

Lesson 4

WALL 1:

Is there a priority that you didn't figure into your Bull's Eye that keeps popping up?

1. What do you absolutely LOVE about not doing the thing that you say is a priority?

2. Are there any new boundaries that need to be built, or old ones that need to be reinforced or re-introduced? Describe what those would look like.

3. Who needs to be notified of new or reinforced boundaries?

4. Write out what you'd like to say to them, and then say it out loud in a mirror 5 times.

WALL 2:

There's too much on your plate, woman.

1. Track your time over a week and make a list of what you're spending your time on. It doesn't have to be to the MINUTE, but make sure you're getting all the tasks, work, and pieces of your day down.

2. Make two columns and put everything you've done in the last week in one column or the other.

Has to be my work/I love it

Has to be done, but not by me/don't love

The list on the right is everything that can/will need to be delegated for your business/work to grow AND your sanity to be kept :-).

- Circle the things that can be delegated between now and the next 2 months.
- Star the things that you'd like delegated by 6-9 months from now (these might turn into new team members, etc)
- Underline the things that you're setting a goal to delegate 12 months from now.

BOUNDARY CHECKPOINT

Is other people's energy hard for you to keep from impacting your moods, feelings, or decisions?

Do you find yourself wanting to say "yes," in the moment to make other people happy or help them? Or simply to make things easier or avoid confrontation?

Is there enough at risk to begin to work on setting and maintaining healthy boundaries that allow you to feel sovereign over your time?

Do you deserve that? Are your goals worthy of it? Is the work you're putting out into the world worth it- your service, message, magic?

If you're a yes, take that ideal schedule you wrote out for yourself and make sure it's somewhere where you can see it every day- think fridge, bathroom mirror, desk, etc.

Make a list of any areas or relationships where you KNOW, right off, you're going to have to set boundaries.

This might look like: your kid's school. At your paycheck job. With your parents or another family member who pushes your boundaries. With a volunteer position. With a spouse.

What's uncomfortable about that?

What fears or beliefs do you have about claiming your right to control your own time and set your own priorities?