

The background of the entire page is a photograph of a desk. On the left, a white tablet with a black screen is lying flat. To its right is a white computer keyboard. In the foreground, a pair of dark-rimmed glasses is resting on the desk. The lighting is soft and warm, creating a professional yet approachable atmosphere.

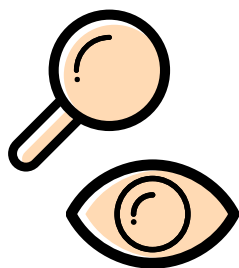
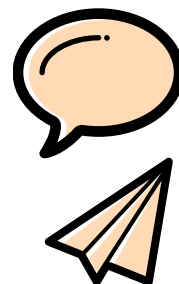
KICKSTART YOUR PERSONAL RENOVATION

KICKSTART YOUR *personal* RENOVATION

Who Are You?

Be honest. Who are you?
What titles do you hold?
What do you do & who do
you do it for? (I hope one of
the people is YOU)

STEP
01



STEP
02

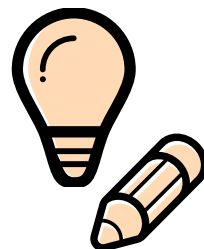
Habits/ Beliefs

Do you have bad habits you
wish you could break? Are
your thoughts kind &
reassuring?

The Ideation

Brainstorm who you want
to become. What do you
look like? What does your
day-to-day look like?

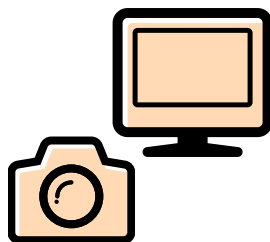
STEP
03



Review Your History

Do you find yourself in the
same situation over & over
again? There's a lesson here.

STEP
04



Wrap-Up

If you weren't afraid, what
would you do? Think BIG.

STEP
05





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***I CAN'T RUN OUT
OF DIFFERENT
IDEAS.
I AM DIFFERENT.
WHEN CAN I RUN
OUT OF ME?***

“

Grace Jones

BONUS: BOOK LIST

"Becoming" by Michelle Obama

"The War of Art" by Steven Pressfield

"You Are A Badass" by Jen Sincero

"You Are A Badass at Making Money" by Jen Sincero

"Year of Yes" by Shonda Rhimes

"7 Habits of Highly Effective People" by Stephen Covey

"The Psychology of Selling" by Brian Tracy

"The Magic of Thinking Big" by David Schwartz, Ph.D

"12 Things Mentally Strong People Don't Do" by Amy Morin

"12 Things Mentally Strong Parents Don't Do" by Amy Morin

"We're Going to Need More Wine..." by Gabrielle Union

"You Can Heal Your Life" by Louise Hay

"The Children of Blood and Bone" by Tomi Adeyemi

TO READ

"All About Love" by Bell Hooks

"Essentialism" by Greg McKeown

"Grit: The Power of Passion & Perseverance" by Angela Duckworth

"The Four Agreements" by Don Miguel Ruiz

"48 Laws of Power" by Robert Green

"The Children of Virtue and Vengeance" by Tomi Adeyemi





Hey there!

In case we haven't already met, I'm Sheyna Vilson, owner and interior designer at Sheyna James Interiors.

I'm a mom, wife, daughter, friend, creative, visionary and a deep thinker. I'm passionate about helping creatives, especially mompreneurs, build a solid foundation by sharing resources that will aid them in doing the "deep work", help them move forward & share their unique gifts in confidence while building community.



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My focus right now is the interior design industry, but the information I share can help any creative in one way or another.



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