

***A Stenorella Mindset:
Transforming
Perseverance Into Prosperity***

Shirle Perkins, RDR-CRR



LADY
Stenorella
FROM RAGS TO RICHES



MY STORY



**A STENOCELLA MINDSET:
TRANSFORMING PERSEVERANCE INTO PROSPERITY**

An Exercise:

*“A Stenorella Reflection:
The Courage to Believe”*



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RESILIENCE

...the ability to endure challenges, adapt to difficulties, and rise stronger after setbacks. It's not just about surviving hardships—it's about growing through them, learning from them, and refusing to let obstacles define your future.

**A STENOURELLA MINDSET:
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GRATITUDE

*...the ability to recognize and appreciate the good,
even amidst challenges.*

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KINDNESS

*...the ability to recognize and appreciate the good,
even amidst challenges.*

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OPTIMISM

...believing in possibilities even when the path is unclear.

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INNER STRENGTH

*...the ability to maintain composure and dignity
under pressure.*

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FOCUS AND DEDICATION

...The discipline to stay committed to a goal, despite distractions or difficulties.

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ADAPTABILITY

The ability to adjust to changing circumstances and thrive in uncertainty.

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PROFESSIONALISM

Conducting oneself with excellence, regardless of challenges or opinions.

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SELF-BELIEF

The unwavering conviction that you are worthy, capable, and enough—no matter the voices that say otherwise.

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An Exercise:

“CLAIM YOUR BALLROOM”

Believe In Your Worth

Set Boundaries

Embrace Growth

Take Bold Steps

Invest in Yourself

Celebrate Your Wins



CREATE YOUR STENOIRELLA STRATEGY

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