



Fulfill Your Potential. Next Level Transform.

PRIORITIZING, SAYING NO & SETTING BOUNDARIES

NOTES:



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CREATING CLARITY© EXERCISE

STEP 1: Write Out ALL Your Personal & Work Goals (Example List)

1. To start dating more, aiming specifically to go out once a week.
2. To create a loving, healthy partnership. Someone I can spend my life with.
3. To spend more time with my dog/walk her daily, even if it's only 15 minutes a day.
4. To increase my salary in the next year by 20%.
5. To take 2 real vacations where I actually don't work AT ALL.

My Personal & Work Goals (Your List)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



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CREATING CLARITY© EXERCISE (CONTINUED)

- 11.
- 12.
- 13.
- 14.
- 15.

STEP 2: Look through all your above goals. What feel like your top 2 for this next year? (Your primary & secondary goals at this stage/chapter of your life?)

MY PRIMARY GOAL IS: _____

MY SECONDARY GOAL IS: _____

**IF YOU'RE STILL UNSURE, LIST OUT ALL YOUR POSSIBILITIES BELOW!
THEN, ALLOW YOURSELF TO SIT WITH THEM, UNTIL YOU HAVE CLARITY. (TAKE
AS MANY DAYS/WEEKS AS YOU NEED. WHEN YOU KNOW, YOU'LL KNOW!)**



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**I'VE STOPPED WAITING© EXERCISE
(A LOVE LETTER TO MYSELF)**



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SELF REFLECTION EXERCISE

QUESTION #1: What, after today's talking points, do I realize I value MOST... at this stage of my work & living? (i.e. my family, my children, my career, my health, creating a loving relationship, starting or making my new business happen, etc.)

QUESTION #2: I have a saying I often share with clients which is "Say no to the good, so you can say yes to only the great!" After today's talking points, what do you realize (if anything) that you're doing now that's "good," yet you know you need to let go of, because it doesn't align with the things you presently value MOST?



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QUESTION #3: What holds me back from saying no when I feel I need to or would like to?

QUESTION #4: How can I begin to change this? Meaning, what specific tools from today can I start using to support myself with being more capable of saying no? List them out below.



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MY 3 BIGGEST TAKEAWAYS FROM TODAY'S MASTERCLASS ARE:

1.

2.

3.

**CRAVING POSITIVE CHANGE OR WANTING TO ELEVATE YOUR SELF, PERSONAL LIFE
OR CAREER? THEN JOIN ME FOR A LIFE-CHANGING EXPERIENCE WITH MY LIVE
GROUP PROGRAM FOR FEMALE LEADERS, ASPIRING LEADERS, DOERS & LEARNERS
AROUND THE GLOBE!**

NEXT LEVEL LIVING & LEADERSHIP

APPLY & BOOK A CALL TODAY, FOR MY NEXT COHORT WITH AVAILABILITY:

[JEN-MAC.COM/SIGNATURE-PROGRAM](https://www.jen-mac.com/signature-program)