



Six-Figure Stylist | Week 1

Non-Negotiables

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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 1:

Establishing
daily rituals and
non-negotiables.

To begin this week watch Video 1.

Video Notes + Takeaways:

"Whatever you're ready for is ready for you"

Week 1 | Homework

I want you to really take a look at your current routine. How do you feel when your day starts and ends?

What is your routine now? Where do you spend/give most of your time?

What could you change? What needs to be eliminated?

What is good and brings you joy?

Where could you create space for some of these important things you want to add?

How would you feel if your non-negotiables were established?

Week 1 | Homework

Make a list of 7 objectives you are willing to commit to, and then next to the commitment list th why/how this will upport you in your long-term goals.

Example:

- \\Eight hours of sleep - more energy and focus
- \\Consistent exercise - mental health boost and self care
- \\Limit alcohol intake - ability to sleep better and stabilize my moods
- \\Reading - continue to feed my soul and brain, encourage downtime to unwind
- \\Limit phone/social media usage- scheduled posts allow me detach and take a mental break
- \\Schedule in family time- be more present in strengthening family bonds
- \\Leave space for magic - allowing space to explore all potential avenues of success!

YOUR TURN:

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:

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NIGHTS REFLECTION: WHAT WOULD YOU DO DIFFERENLY?

Week 1 | 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....