X-Elevate

POSITIVE MINDSET & LIVING YOUR HIGHEST VALUE

THE DAILY RESET GUIDE

Morning & Evening Routines That Transform
For Empowered Moms & Teens Who Want to Live with Intention and Calm

Yolandi Strauss is the founder of X-Elevate, an online platform dedicated to helping women and families transform overwhelm into purpose, and dreams into reality. As a mother of four, former full-time employee, and now passionate educator and digital entrepreneur, she knows firsthand the challenges of balancing ambition with motherhood.

For years, she walked the tightrope of responsibilities—giving her all to her career and children—yet feeling unfulfilled, as if her own dreams were slipping further away. But a moment of truth changed everything. She realized that true success shouldn't require choosing between being present for her family and pursuing a life of meaning, impact, and personal growth.
With courage, clarity, and a deep desire to serve, she stepped into a new chapter—building a life and business that reflects her values, skills, and purpose. That's how X-Elevate was born: from a calling to help others rise.

Through powerful online workshops, masterclasses, expert-backed eBooks, and high-impact training programs, she now empowers women—especially mothers—to reclaim their time, build income with intention, and grow into the confident, fulfilled leaders they are meant to be.
Her work is grounded in compassion, authenticity, and real-life experience. She believes that every woman holds the potential to thrive—not just survive—and that small steps, taken consistently, can lead to transformational change.
If you've ever felt stretched too thin, stuck in a cycle that doesn't reflect your potential, or unsure how to move forward—her message is simple but powerful: You don't have to choose between your dreams and your family. You can build both—on your own terms.

ABOUT THE AUTHOR

Yolandi is a mom of four, entrepreneur, and founder of X-Elevate—a platform created to help women break free from burnout and build a life they love. After years of juggling a demanding job and family life, she realized she didn't have to choose between her dreams and being a present parent. She now empowers other women through online workshops, masterclasses, and eBooks to reclaim their time, grow with purpose, and create success on their own terms

MY STORY

From Overwhelm to Empowerment: My Journey to Creating X-Elevate

I want to share my story with you—a story that might sound a lot like your own.

For years, I lived in a cycle of exhaustion, juggling a full-time job with the relentless demands of raising four incredible children. I poured myself into work, into my family, into responsibilities that never seemed to pause. And yet, in the quiet moments, I felt a growing emptiness. A question echoed in my mind: Is this all there is?

I was doing everything "right"—following the traditional path of hard work, stability, and sacrifice. But the cost was steep. My dreams were buried beneath deadlines and duties, and the version of success I had once envisioned felt completely out of reach.
Then came a breaking point—the moment when I realized I didn't have to accept a life that stretched me thin without nourishing my aspirations. I didn't want to choose between being present for my children and pursuing a career that truly fulfilled me. There had to be another way.

So, I made a decision: I would stop waiting for permission to create the life I wanted.
With limited opportunities for growth in my job and a modest income that barely reflected my potential, I took a leap of faith. I knew that my passion for Children , parenting, marketing, and Personal development could be the foundation for something greater. I wanted to help others—people like me—who felt stuck in a system that wasn't designed for their dreams.

That's how X-Elevate was born.

X-Elevate

Welcome!

But let me be clear—this wasn't just about building a business. It was about creating freedom. I wanted a platform that would empower others to reclaim their time, develop skills, and step into their full potential. I wanted to show people that they didn't have to settle.
Now, through X-Elevate online Workshops, masterclasses, eBooks, and online training, I help others break free from overwhelm and design a life that aligns with their ambitions.

I've turned my struggle into a solution—one that is transforming not just my life, but the lives of people around the world.
And if you're reading this, wondering if real change is possible for you, let me tell you what I've learned:

👉 You don't have to accept a life that drains you.
👉 Your dreams are not selfish—they are necessary.
👉 You are capable of rewriting your story, no matter where you are today.

The path isn't always easy, but every small step you take towards reclaiming your time, building your skills, and pursuing your passion is a victory.

I invite you to join me on this journey—to stop waiting, start growing, and create a life that honors both your aspirations and your loved ones.

Because success isn't about choosing between your family and your future. It's about designing a reality where you don't have to choose at all.

Yolandi Strauss x

VISION AND MISSION

our Vision: To create a global movement of empowered women who are reclaiming their time, building meaningful skills, and designing lives they love—one course, one mindset shift, one breakthrough at a time.

our Mission: At X-Elevate, we believe every woman deserves the freedom to grow, thrive, and build a life aligned with her purpose—without sacrificing her role as a mother. Our mission is to empower moms and families through accessible, expert-backed digital learning experiences that inspire confidence, ignite personal transformation, and open doors to new possibilities.

The Daily Reset Guide

Morning & Evening Routines That Transform

Empowered Moms & Teens

www.xelevatecourse.com |

Designed By: X-Elevate

THANK YOU FOR BEING HERE. THIS BOOK WAS CREATED WITH LOVE, INTENTION, AND THE HOPE THAT IT BRINGS LIGHT, CLARITY, AND EMPOWERMENT TO YOUR JOURNEY. MAY IT BE A STEPPING STONE TOWARD THE LIFE YOU TRULY DESERVE. 💛

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Yolandi Strauss x

INTRODUCTION

Welcome to Positive Mindset & Living Your Highest Value, a transformational guide designed to help you cultivate a powerful, success-driven mindset and align your life with your highest values. Whether you are a mom seeking personal growth, a woman striving for confidence and fulfilment, or someone looking to enhance your self-mastery, this book is your blueprint to unlocking your true potential.

By the end of this book, you will have a deeper understanding of how your thoughts shape your reality, practical strategies to develop resilience, and a structured approach to living with purpose. Let's embark on this journey together toward personal empowerment and success!

Whether you're a mom balancing everyone’s needs or a teen navigating big dreams, this guide is your gentle reset button. Inside, you’ll discover realistic, powerful rituals to help you rise with intention and rest with peace.

"You don’t need to do more. You need to do the right things that align with your values."

01 / WHY DAILY ROUTINES MATTER

WHY DAILY ROUTINES MATTER

Your Habits Are Your Life Blueprint

Routines aren't about rigid rules—they're about anchoring your energy and setting yourself up for emotional, mental, and physical success.

- 🌅 Morning rituals empower your mindset, focus, and productivity.
- 🌙 Evening rituals support calm, recovery, and emotional reset.

"How you start and end your day determines how empowered you feel in between."

"YOU ARE NOT JUST RAISING CHILDREN; YOU'RE RAISING FUTURE LEADERS. YOUR MINDSET SHAPES THEIRS."

02/ YOUR HABITS ARE YOUR LIFE BLUEPRINT

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"A STRONG MOTHER DOESN'T HAVE TO BE PERFECT—JUST PRESENT, POSITIVE, AND PERSISTENT."

03/ MORNING ROUTINE MENU

MORNING ROUTINE MENU

Empowered Morning Ritual (Pick 3–5 habits):

Habit	Why It Matters
Wake up 30 mins earlier	Create calm before the chaos starts
Gratitude journaling	Trains your brain to focus on the positive
Stretch or move	Activates energy & releases tension
Affirmations / Mirror talk	Rewire your brain with self-belief
Vision board or goal setting	Aligns your mind with purpose
No phone for 30 mins	Boosts clarity & focus, reduces overwhelm

Action Prompt:
Pick your top 3 to commit to for the next 7 days!

"YOUR MINDSET IS THE GREATEST GIFT YOU CAN PASS ON TO YOUR CHILDREN."

04/ EVENING ROUTINE MENU

EVENING ROUTINE MENU

Calming Night Ritual (Pick 3–5 habits):

Habit	Why It Matters
Reflect on 3 wins	Builds confidence and inner peace
Journal or brain dump	Releases thoughts and stress
Screen-free wind down	Supports melatonin & deep sleep
Read or calming music	Triggers brain's relaxation response
Breathwork or light stretch	Releases tension from the day
Kindness reflection	Ends the day with compassion

Action Prompt:
Choose 2–3 rituals you'll start tonight.

05/ DAILY RESET CHECKLIST

Morning:

□ Wake up with intention

□ 5-minute gratitude journaling

□ Gentle movement or stretch

□ Morning affirmation

□ Set a micro-goal for the day

□ Avoid phone scrolling

Evening:

□ Reflect on 3 things that went well

□ Journal or release stress

□ Turn off screens 30 mins before bed

□ Stretch or deep breathe

□ Self-kindness reflection

"MOTHERHOOD IS NOT A LIMITATION—IT'S YOUR SUPERPOWER."

06/ POWERFUL AFFIRMATIONS

Morning Affirmations:

- “Today, I choose clarity, calm, and confidence.”
- “I’m showing up as my best self—on purpose.”
- “I’m worthy of good things and capable of achieving them.”

Evening Affirmations:

- “I did enough. I am enough.”
- “I let go of today and welcome rest.”
- “I am proud of who I’m becoming.”

07/ EXPERT QUOTES FOR INSPIRATION

“Discipline is choosing between what you want now and what you want most.” — Abraham Lincoln

“You don’t rise to the level of your goals. You fall to the level of your systems.” — James Clear

“How you do your mornings is how you live your life.” — Hal Elrod

"WHEN YOU CHANGE YOUR THOUGHTS, YOU CHANGE YOUR MOTHERHOOD JOURNEY."

08/ REFLECTION

Morning Reflection Prompts:

- What am I grateful for today?
- What's one thing I will focus on?
- What's my intention for the day?
- How do I want to feel today?

Evening Reflection Prompts:

- What went well today?
- What drained me today?
- What can I celebrate about myself?
- What do I want to release tonight?

"A CALM MIND IS A POWERFUL MIND. BREATHE, MAMA— YOU'VE GOT THIS."

09/ ACTION PLAN WORKSHEET

My 7-Day Daily Reset Commitment

- Morning Habits I'll practice: _____
- Evening Habits I'll stick to: _____
- My reason "why": _____
- My accountability partner (optional): _____
- Notes or wins to celebrate: _____

"YOU ARE ALLOWED TO GROW WHILE RAISING OTHERS. THAT'S NOT SELFISH, THAT'S STRENGTH."

10 / NEXT STEP

If this guide gave you clarity, imagine the transformation with full support, structure, and mindset coaching.

👉 Upgrade to the eBook:

✨Positive Mindset & Living Your Highest Values

💻 Includes: 23 expert lessons, workbook, and 2 bonus trainings

🔗www.xelevatecourse.com

The Choice to Live Fully is Yours

At this very moment, you stand at a crossroads. You can continue as you were, letting fear, doubt, and old habits dictate your future—or you can step into your power, take action, and create the life you truly deserve.

What will you choose?

You are not just a mother, a professional, a woman balancing responsibilities—you are a leader of your own life. You are strong. You are capable. You are worthy of abundance, happiness, and fulfillment.

"POSITIVE MINDS RAISE POWERFUL CHILDREN."

FREQUENTLY ASKED QUESTIONS

QUESTION

How do I stay positive when life feels overwhelming or everything is going wrong?

ANSWER

Positivity doesn't mean pretending everything is perfect. It means choosing to respond with perspective, resilience, and grace—even when things feel messy. Start by grounding yourself in small wins, gratitude, and mindfulness. Focus on what you can control: your thoughts, your breath, and your next step. A positive mindset is built in the hard moments—not the easy ones

QUESTION

How do I know what my highest values are—and why do they matter?

ANSWER

Your values are your inner compass. When you live in alignment with them, you feel fulfilled and at peace. When you ignore them, life feels frustrating and disconnected. To identify them, ask:

- What makes me feel most alive?
- What do I protect, even when no one's watching?
- When do I feel most me?
- Once clear, use your values to guide decisions, set goals, and filter what deserves your time and energy.

QUESTION

Can I really reprogram my mindset, or is it just who I am?

ANSWER

Yes—you absolutely can reprogram your mindset. Your brain is not fixed. Through consistent practice, repetition, and self-awareness, you can shift your thought patterns, emotional responses, and inner dialogue. This is called neuroplasticity, and it's backed by science. Your mindset is not who you are—it's how you've been trained to think. And training can always be updated.

FREQUENTLY ASKED QUESTIONS

QUESTION

What if I don't have time for personal growth with everything I'm juggling?

ANSWER

You don't need hours—you need intention. Mindset work can fit into your daily routine in just minutes. It's not about adding more—it's about shifting how you move through your day. A 5-minute morning reset, a mindset check-in while driving, or journaling before bed can spark massive growth. You're already doing hard things. Let's make them lighter, more aligned, and more empowering.

QUESTION

Why do I keep self-sabotaging even when I know better?

ANSWER

Self-sabotage is often a protective response rooted in fear, past wounds, or low self-worth. It's not about discipline—it's about identity. Your mind is trying to keep you in familiar patterns, even if they don't serve you. With the right tools—like value alignment, affirmations, and mindset rewiring—you can gently shift from self-sabotage to self-trust. Awareness is the first breakthrough.

QUESTION

Can a positive mindset really help with parenting, stress, and daily life?

ANSWER

Absolutely. A positive mindset doesn't eliminate challenges—it changes how you navigate them. It helps you regulate your emotions, model resilience for your children, and create a home environment rooted in calm, connection, and compassion. Your mindset affects how you show up as a parent, partner, and woman. It's the foundation that strengthens everything else.

TESTIMONIALS

"This masterclass was like a light switch for me. I didn't realize how many of my goals were based on pressure and not purpose. After learning how to align with my values, I feel calmer, clearer, and more confident—without needing to be perfect. I've already noticed a difference in how I parent and how I show up for myself. Truly life-changing."

— Erika Luies Stay-at-Home Mom & Course Participant

Erika Luies

"I've spent years trying to 'fix' myself through books and podcasts, but nothing stuck. This wasn't just information—it was a mindset transformation. The tools are simple, but powerful. I now have a clear vision, daily practices that ground me, and for the first time, I trust myself. Every mom needs this."

Monica De Meyer

THANK YOU

From the bottom of my heart—thank you for choosing to invest in this journey, in your growth, and most importantly, in your family.

This eBook was created with intention, love, and a deep understanding of the real challenges parents face every day. My hope is that it offered you clarity, encouragement, and practical tools to create a more connected, confident, and peaceful parenting experience.

Remember: there's no such thing as a perfect parent—just a present, evolving one. And every small step you take matters.

You're not alone in this. You're doing better than you think. And your willingness to learn and grow already makes you an incredible parent.

With gratitude and support always,

Founder of X-Elevate

Yolandi Strauss