

AI & BUSINESS SYSTEMS Starter Guide™

WORK SMARTER. SAVE TIME. GROW FASTER.

Simple AI tools and systems to help food vendors **save time**, stay **organized**, and build a business that **grows**.



Your Business.
Your Systems.
Your Success.
Let's Make It **GLOW!**

1 WHY SYSTEMS MATTER

- SAVE TIME**
Spend less time on busy work and more time growing.
- STAY ORGANIZED**
Keep everything in one place and easy to find.
- REDUCE MISTAKES**
Systems help you stay consistent and accurate.
- IMPROVE CONSISTENCY**
Provide the same great experience every time.
- FOCUS ON GROWTH**
More time, less stress, bigger results.

★ Successful businesses run on systems, not stress. ♥

2 WHAT AI CAN HELP WITH

- CONTENT CREATION**
 - Social media captions
 - Blog ideas
 - Marketing content
- CUSTOMER COMMUNICATION**
 - Email drafts
 - FAQs
 - Responses to inquiries
- BUSINESS PLANNING**
 - Menus & pricing ideas
 - Startup checklists
 - SOP creation
 - Business planning

💡 TIP: AI is your assistant. You're still the expert! ♥

3 BEGINNER-FRIENDLY AI TOOLS

- CHATGPT**
Ideas, content, planning, organization, and more.
- CANVA AI**
Graphics, flyers, social media posts, and templates.
- NOTEBOOKLM**
Create guides, train your team, and organize research.
- GAMMA**
Create presentations, proposals, and visual content.

★ Start simple. These tools are powerful and easy to use. ♥

4 SIMPLE BUSINESS SYSTEMS EVERY VENDOR NEEDS

- INVENTORY TRACKING**
Know what you have, what you need, and what's running low.
- EXPENSE TRACKING**
Know where your money goes so you can grow it.
- CONTENT CALENDAR**
Plan your posts so you stay consistent and save time.
- CUSTOMER FOLLOW-UP**
Stay connected and build strong customer relationships.
- SOPS (STANDARD OPERATING PROCEDURES)**
Document how things are done so you stay consistent and can delegate.

★ Systems today. Freedom tomorrow. ♥

5 THE STUDIO GLOW SYSTEM™

- PLAN**
Set goals and create a roadmap for your business.
- BUILD**
Create simple systems that save time and reduce stress.
- BRAND**
Show up online and offline with confidence.
- TRACK**
Monitor your progress and measure what matters.
- IMPROVE**
Keep learning, optimizing, and leveling up.

👑 A system in place creates freedom and growth. ♥

6 AI & SYSTEMS CHECKLIST

- Track expenses
- Track inventory
- Create content calendar
- Use AI weekly
- Organize files
- Save templates
- Create checklists
- Review systems monthly

💡 Pro Tip: Review your systems monthly and adjust as needed. ♥

7 QUICK SUCCESS TIPS

- START SIMPLE**
Build one system at a time. Small steps lead to big results.
- USE FREE TOOLS FIRST**
You don't need expensive tools to get started.
- AUTOMATE REPETITIVE TASKS**
Let AI handle the small stuff so you can focus on growth.
- CREATE REUSABLE TEMPLATES**
Save time by creating templates for posts, emails, and more.
- KEEP LEARNING**
New tools and strategies will keep you ahead of the game.
- FOCUS ON CONSISTENCY**
Consistency + systems = long-term success.

★ Work smarter, not harder. Systems help you do both! ♥

LESS CHAOS. MORE SYSTEMS. BIGGER RESULTS.

Build the backend.
Grow the front end.
Create the life you want.

♥ SYSTEMS AREN'T BORING. THEY'RE YOUR SUPERPOWER. BUILD IT. BRAND IT. GROW IT. **GLOW FOREVER.™**

♥ BETTER SYSTEMS. BETTER BUSINESS. BETTER LIFE. **THAT'S THE GLOW WAY.**

Studio GLOW Kitchen™
Build • Brand • Grow
We're here for you. We've got your back. ♥