

ISSUE 3 • MAY 2024

THE

*Distinct*

NEWSLETTER



# EITHER YOU RUN THE DAY OR THE DAY RUNS YOU.

THE DISTINCTION AGENCY

## SHARING IS GROWING

*Transforming Lives*

How refreshing is it that the world is shifting into a whole new relationship with itself. Now a days it is very common that people have coaches, mentors, therapists, accountability partners. Can you feel the shift? I feel so grateful that asking for help or support is being viewed as courageous, brave, and most of all SMART. If we are not be able to strengthen and talk about our weakness then there is no room for growth. The world is coming at us at such a rapid rate, that in order to powerfully navigate and choose what works best there needs to be a space for dialog, curiosity and clarity. We are proud to confirm that our clients enrollment is increasing every month and we are ahead of our goal of supporting and transforming 40 lives this year! That is 3 new lives per month. We know this may seem small compared to the bigger picture AND we are a small and mighty team and we know it's not about how fast you go, just how sturdy you are along the way. So thank you to those who have spread our name and services to others. We appreciate you! For those who haven't yet? That is okay too. Just know that there is an energy shift happening around you and that you can begin to share that you are working on yourself and feel no shame about it. Be fully self expressed you never know when It could help some one.

### TABLE OF CONTENTS

---

Repetitions Matter • P. 2

---

CEO Message • P. 3

---

Client Spotlight • P. 3

---

Unfold Yourself • P. 4

# REPETITIONS MATTER

*Becoming 1% Better*



Well I should say what kind of repetitions right!? LOL. Well I'm referring to the positive and empowering kind. Right like going to the gym, working out your muscles, journaling everyday, drinking enough water. It's not about how long you show up for, it's about showing up for yourself on a consistent basis. It's about doing that 1% better that you did the day before. I created a new commitment for myself this month and that was to read more. Because I have found the more I read the better I understand how to write or speak in my own book that I am writing. I committed to the 1% better habit. Meaning that I told myself all I had to do was either read one chapter or 10 mins a day, which ever one happens first. Guess what?? I consistently do better than 1% each time. I just finished a whole book in just five days. This is not normal for me! See when you commit to the 1% better you end up doing more than that! Way more! I promise you will surprise yourself so give it a try.

So the repetition that I want to share about besides reading is we got our second rep in with my other business Alkemia. There was lots of excitement and A LOT of new discoveries. The crazy perfectionist in me had to be let off the hook by the first day. Did you know that the older you are the harder it is for you to "unlearn something". LOL. I say this with love and empathy because we didn't get done with Day 1 Itinerary till the third day. HAHA. Yes, this sounds bad and wrong AND what I want to stress here with the up most importance is "There is no place to get to", if people aren't understanding the information, then there is no place to be or "get to". Leaders often have the pressure to get some where. Well we at Alkemia Experiences are committed to not leaving anyone behind. EVER. We discovered that we actually have 3 different retreat experiences instead of just one. This will help all involved to effectively understand the information and have fun learning it. So get those repetitions in and keep getting 1% better. We have faith in you!

## EXPERIENCE INCLUDES:

- 4 days & 3 Nights (3 ½ days of seminars/workshops)
- Airbnb/Hotel Accommodations
- Daily Breakfast & 3 Days of Lunch
- 2 Dinners (Welcome Happy Hour & Completion Celebration)
- Daily Morning Movement
- 6 workshops & Photo Shoot
- 1 excursion
- 1 am DISTINCT Journal & planner

## 2024 DATES

**FEB. 12TH - 15TH  
PUERTO VALLARTA, MX**

**JULY 15TH - 19TH  
GERMANTOWN, NY USA**

REGISTER AT

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

*Unleash who you...*



*know yourself to be!*

# CEO'S COMMITMENT

## Looking inward



Hey Peeps! How are we all doing? Great? no exceptional, I hope!

Lately, I have been really enjoying my life. it is moving at a much slower pace than when I lived In NYC and DC. Which seems obvious right?! Wrong I know of many people who don't live in big cities who are constantly "on the go", "running late" or "missing something". Even when I first moved to Mexico there are plenty of touristy things to do or that keep me distracted.

So I want you to pause for a 5 minutes. Take a deep breathe in and slowly let it out. I want us to look inward for a moment and ask yourself what are the things that bring you happiness and joy for yourself and your family? List 5 things. How many of those things on the list are you doing in a week, a month, a year? If you are doing most of them, great! I'm am really proud of you! If your not, then we need to pivot and start creating more happiness and joy on a day to day basis.

Looking inward for the answers and checking in with yourself helps you build more trust and empowers you to make better choices and decisions for you and your families future. Dedicate at least 10 mins of your day to sorting yourself out emotionally, mentally and even physically. If 10 minutes seems like too much per day then minimum 30 minutes twice a week. This is a very simple and Impactful habit that will help you achieve your goals faster.

## BEING THE ONE

Grit & Taylor Swift



Acknowledgement is crucial for a growth mindset to flourish! It allows us to see what we are good at, what our weakness are and where the gap is to keep us moving forward. It also allows us to stay away from shame.

Everyone meet Brytta! Her and I met in a Mastermind Group that I was coaching back in 2022. It was for new entrepreneurs who were starting an online business. It supported them in building the foundation of their business like social media, pricing, services, funnels and my specialty mindset. Brytta always impressed me with her grit and energy. She never missed one of my sessions and was always doing the inner-work. She is strong force due to her passion and drive to serve others.

Originally from New York, Brytta has an appetite for adventure. She has lived in many places around the world, and now is happily settled in Lisbon. Portugal, with her cat, Macha.. She is now the successful owner of the YOGA HOSTEL and holds multiple yoga (Taylor Swift vibes) retreats through out Europe. The best part of all is she shares her knowledge with others to help them build out their own effective retreats, impacting even more lives through yoga and entrepreneurship. We are so proud of her growth and achievements.



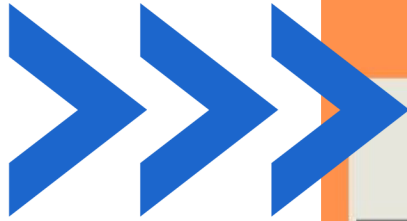
"I am creating love, light and peace for myself and my family."

# UNFOLD YOURSELF UP

*Live Webinar*

REGISTRATION OPEN  
BOOK ON OUR WEBSITE

UNFOLD  
YOURSELF  
WORKSHOP  
4 DAYS  
\$59.99  
FREE WITH COACHING  
PLANS



Do you ever stop and think how did I get here? Maybe you are saying this to yourself in a positive perspective and maybe you are saying this in a negative one. Which ever one It Is... I want you to consider that there Is actually an easy way to achieve your goals I mean you will still have to show up and take action. Most people automatically think negatively upon creating a goal. That It Is too hard and difficult. They don't know the right people, have enough money and the list goes on.

So about 5 years ago I was in a year long Leadership Masterclass Program I discover that achieving a goal didn't have to be so hard and difficult. That you can actually plan your actions but in reverse. As soon I heard about this technology it all clicked. I began to see where I could take new actions that I wasn't able to see before. Unfolding is just that planning but in reverse.

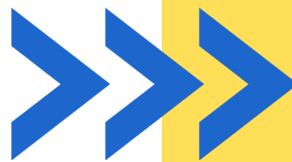
This online webinar will be 4 days of discovering and understanding the "planning in reverse" distinction. You will be able to responsibly declare your by whens, figure out who you will need to be on your team or who to enroll to speed and completion of your goals. Then comparing your actual schedule and put your unfolding into reality. Also you will find it easy to spot and see any opticals or future breakdowns that may occur. Lastly standing powerfully to create the 3 milestones that keep you on track and effortlessly guiding your next actions.

Come and see how effective and easy you can begin to set your goals up for success and unfold yourself towards abundance. See you soon!



## DATES

Tuesdays @ 2pm EST



May 28th  
June 4th  
June 11th  
June 18th

All calls will be recorded

Plan your goals in  
REVERSE... and watch  
yourself get closer and  
closer to the finish line.