



Six-Figure Stylist | Week 4

Time Management

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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 4:

Time Management

To begin this week watch Video 4.

Video Notes + Takeaways:

My presence is my power.

Week 4 | Homework

Time management helps us take control of our schedule. This is where we start to take accountability of where our time is being spent. In order to create change we must make time. This week your homework is to do a time audit! How is the majority of your time being spent? By now you should be implementing your daily non-negotiables, but I still want you to journal how your time is being spent this week.

Log the TOTAL number of hours you spend on each task Monday-Sunday and rank each one 1-10 on how high it is on your priority list (1 being the highest, 10 being the lowest)

Work

Family

Sleep

Self Care

Social Media

Friends

Side Hustle

Travel/Commute

Outings/events

TV/Movies/Internet

Week 4 | Homework

Now that you see where your time is being spent I want you to describe your perfect week. Where would you spend most of your time? How would you feel? I want you to walk through each day as if it were real in the space below. Don't hold back!

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?

MORNING DAILY GRATITUDE:

NIGHTS REFLECTION: WHAT WOULD YOU DO DIFFERENLY?

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MORNING DAILY GRATITUDE:

NIGHTS REFLECTION: WHAT WOULD YOU DO DIFFERENLY?

MORNING DAILY GRATITUDE:

NIGHTS REFLECTION: WHAT WOULD YOU DO DIFFERENLY?

Week 4 | 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....