



SEASON 1 EPISODE 1

Designing Success: How **Spring Bengtzen** Reprogrammed Her Life, Mindset & Business

1. What old beliefs or stories about success and self-worth are you still holding onto—and how might reprogramming them open new doors in your life or business?
2. If you were to intentionally design your ideal life, what would it look like—and what small steps can you take this week to begin aligning with that vision?
3. Who are the key people in your life that form your support system, and how can you strengthen or expand those relationships to support your growth?
4. What areas of your daily routine—especially your mornings—could be restructured to improve your focus, productivity, and mindset?
5. Where in your life or business are you relying on the “what” instead of finding the “who” that can help you grow, delegate, or scale with more ease?