



Six-Figure Stylist | Week 2

# Master Your Energy & Overcome Limiting Beliefs

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# 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 2:**

Master your  
energy &  
overcome  
limiting beliefs.

To begin this week watch Video 2.

Video Notes + Takeaways:

**Your purpose cannot be duplicated, if your don't fulfill  
it, nobody will.**

## Week 2 | Homework

This is a very mind-set focused module. I want you to take a moment and really think about why it is you are not where you want to be and how you feel about it. Walk through these questions...

Do you believe you're worthy of the success you want?

Do you have any blocks that come up when you think about why you haven't had the success you desire? List out the blocks that come up for you. Ex. Unworthy, success is hard, life is hard, I don't want to work 50 hours a week, etc.

How did these blocks or barriers get there? Did you create them or were they learned behavior?

Which of these limiting beliefs could you let go of immediately? Which ones will take time? Which ones do you have to work around (ones that are beyond control)?

## Week 2 | Homework

Knowing your blocks will allow you to better acknowledge and deal with one when it pops up. Practice this mantra: "I see you, but I don't believe that anymore. I believe in abundance, I believe I can achieve all my goals and I will show up as my higher self."

What do you notice about how you feel? What are the common themes.

### WORKSHOPPING YOUR LIMITING BELIEFS

Take one limiting belief or blocks you have about yourself listed on the previous page and list it below. *Ex. I m not good enough, I don't know how to...*

How has this specific believe held you back?

What has this cost you so far?

How has this belief falsely served you? *Ex. Kept you in your comfort zone, avoided issues with friends or family, etc.*

## Week 2 | Homework

What would you be doing if you were free of this belief?

Come up with a new affirmation to replace this limiting belief whenever it comes up. This affirmation should be in the present tense.

*Ex. Limiting believe: I am not good enough to start my own business and have it be successful*  
*Affirmation: I am proud of myself for embarking on this new journey. I will be successful because I believe in ME!*

New Affirmation:

# 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....

TODAY AT:

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?

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MORNING DAILY GRATITUDE:

NIGHTS REFLECTION: WHAT WOULD YOU DO DIFFERENLY?

## Week 2 | 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....