habits that foster healing and growth.









# *Day 5*

**EXPAND – HEAL THROUGH IMPACT**

### Leaving a Legacy of Growth

#### Your Growth Impact Statement

Growth, for me, isn't just about what I accomplish—it's about how my transformation inspires and impacts others. True healing and growth create a ripple effect, touching lives beyond our own. When I began to align my actions with my values, I found myself not only healing but also empowering those around me to see what's possible.

Today, I want you to focus on defining your growth impact statement—a declaration of how your experiences, habits, and resilience will continue to inspire, encourage, and uplift others.

Think about the lessons you've gained during this process. Reflect on the setbacks you've faced, the habits you've built, and the resilience you've strengthened. How can these shifts help you support others in their growth? Healing is most powerful when it's shared, and now is your chance to make a meaningful impact.

**Activity:** Write your Growth Impact Statement:

*"I will inspire [who] to [specific action] because I believe [purpose or value]."*

**Example:** *"I will inspire growth and confidence in others by sharing my story and tools for mental clarity because I believe everyone deserves to live boldly."*

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### Building Legacy Goals

For me, healing isn't just about the present—it's about how my growth can create something lasting and meaningful for the future. Legacy goals aren't only about what we leave behind; they're about how we live today with purpose, clarity, and intention.

Your legacy is shaped by the words you speak, the habits you build, and the example you set. I've found that focusing on creating something bigger than myself has given my journey deeper meaning. It's helped me turn my challenges into lessons and my growth into something I can share with others.

Now it's your turn. Think about what you want your legacy to represent. Is it the way you supported others? The systems or tools you created? The way you modeled authenticity and courage? Legacy goals remind us that healing and growth don't stop with us—they expand outward and continue to make an impact long after we've moved forward.

**Activity:** Write 3 legacy goals you want to work toward:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Reflection:** How does building a legacy align with your growth journey? Write 2-3 sentences about the impact you want to leave behind.

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## EXPAND – HEAL THROUGH IMPACT

### Expanding Your Influence

One of the most powerful parts of my healing journey has been realizing how much growth isn't just about me—it's about how I show up for others. The lessons I've learned and the habits I've built have become tools to **encourage and empower** those around me. Sharing my story has helped others see what's possible and given them the courage to take bold steps in their own lives.

Today, I want to encourage you to **expand your influence** by using your growth story, your tools, and your insights to uplift others. Whether it's through **mentorship, content creation, volunteering**, or simply speaking up in your community, every action you take to share your journey can create a ripple effect.

The truth is, **healing multiplies** when we pour into others. It's not just about what we overcome—it's about how we turn our breakthroughs into **inspiration for someone else's breakthrough**.

**Activity:** List 3 ways you can start sharing your growth story:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Reflection:** Who can you impact today with your growth story? Write 1-2 sentences about how you'll start expanding your influence.

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# *Congratulations!*

I'm so proud of the progress you've made and the bold steps you've taken toward mental clarity, resilience, and intentional growth. This workbook isn't just a resource—it's a reflection of your **courage to heal, grow, and take control of what you can.**

The next page includes your **Certificate of Completion** to celebrate your hard work and dedication. As a **bonus**, I've also included **5 pages of affirmations**—one for each area we've covered. These affirmations are designed to **encourage, ground, and focus you** as you continue this growth journey.

**Remember, this is just the beginning.** Keep showing up boldly, trusting that every effort you make will create **momentum and impact.** I'm excited to see all the ways you'll inspire others through your **healing and transformation.**



**YOUR UNIQUENESS IS YOUR STRENGTH. OWN IT, EMBRACE IT, AND LET YOUR BOLDNESS INSPIRE TRANSFORMATION. THE RIGHT OPPORTUNITIES AND CONNECTIONS WILL BE NATURALLY DRAWN TO YOUR LIGHT.**



# **CERTIFICATE OF COMPLETION**



THIS CERTIFICATE IS AWARDED TO

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For successfully completing the  
5-Day Mindset Reset Workbook  
Healing to Control the Controllables

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Crystal Telesford, Founder of BOLD Intentionz



# *Bonus Affirmations for Growth*

## How to Use These Affirmations

Affirmations are more than just words—they're powerful tools for **healing, growth, and transformation**. They help shift your mindset, rebuild confidence, and keep you grounded in your journey. I've personally leaned on affirmations during seasons of doubt and overwhelm. They helped me heal old thought patterns, release limiting beliefs, and create the clarity I needed to move forward.

These affirmations are here to nurture the mindset shifts you've built over the past 5 days. Each set aligns with the themes we explored—**BELIEVE, OWN, LOVE, DO, and EXPAND**—so you can continue strengthening the foundation you've created for your healing and growth.

I encourage you to:

- **Speak them aloud daily.** Say them with confidence, even on days when belief feels out of reach. Healing begins when we plant seeds of faith in ourselves.
- **Write them down.** Keep them visible as reminders on your mirror, desk, or phone. Let them be visual anchors when life feels overwhelming.
- **Reflect on them.** Journal about how they make you feel and what actions they inspire. Affirmations aren't just words—they're **healing declarations** that can transform your mindset.
- **Repeat them consistently.** Healing takes time and repetition. Let these affirmations become part of your daily rhythm.

These affirmations are here to **remind you of your strength, resilience, and power to heal** what's within your control. Keep planting seeds of growth—and trust that what you water will grow boldly!

# *BELIEVE – Heal Your Mindset*

1. I release thoughts that no longer align with my healing.
2. My mind is clear, calm, and focused on growth.
3. I trust in my ability to heal and succeed.
4. I let go of fear and embrace courage as I move forward.
5. My thoughts are filled with positivity and peace.
6. I am worthy of healing, happiness, and success.
7. I trust myself to make wise, empowered decisions.
8. My past does not define me—I create a future rooted in growth.
9. I welcome clarity and calm into my life daily.
10. I am whole, loved, and enough exactly as I am.
11. I release doubts and replace them with confidence.
12. I focus on what I can control and let go of what I cannot.
13. My thoughts align with my purpose and values.
14. I view challenges as opportunities for healing and growth.
15. I deserve clarity, confidence, and peace in every area of my life.
16. I am mentally strong, resilient, and grounded.
17. I let go of overthinking and embrace trust in myself.
18. Every thought I choose creates the future I desire.
19. I quiet my inner critic and amplify my inner cheerleader.
20. I give myself permission to think boldly, heal deeply, and dream big.

# *OWN – Heal Through Alignment*

1. I am aligned with my purpose and values, creating space for healing.
2. My vision is clear, and I take bold steps to bring it to life.
3. I honor my values and let them shape my actions with intention.
4. My purpose inspires healing, growth, and intentional choices.
5. I own my truth and live authentically, grounded in purpose.
6. I approach each moment with mindfulness and intention.
7. My actions reflect my mission and lead me toward healing.
8. I walk in confidence, knowing my purpose is divinely guided.
9. I make decisions that honor my higher calling and well-being.
10. My values give me clarity and direction on my healing journey.
11. I stay grounded in what matters most, even in times of uncertainty.
12. I trust my growth process and embrace every step of healing.
13. My purpose radiates impact, inspiring those around me.
14. I align my actions with my intentions, creating lasting change.
15. I celebrate the path I'm creating and trust where it's leading me.
16. I boldly step into my purpose, free from fear and doubt.
17. My purpose guides every decision, bringing peace and healing.
18. I lead with passion and inspire others to walk in their truth.
19. I embrace my purpose with gratitude, courage, and joy.
20. My purpose shapes my legacy, leaving a lasting impact.

# *LOVE – Heal Through Intentional Habits*

1. My habits nurture my healing, growth, and success.
2. I take consistent, intentional action toward my vision.
3. I love myself enough to create habits that empower and restore me.
4. Every small step I take moves me closer to healing and wholeness.
5. I celebrate my progress and honor every step of my journey.
6. I create rhythms that sustain my growth and well-being.
7. I honor my commitments to myself as acts of self-love.
8. My habits reflect the healed and empowered person I'm becoming.
9. I am disciplined, focused, and consistent in building habits that last.
10. My routines build momentum, clarity, and confidence.
11. I choose habits that align with my purpose and values.
12. I stay grounded, even when progress feels slow.
13. I trust the process and release the need for perfection.
14. I focus on progress and transformation, not outcomes.
15. I create habits that strengthen my confidence and courage.
16. I let go of habits that no longer serve my growth or healing.
17. My habits are rooted in love, peace, and intention.
18. I take daily steps to honor my purpose and vision.
19. I build habits that amplify joy, resilience, and balance.
20. I make time for what truly matters and let it shape my legacy.



# *DO – Heal Through Resilience*

1. I am resilient and grow stronger through every experience.
2. I face challenges with courage, determination, and faith.
3. My setbacks are stepping stones for my healing and comeback.
4. I trust myself to handle uncertainty and rise above obstacles.
5. Challenges help me heal, grow, and evolve into my best self.
6. I release fear and embrace resilience as my superpower.
7. I have the strength to keep moving forward, even when it's hard.
8. I thrive under pressure, trusting that healing happens in the process.
9. I transform setbacks into opportunities for learning and growth.
10. I am equipped to handle anything life brings my way.
11. I grow through what I go through, finding purpose in every season.
12. I adapt to change with grace and confidence.
13. My resilience builds momentum, clarity, and confidence.
14. I focus on what I can control and release what I can't.
15. I remain calm, grounded, and focused during uncertain moments.
16. I choose progress over perfection as I continue to heal.
17. I use failures as feedback, adjusting and growing stronger.
18. I face challenges with faith, persistence, and hope.
19. I see uncertainty as an opportunity for healing and innovation.
20. I trust that everything is working out for my highest good.

# *EXPAND – Heal Through Impact*

1. My growth inspires others to take action and believe in their healing.
2. I create a legacy rooted in my values and purpose.
3. My voice carries impact and inspires positive change.
4. I am committed to leaving a meaningful mark on the world.
5. My influence grows as I heal and evolve personally and professionally.
6. I empower others by showing up authentically and sharing my journey.
7. I embrace opportunities to expand my impact and inspire healing in others.
8. My experiences create meaningful change and transformation.
9. I see my growth as a bridge to new possibilities and opportunities.
10. I celebrate the progress I've made and the lives I continue to impact.
11. I use my transformation to uplift others and lead with purpose.
12. My legacy is built through intentional growth, healing, and action.
13. I show up as my full self, inspiring others to do the same.
14. I make a difference by living in alignment with my mission and vision.
15. I trust that my healing creates a ripple effect of impact and inspiration.
16. I share my story and lessons to uplift and empower others.
17. I expand my influence with clarity, courage, and purpose.
18. My actions plant seeds of growth and healing for others to nurture.
19. I lead with vision, faith, and boldness to make a lasting impact.
20. My growth is a gift I continue to share with the world.

# DEAR READER

## *A Letter from Me to You*

Thank you for choosing this workbook and showing up for yourself. I created this because I know what it's like to feel stuck, overwhelmed, and unsure of how to move forward. I also know the freedom, healing, and clarity that come when you focus on what you can control.

This workbook is more than just a tool—it's an invitation to heal, grow, and reclaim your confidence one step at a time. The five pillars—BELIEVE, OWN, LOVE, DO, and EXPAND—are designed to help you release what no longer serves you, align with your purpose, and build intentional habits that create lasting change.

Healing isn't always easy, but it's worth it. Each step in this workbook builds momentum to help you heal what's holding you back, step into your power, and create a life filled with clarity, purpose, and impact.

I hope this workbook reminds you of your strength and inspires you to keep taking bold, intentional steps toward the life you want and deserve. Thank you for allowing me to be part of your healing and growth journey.

With gratitude,


*Crystal Telesford*





## Stay Connected


*Let's Keep Growing Together!*


I'd love to continue supporting you beyond this workbook. Stay connected with me for more tools, inspiration, and encouragement on your journey:


 [www.boldintentionz.com](http://www.boldintentionz.com) – Shop affirmations, growth tools, and more.

 (Personal): @itscrystalthecoach – Daily inspiration and mindset tips.

 (Business): @boldintentionzllc – Focused on intentional growth and bold habits.

 BOLD Intentionz LLC – Deep dives on growth and mindset.

 Crystal's Clarity Podcast – Conversations about clarity, growth, and habits.

 Daily Affirmations via Text: Text "BOLD" to 866-444-4675 – Motivation and mindset resets straight to your phone.