



Next Gen
LIVE!

Feb 23-25, 2025 | Dallas, TX

SAVERS Health & Wellness Presentation

G R O W . C O N N E C T . L E A D .



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Holly Haveman

Kennedy's Flowers

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GROW . CONNECT . LEAD .

SAVERS

Stands For:

Silence

Affirmations

Visualization

Exercise

Reading

Scribing

from Hal Elrod's book
"The Miracle Morning"

SILENCE

Meditation, prayer or reflection

AFFIRMATIONS

Positive, goal-oriented statements

VISUALIZATION

Mentally rehearsing your ideal outcomes

EXERCISE

Physical activity to energize your
body and mind

READING

Personal development or
inspiring material

SCRIBING

Journaling thoughts, ideas or gratitude

Ways to Successfully apply SAVERS in your life

Customize the Time: Decide how much time you can realistically spend. The SAVERS routine can be done in as little as 6 minutes, with 1 exercise per minute, or could expand to an hour.

Set a Routine: Wake up 30-60 minutes earlier than usual, and designate a space where you will do your SAVERS activities.

Sequence SAVERS to Suit Your Energy: You can perform each of the exercises in whatever order feels best for you!

Prepare the Night Before: Set your alarm, lay out exercise clothes / book / journal

Stay Flexible: On busy days, do a condensed version of SAVERS. The key is consistency.

Track Your Progress: Mark on your calendar or in your journal each day that you do SAVERS and try to make it for a whole month!

**Today to apply SAVERS
we will go in the actual order**

Silence via a breathwork meditation.

<https://www.youtube.com/watch?v=DaHH--jJBtg>

Affirmations

- * Choose one or two that inspire you or make up your own!
- * Repeat silently in your mind or repeat out loud to yourself as you get ready.
- * Stick to the same one or switch it up from day to day.

Affirmations

Leadership & Growth:

I am a confident leader who inspires my team to bloom and thrive.

I am constantly learning and evolving to lead my business with innovation.

Creativity & Excellence:

I attract customers who appreciate and value my artistry.

I am committed to delivering beauty, quality, and joy in every arrangement.

Customer Relationships:

My business is a happy place where customers and team members feel cared for and inspired.

I create meaningful connections with my customers, building trust and loyalty.

Abundance & Success:

Opportunities flow to me effortlessly as I stay true to my vision.

My hard work and dedication bring abundance and prosperity to my business.

Work-Life Balance:

I balance creativity and leadership with ease and joy.

I am grateful for the journey and celebrate every success, big or small.

Visualization

Here are a few prompts and categories for you to choose from for visualization.

Once you have chosen one, close your eyes, take a deep breath, and imagine it taking place.

Visualization

Business Success:

Picture your ideal day at work: Visualize your shop bustling with happy customers, your team working seamlessly, and every flower arrangement bringing joy.

Creative Flow:

See yourself designing stunning arrangements: Visualize the process from selecting the flowers to the moment the customer sees it and smiles.

Leadership and Teamwork:

Visualize leading with confidence: See yourself inspiring your team, having productive meetings, and fostering a positive work culture.

Personal Growth:

Picture yourself as your best self: See yourself calm, focused, and energized, radiating positivity throughout the day.

Community and Connection:

See your shop as a local favorite: Visualize being the go-to florist in your city, with customers recommending you to friends and family.

Work-Life Balance:

Visualize a balanced day: Picture a day where you excel at work, enjoy quality time for yourself, and end the day feeling accomplished and grateful.

Exercise

Reading

Here are several excerpts from different growth-minded books, inspired by the monthly book club of the “Women in Floriculture” group:

“You do not need anybody’s permission to live a creative life. The universe buries strange jewels deep within us all, and then stands back to see if we can find them. The hunt to uncover those jewels - that’s creative living... You have extraordinary treasures hidden within you. Bring them forth.”

- “Big Magic: Creative Living Beyond Fear” by Elizabeth Gilbert

“Connection is why we’re here. We are hardwired to connect with others, it’s what gives purpose and meaning to our lives, and without it there is suffering.”

- “Daring Greatly” by Brene Brown

“Only once you give yourself permission to stop trying to do it all, to stop saying yes to everyone, can you make your highest contribution toward the things that really matter... The way of essentialism means living by design, not by default.”

- “Essentialism” by Greg McKeown

“Radical Candor is what happens when you put Care Personally and Challenge Directly together. Radical Candor builds trust and opens the door for the kind of communication that helps you achieve the results you’re aiming for. It’s not mean; it’s clear. When you care personally and challenge directly, you are being kind, not cruel.”

- “Radical Candor” by Kim Scott

Scribing

Write 5 things you are grateful for today

Write your top 5 goals to accomplish today



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Thank You!

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