



Six-Figure Stylist | Week 3

# Creating Boundaries

# THE COURSES

*at a glance*

01

Non-negotiables

02

Master your energy + overcoming  
limiting beliefs

03

*Creating Boundaries*

04

Time Management

05

Define your "why"

06

The numbers you need to know

07

How to stand out in a crowded  
market

08

Develop your brand

# Week 3:

# Creating Boundaries

To begin this week watch Video 3.

Video Notes + Takeaways:

**I stand firm in who I am.**

## Week 3 | Homework

Creating boundaries gives you a stable foundation for decision making. Once boundaries are in place, you won't struggle to make decisions. You will know if its a "Hell Yes" or a "Hell No". The less we stress, the more likely we won't eperience burn out.

If you knew no one would be offended by your decision, how much often would you say no versus yes to shit you really don't want to do?

How has a lack of boundaries served you in the past? Ex. staying in a job you hate without ever vocalizing you concerns to your boss, staying in a relationship that isn't serving you, taking clients you don't want, staying late or "squeezing people in", giving discounts, etc.

What is holding you back from enforcing boundaries? What fears come up?

*Ex. I am afraid I will lose clients if I charge my worth, or my family and friends expect me to say yes to everything or I hate disappointing people because it makes me feel bad about myself.*

## Week 3 | Homework

I want you to use this space to create a list of your non-negotiable boundaries. Make it as short or long as you need. AND if you need to, I want you to read them every morning to remind yourself of how much respect you have for yourself and your time from here on out.

# Your Weeks' Daily Ritual Practices

TODAY AT:

I'LL FEEL....

BECAUSE I....

TODAY AT:

I'LL FEEL....

BECAUSE I....

TODAY AT:

I'LL FEEL....

BECAUSE I....

TODAY AT:

I'LL FEEL....

BECAUSE I....

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I'LL FEEL....

BECAUSE I....

TODAY AT:

I'LL FEEL....

BECAUSE I....

# Your Weeks' Daily Ritual Practices

MORNING DAILY GRATITUDE:

NIGHTS REFLECTION: WHAT WOULD YOU DO DIFFERENLY?

MORNING DAILY GRATITUDE:

NIGHTS REFLECTION: WHAT WOULD YOU DO DIFFERENLY?

MORNING DAILY GRATITUDE:

NIGHTS REFLECTION: WHAT WOULD YOU DO DIFFERENLY?

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MORNING DAILY GRATITUDE:

NIGHTS REFLECTION: WHAT WOULD YOU DO DIFFERENLY?



## Week 3 | Reflection

What's changed from the beginning of the week to now?

How am I feeling?

What's been coming up for me in this week's assignments?

Is there anything I would do differently?

I can't wait to....