



I AM
VICTORIOUS

— Affirmation & Reflection —





Repeat Aloud & Reflect on Your Thoughts

I am victorious.

I celebrate abundance and success. I think and act like a champion. I make choices that align with my values. My priorities are clear.

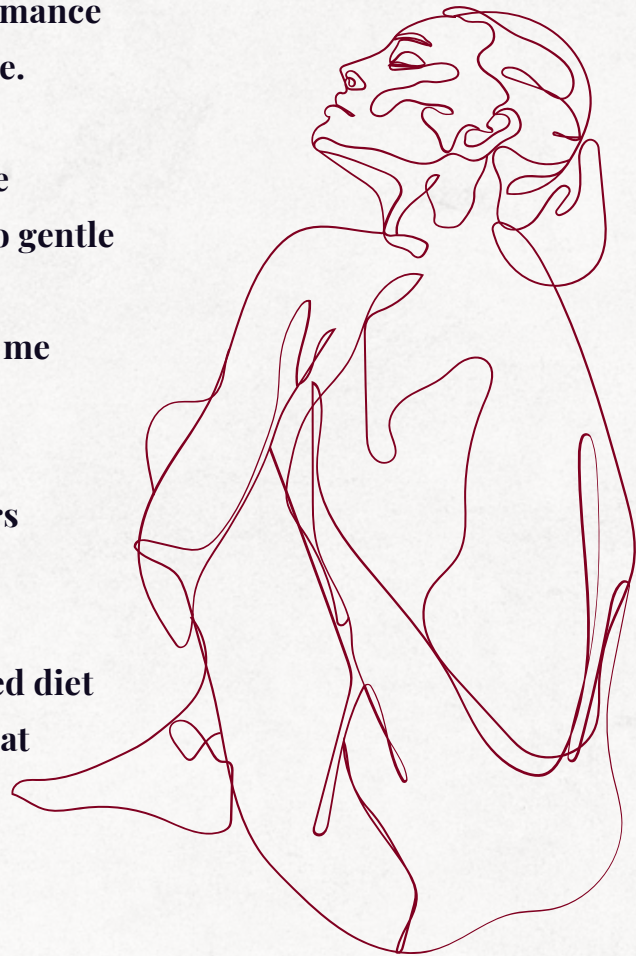
I overcome obstacles and deal with setbacks. I pick myself back up when I fall down. I take responsibility for my decisions. I learn from experience.

I go after what I want. I turn my ideas into concrete action. I take calculated risks. I work hard. I evaluate my performance and ask others for feedback. I am proactive and creative.

I remain calm under pressure. I slow down and breathe deeply. I relax by soaking in a warm bath or listening to gentle instrumental music. I look for the humor in difficult situations. I surround myself with loved ones who give me encouragement and support.

I limit distractions. I track my time. I spend fewer hours watching TV or scrolling through social media.

I adopt healthy habits. I invest in myself. I eat a balanced diet rich in whole foods. I exercise regularly and sleep well at night.



I compete with myself. I try to beat my last performance. I continue reading, learning, and upgrading my skills. I welcome challenges that push me out of my comfort zone.

I think positive. Optimism makes me more resilient. I notice the pleasant events that happen each day, like drinking hot coffee, brainstorming with my colleagues, or playing with my kids. I cultivate gratitude and appreciation.

Today, I am filled with confidence and enthusiasm. I achieve my goals in spite of losses and hardships. I feel like a winner.



Self-Reflection Questions:

- 1. How can I sustain my motivation when times are hard?**
- 2. Why is it important to write down my goals?**
- 3. How do I define success?**
- 4. Am I in alignment with my core values?**





“

*You have to stay true
to your heritage;*

THAT'S WHAT YOUR
BRAND IS ABOUT.

”

Alice Temperley



Hi, I'm Carla, and I'm so grateful we have found each other. As a Strategic Communications & Lifestyle Design Advisor, I empower accomplished professionals desiring to reach the pinnacle in **Position, Performance, & Pleasure** in their everyday lives through the art of intentional lifestyle design.

I champion dynamic professionals who are:

**Key Industry Players,
Sought-After Leaders,
&
High-Paid Earners.**

Through my people-centric methodology, I support high achievers like you – desiring meaningful expansion – by creating **clarity, confidence, and distinction** for those redefining what it means to live, lead, and flourish in a new era.

Seize the Moment to leverage strategic communications and lifestyle design to create
A BESPOKE Life.

Let's Design Your Next Era Today.

You're Invited

“Each day is an occasion to reinvent ourselves.”

–Ralph Lauren

You are here because you know there is more. There comes a moment when what you have built is no longer the question.

What's next is.

Bespoke Luxury Living is designed for accomplished professionals who are ready to pause, reassess, and thoughtfully design what comes next; personally, professionally, and in the life they are building.

Through bespoke guidance, strategic perspective, curated resources, and concierge-level support, we help you move through transition with greater clarity, confidence, and intention.

Because your next era should not simply be bigger. **It should be better aligned with who you are becoming.**

You are invited to experience the **Bespoke Luxury Living Club** with a complimentary 3-hour access pass and discover what it feels like to have an advisor, ally, and advocate in your corner.

Your next era begins with a decision: to make room for what's next.



LEARN MORE



A woman with long dark hair, seen from the back, is wearing a white sleeveless dress. She is holding a glass of red wine in her right hand and looking out over a sunset landscape. The sky is a mix of blue and orange, and there are dark hills in the background.

Bespoke Luxury Living

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