

Monthly Newsletter

we're so glad you're here!

#1 | SEPT 2024



Breaking Boundaries TX

INTRODUCTION TO THE COMMUNITY

Welcome to the Breaking Boundaries TX community! We're genuinely excited to have you join us on this journey. After years of hard work and dedication, our team is officially here to support you in creating the life you want.

We know that many hardworking Texans are facing tough times, and others are just one setback away from that same financial strain. BBTX was founded on a desire to offer a lifeline - to overcome challenges to live a healthier, happier lives. We're here to provide you with a variety of tools, resources, and support you need to make a real difference in your day to day.

We're more than just a resource; we're a partner in your journey. Together, we can take small, meaningful steps to lift those daily burdens and build a brighter future.

The BBTX app is designed with you in mind, offering 14 categories of resources, support programs, and training opportunities to help you tackle various areas of your life. We keep it affordable to ensure you have access to up-to-date information and assistance. Start with a free trial or call 2-1-1 for immediate help.

We're also dedicated to fostering a community of knowledgeable and supportive professionals. By providing additional resources to organizations that are expanding their knowledge, empathy, and support, we aim to drive positive change across the country. Our efforts extend beyond Texas, reaching out to grow a network of professionals committed to making a difference. If you're a professional or organization interested in learning more, please reach out to us. Together, we can create a stronger, more supportive network to drive real, lasting change. Welcome aboard! We're here to support you every step of the way!

Our Promise.

WE'RE GLAD YOU ARE HERE.

Welcome to our very first newsletter! We're thrilled about you joining this growing community. Our commitment is to offer you valuable, free, and low-cost resources that can spark momentum and foster sustainable change in your life and overall well-being. We'll deliver this support directly to you, and also through trusted professionals and organizations in your community.



"True transformation starts when you move from surviving day-to-day to actively creating the life you want to live."

You are worth it.



Week 1 - Goal 1

CLEAN YOUR ROOM

It turns out there's actually some science behind this. Studies show that a clean room can reduce stress, improve sleep quality and duration, enhance your attention span, and boost your immune system. Plus, it just makes you feel better. So, give your room a tidy-up. You'll be amazed at how good it feels!



Week 2 - Goal 2

THE EMERGENCY FUND

Find a jar or coffee can and fill it with spare change from your home - couch cushions, the car, wherever you can find it. Then, sell one thing you no longer need on Facebook Marketplace. Small actions are the first steps in building your emergency fund, even with very little resources, you can start creating freedom.



Week 3 - Goal 3

JUST LOOK AT IT

Let's just look. Log into your bank account and review your spending for the past 45 days. Don't let it be overwhelming - just take a look. Pick one thing you could focus on reducing. Maybe it's not eating out, skipping an energy drink, or brewing your coffee at home. Just start. A little awareness leads to significant improvements.



Week 4 - Goal 4

FIND A NOTEBOOK

Small actions make big impacts. Grab a notebook and jot down how you've felt over these few weeks - what was challenging, and what went well. At the end, list 3 things you're thankful for, things going well, or things you're looking forward to. This simple practice helps you reflect and sets a positive tone for the days ahead.

Mindset Drives Momentum

THE POWER OF PERSPECTIVE: CHANGE YOUR MINDSET, CHANGE YOUR LIFE

BBTX is excited to share a powerful insight with you today about the incredible strength that lies within your mind. When we talk about shifting from a fixed mindset to a growth mindset, we're referring to changing the way we perceive our abilities and challenges. A fixed mindset sees our talents and abilities as static, something we're born with and cannot change. On the other hand, a growth mindset embraces the belief that we can develop and improve through effort, learning, and perseverance.

True power comes from embracing this growth mindset and understanding that change doesn't happen overnight. It's about making a conscious decision to use every moment as an opportunity to move closer to a better place—whether that's in your finances, physical health, mental well-being, or simply elevating your current situation.

Being stuck in survival mode can make it hard to see beyond immediate challenges. It can drain your energy and make change seem impossible. Similarly, complacency and fear of change can keep you in a cycle of stagnation. But here's the key: every day is a new opportunity to take just one small step toward improvement.

Remember, progress may be gradual, but each step forward brings you closer to your goals. Embrace each day as a chance to advance, however small the step. It's these daily decisions that build momentum and lead to lasting change. Believe in the power of your mind and your ability to grow. With each choice you make to strive for a better tomorrow, you're creating a path to a more fulfilling life. We're on this journey together, one step at a time.



Download the Breaking Boundaries TX app to kickstart your journey toward the life you want and deserve. For a small fee, you'll gain access to thousands of resources designed to save you hundreds of dollars. We've only just begun. Start building a better future today!

It's Fall Y'all!

WE'VE PUT TOGETHER A LITTLE SOMETHING
EXTRA JUST FOR YOU

Click to get the *It's Fall Y'all* bucket list activity
chart AND 8 fall meals that will each feed your
family of 4-6 for under \$12.

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