

THE TIME OF YOUR LIFE

LESSONS I'VE LEARNED WHILE MAKING TIME FOR MINE

JENNY WECKER

FOUNDER + CEO

FAWN DESIGN

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HI, I'M JENNY.

AND I AM CURRENTLY REGRETTING MY
RECENT SWITCH TO NATURAL DEODORANT.

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Some Fun Facts About Me:

- I am obsessed with the Dave Matthews Band.
- I am a college dropout.
- I love popcorn, plain with just salt.
- I wear a pair of Vans shoes pretty much everyday and have over 30 pairs.
- I love to golf
- I learned to sew when I was 5 years old.

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Jenny three years ago.....

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Jenny in October 2017.....

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JENNY IN 2018.....

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“THIS BAD THING ISN'T HAPPENING TO YOU. IT'S HAPPENING FOR YOU”

- OPRAH WINFREY

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NOW

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HERE IS WHAT I AM DOING TO CHANGE:

- I KEEP A DAILY/WEEKLY GRATITUDE JOURNAL
- I SCHEDULE MYSELF FIRST
- I SCHEDULE EVERYTHING! INCLUDING REMINDERS
- I DON'T BREAK PROMISES OR COMMITMENTS TO MYSELF
- BROUGHT IN PEOPLE SMARTER THEN ME AT FAWN
- BECAME REALLY OKAY WITH DOING LESS
- I AM FOR 8 HOURS OF SLEEP A NIGHT
- I WAKE UP AT 6 AM
- I STOPPED DRINKING DIET COKE!!!!!!!!!!!!!!!!!!!!
- I EXERCISE ONLY WHEN I WANT TO, AND I DO THINGS I ACTUALLY ENJOY!
- I AM RE-FINDING MY HOBBIES
- I AM CEO + MOM, JUST NOT AT THE SAME TIME

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10 THINGS I'VE LEARNED AND WISHED I HAD KNOWN WHEN I STARTED

1. YOU ARE PERFECT ALREADY.
2. PUT YOU FIRST, THEN EVERYTHING ELSE.
3. SCHEDULE EVERYTHING!!!!
4. CUT YOURSELF SOME SLACK. TREAT YOURSELF WITH LOVE. UNFOLLOW PEOPLE ON SOCIAL MEDIA THAT MAKE YOU FEEL BAD.
5. REMEMBER, BALANCE IS NEVER ACHIEVED, IT IS A JOURNEY!
6. THE LINE OF WHAT IS IMPORTANT GETS BLURRED REALLY FAST, ESPECIALLY WHEN YOU ARE THE PROVIDER.

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10 THINGS I'VE LEARNED AND WISHED I HAD KNOWN WHEN I STARTED C

7. DON'T DO MOM GUILT. DON'T EVEN GO THERE. MAKE CHANGES AS YOU SEE FIT. REMEMBER YOUR KIDS ARE RESILIENT.

8. BE OKAY WITH SEEKING HELP: CHILD CARE, HOUSECLEANING ETC.

9. WORK WITH WHAT YOU HAVE: NAP TIME, NIGHT TIME, WEEKENDS. AT HOME, THE LIBRARY, STARBUCKS. YOU ARE SMARTER THEN YOU THINK YOU ARE. YOU ARE MORE CAPABLE THEN YOU THINK YOU ARE!!!

10. TRUST YOUR GUT, ALWAYS.

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RECOMMENDATIONS

- ESSENTIALISM- GREG MCKEOWN
- GIRL, WASH YOUR FACE- RACHEL HOLLIS
- YOU ARE A BADASS- JEN SINCERO
- THE ALCHEMIST- PAULO COELHO
- THE HAPPINESS ADVANTAGE- SHAWN ANCHOR
- RISING STRONG- BRENE BROWN
- THE UNIVERSE HAS YOUR BACK- GABRIELLE BERNSTEIN
- MORE THAN ENOUGH- ELAINE WELTEROTH
- BODY LOVE- KELLY LEVEQUE
- TONE IT UP, FITNESS APP
- CLEAN SIMPLE EATS, MEALS PLANS.

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