



Master Your Morning; Shift Your Life **MORNING ROUTINE**

SHIFT Mindset,
SHRINK Consumption
for **SUSTAINED** Results.



MASTER COACH

KATHY

"SUGAR FREE GIRL"

WILLIAMS

“Master Your Morning to Shift Your Life”

Morning is about setting the intention for the day! For those of you who know my story; the first step of my simple 5 step process (to eliminate the progression to diabetes) is to shift your mindset by making a decision - about how you want your life to be. My decisions all line up with my Vision statement. My vision statement is an annual statement that sets the my vision for six (6) areas of my life Spiritual, Financial, Career, Health, Academic and Leisure,

I couple my vision statement with “I AM” Statements and Declaration Statements. Read them every day and watch the transformation in your life.

- ▣ My vision statement is my defined compass (my true north) – and demonstrates my commitment to being the best Kathy A. Williams I can be.
- ▣ I want to leave a positive legacy of self-determination, giving back/helping others, spirituality, success and wealth for my children.
- ▣ I owe it to myself to be a blessing to others! For much is given... much is required... I am making a difference!

My ultimate vision is to prevent diabetes in 1M people.

My mornings are set to fill me up so I can serve from my overflow. Much like my mornings, my evening end with me writing five (5) accomplishments and five (5) reasons to be grateful.

The great news about your **VISION, I AM and DECLARATION Statements** do not have to be true, today. When I look back to 2015 when I started using these powerful tools in my life, none of them were true and today seven (7) of the nine (9) statements are.

There is extreme **POWER** in the subconscious mind! , Your subconscious mind will work in the direction whatever you speak, hear and read whether true or not. Thus the statements should be statements of what you want in your life and ultimately who you want to be. Use this as a jump start to who you can become.

If you read them out loud daily you too will see the **RESULTS** in your life, as **SUSTAINED RESULTS** take **COMMITTED CONSISTANT ACTION**.

Deliverables:

- 1. Sugar Free Girl's “Morning Mindset” Routine**
- 2. Template to Build your Strategic Imperatives to support your Vision Statement**
- 3. Sugar Free Girl's 2021 Vision Statement**
- 4. Sugar Free Girl's “I AM” Statements**
- 5. Sugar Free Girl's “Declaration” Statement**

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Kathy "SUGAR FREE GIRL" Williams, your SUGAR SHRINK 2021 "Morning Mindset" Routine

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00a	Wake and state reasons I am amazing and why"				
5: 30a to 6: 30a	Work out	Shower / Dress	Work out	Shower / Dress	Work out
6:30a to 7:30a	Shower / Dress	1. Eat 2. Pray 3. Read scripture, Vision, "I am" & Declaration statements	Shower / Dress	1. Eat 2. Pray 3. Read scripture, Vision, "I am" & Declaration statements	Shower / Dress
7:30a to 8:30a	1. Eat 2. Pray 3. Read scripture, Vision, "I am" & Declaration statements	Study	1. Eat 2. Pray 3. Read scripture, Vision, "I am" & Declaration statements	Implement	1. Eat 2. Pray 3. Read scripture, Vision, "I am" & Declaration statements
8:30a to 9:30a	Research	Create weekly Emails		Research	Lead Generation
9:30a	Start Work Day				

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Building Your Strategic Imperatives to Support Your Vision

Where Do You See Yourself in 5 years?

What Will You Take a Stand For? Who Do you need to become?

2021 Strategic Imperatives

1

Academic

2

Career

3

Health

4

Spiritual

5

Financial

6

Leisure



Kathy “Sugar Free Girl” Williams’s, your SUGAR SHRINK 2021 Vision Statement

2021 Intention: “Show UP” Prepared, ready to Lean In and “Go Deep”!

1. I am a business owner with a franchise worth \$1B USD. I have prevented Diabetes in 1M people.
2. I have established a foundation with my son Justice Williams. We have given over \$1M in scholarships.
 - a. “Rising Greene 7 on 7 Football Foundation” raises at least \$10,000 for high school students annually.
3. I speak internationally about eating healthy – “Diabetes Prevention”, “Sugar Free Living” and Strategic Marketing
 - a. International African American face of diabetes prevention through sugar free living
 - i. FB & IG =@SugarFreeNation – website: ilivesugarfree.com
 - b. I am an expert in Target marketing and help businesses maximize profits by targeting, segmentation and business strategy
4. I am in perfect health
 - a. Every cell and system in my body is operating as should.
 - b. I work out at least 150 minutes per week.
5. I am independently wealthy (wealthy people have at least 5-7 streams of income)
 - a. Williams Consulting Group, LLC has Health and Business Strategy Divisions
 - i. Diabetes Prevention Strategist, preventing diabetes in people diagnosed with gestational and pre diabetes.
 - ii. Your SUGAR SHRINK, I help women gain POWER over SUGAR for good without giving up taste. I have created an easy step by step process so they can live a life of ENERGY/FOCUS/POWER.
 - iii. Business and Target Marketing Strategist, increasing ROI for businesses through customer segmentation, target marketing and business strategy (Marketing and Strategic Alliance Strategies)
 1. Your Profit Accelerator, optimizing revenue through strategy, segmentation and & licensing and acquisition
 - iv. Strategic Marketing Consulting (Target Market and Segmentation) Franchise
 1. Small Business Consulting
 2. Internet Courses and Consulting

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5. I am independently wealthy (wealthy people have at least 5-7 streams of income) (Continued).
 - b. Corporate and residential real-estate business with my husband Bernard
 - c. For Profit:
 - i. "Sugar Free Life" Speaking, Book, Strategic Alliances, App, Movies
 - d. Not For Profit:
 - ii. "Sports Justice" – nonprofit platform and healthy living non profit
 - e. I am supporting and actively prevent diabetes cure by pouring into:
 - iii. Teens with diabetes and T1D families
 - iv. Educators, parents and students about the link between sugar and disease and behavior disorders.
 - f. I own a corporate and residential real-estate business with my husband Bernard
6. I have strong a spiritual relationship with GOD
 - a. I pray daily and am connected to the Holly Spirit
 - b. I do yoga daily
 - c. I am at perfect peace
7. I have a strong relationship with my husband, children, family and friends; and am in connection and great communication with them.
8. I travel the world with my family
9. I am a continuous learner in all six areas of my life (Spiritual, Financial, Career, Health, Academic and Leisure)

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Kathy "SUGAR FREE GIRL" Williams, your SUGAR SHRINK 2021 "I AM" STATEMENTS

I am free

I manage my mind

I am at perfect peace

I stay in the step I am in and cherish the moment

I am focused and intentioned

I am an action taking expert

I am worthy of love and respect

I am a great networker and connect to people freely

I am enough

I am love

I am influence

I am God's power

I take risks daily

I am always creating growth

I prioritize the things that are important

I am bold and courageous

I am full of energy, vitality, peace, and passion

I am decisive and I decide quickly

I am prospering I am healthy and strong

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I am connected to the Holy Spirit

I am a passionate and motivational leader

I am worthy of success – success comes FAST, is FUN and EASY

I am an extreme giver

I am the creator of my life – My life is Fun, Easy, Abundant, and Peaceful

I am organized

I am the leader of my successful

I have a great attitude, am full of energy and vitality

I am a people magnet and pour Gods love into everyone I encounter

I am cherished

I am the creator of my life and I can have it all:

- ▣ I have a great marriage, relationship with my kids, friends and family.
- ▣ I have great health, body, mind, spirit, attitude, and successful business

I have an “ALL IN” attitude to my life/purpose

- ▣ I am tapped into my Faith, Possibility, Joy, Power, Excitement, Acceptance, Peace, Love, Passion, Life, and Success.

I am connected to my vision

I am grateful for all Gods gifts and his grace over my life

I am the master of my fate – I get to decide

I am continually asking: What is NEXT level for me?, What is the next right move for me personally, financially, spiritually, socially, professionally, academically, for my leisure, fun and my health?

I am happy and joy filled

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I am daughter of God.

- ▣ I have his power in me
- ▣ I seek those things that are of eternal value – Relationship with God, my family, my husband
- ▣ I have a heart for serving others

I am a dedicated wife that supports, respects, & loves my husband and the things that are important to him and we're loving, caring, carefree, passionate, fun, respectful, and giving relationship.

I am a devoted mother that actively encourages & participates in my children's lives to help them grow mature and be successful loving, happy, joyous, peaceful independent adults.

I am healthy woman who knows the importance of moving my body, I have a flat strong core and glutes. I am extremely flexible and can run a X min mile. I have strong bones, a balanced gut, excellent sleep quality, am peaceful

I am a high achiever

I am excellent at managing time, and keep my work separate from family time to actively be active wife, mother and business owner.

I am a morning person what loves getting up to spend time with the Lord, exercise, build my mind, move my body – Fill myself up so I can pour into others from an overflowing cup.

I am happy, grateful and open to receiving more than I can image in all areas of my life

I am learning and growing

I am walking in excellence

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Kathy “SUGAR FREE GIRL” Williams, your SUGAR SHRINK 2021 DECLARATIONS STATEMENTS

“MY RESULTS TAKE COMMITTED CONSISTANT ACTION”

I have quality relationships

I help people everyday

I harness connections

I finish what I start

There are no rules for what I want for my life and business

I say yes to myself

Everything I need is available to me

I walk by faith

Abundance is flowing to me so I can be a blessing and give

There are limitless opportunities to use my skills, talents, and abilities as a business strategist, marketing strategist, business development, and lifestyle coach.

What others think has nothing to do with me

Everything always works out for me

Growth opportunities abound in my life

I have flexibility in my day

God loves me and I love me

I do not have to do the heavily lifting

God is helping me so I can help others

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God's love is guiding me – renewing me – changing my emotions

Lord, may the work of my hands be blessed

I always exceed my goals and expectations

My clients achieve and exceed their goals

God will make sure we always have more than enough

I help people everyday

I walk with intention

I show up prepared

God will make sure we will have more than enough

I walk in faith and ask for what I want & need

No matter what:

- ☐ I make 20 contacts per week
- ☐ I work out 150 minutes per week
- ☐ I pray daily
- ☐ I spend time with God daily
- ☐ I write five (5) things I have accomplished daily
- ☐ I write five (5) things I am grateful for daily

My thoughts are the greatest vehicle for power, success and change in the world.

I demand the best for myself

I have a positive attitude

Money is easy to make and it is connected to JOY

I show up calm & poised in every situation.

I always “Show UP” prepared, ready to “Lean In” and “Go Deep”.

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