



SEASON 1 EPISODE 1

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

Chapters

00:00	Introduction to Spring Bengtzen
01:01	Spring's Journey in Real Estate
04:32	The Importance of Support Systems
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18:44	Breaking Through Financial Barriers
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Summary

In this episode of Women Who Rise, Heather Mansy interviews Spring Bengtzen, a successful entrepreneur and real estate expert. They discuss Spring's unexpected journey in real estate, the importance of support systems, and the investments she made in her personal growth. Spring shares insights on reprogramming beliefs, designing an ideal life, and the significance of having a supportive partner. The conversation emphasizes the power of perspective in achieving financial success and breaking through barriers. In this engaging conversation, Spring B and Heather Mansy explore



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the journey of personal and professional growth, emphasizing the importance of designing one's future self, establishing effective morning routines, navigating the challenges of business, and the power of partnerships. They discuss how to leverage time and resources to achieve success while maintaining a balanced life. The conversation highlights the significance of mindset, community, and the willingness to adapt and grow in both personal and professional realms.

Key Takeaways

1. Invest in personal growth and development.
2. Say no and protect your time.
3. Make a plan for scaling your business and running a larger organization.
4. Leverage partnerships to enhance business growth and success.

Sound bites

"I never had \$10,000 in my bank account."

"Design what you want and execute it."

"We get in life what we think we deserve."

"You need to design your ideal client."

"Who's everybody?"

"You have to start showing up as that person."

"What do you really want?"

"You need a who, not a what."