



JENNINGS
HOLISTIC HEALTH COACHING

Your Red Velvet Rope Policy

October 2022





A Red Velvet Rope

The distinction of a
boundary -
what is allowed in and
what isn't.

A set of standards
you set for your life.



Your Red Velvet Rope Policy

Applies to two things:

How you treat yourself

and

External things you allow into your life



How You Treat Yourself



If you lack a red velvet rope policy when it comes to how you treat yourself, you might:

- talk to yourself negatively
- not follow through on promises you make to yourself
- tolerate behaviours from yourself you know don't align with your best self
- be unable to protect yourself from your own bullshit



Examples:



Over-eating / over-drinking

Not exercising

Over-spending

Procrastinating

Not showing up for what you really want

Doormat-itis



You must implement your own
Red Velvet Rope Policy
before you can implement
it successfully for
external things



The External Things You Allow In

Personal boundaries are essential for overall health and wellbeing





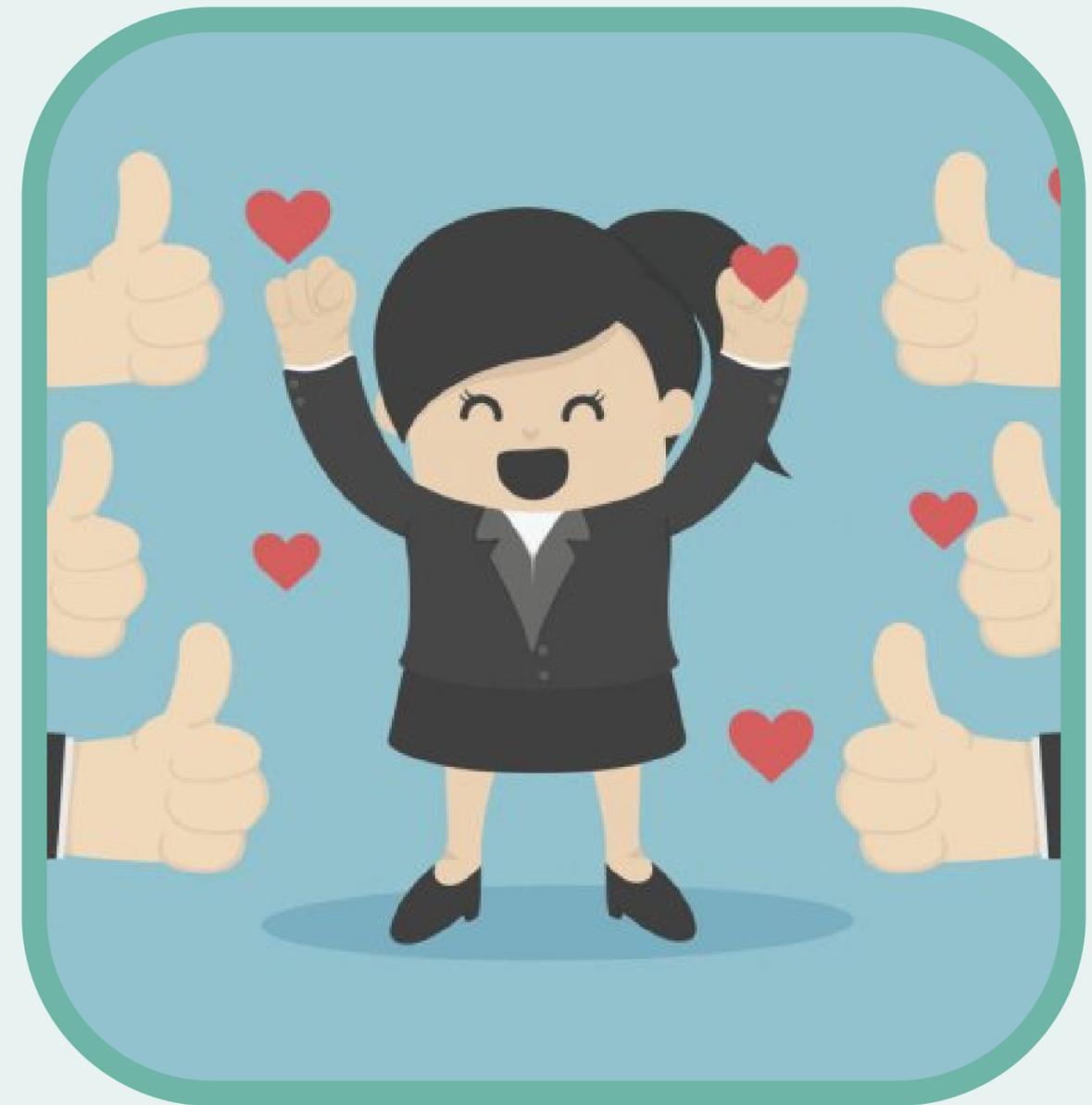
People-Pleasing

A RVR Policy means you must let go of the need or desire to people-please.

If other people can't abide by your standards and boundaries, they are not a good fit for you.

Become clear about what you will accept and tolerate.

Stand firm when people push back or get upset.



Examples of Boundaries - People-Pleasing



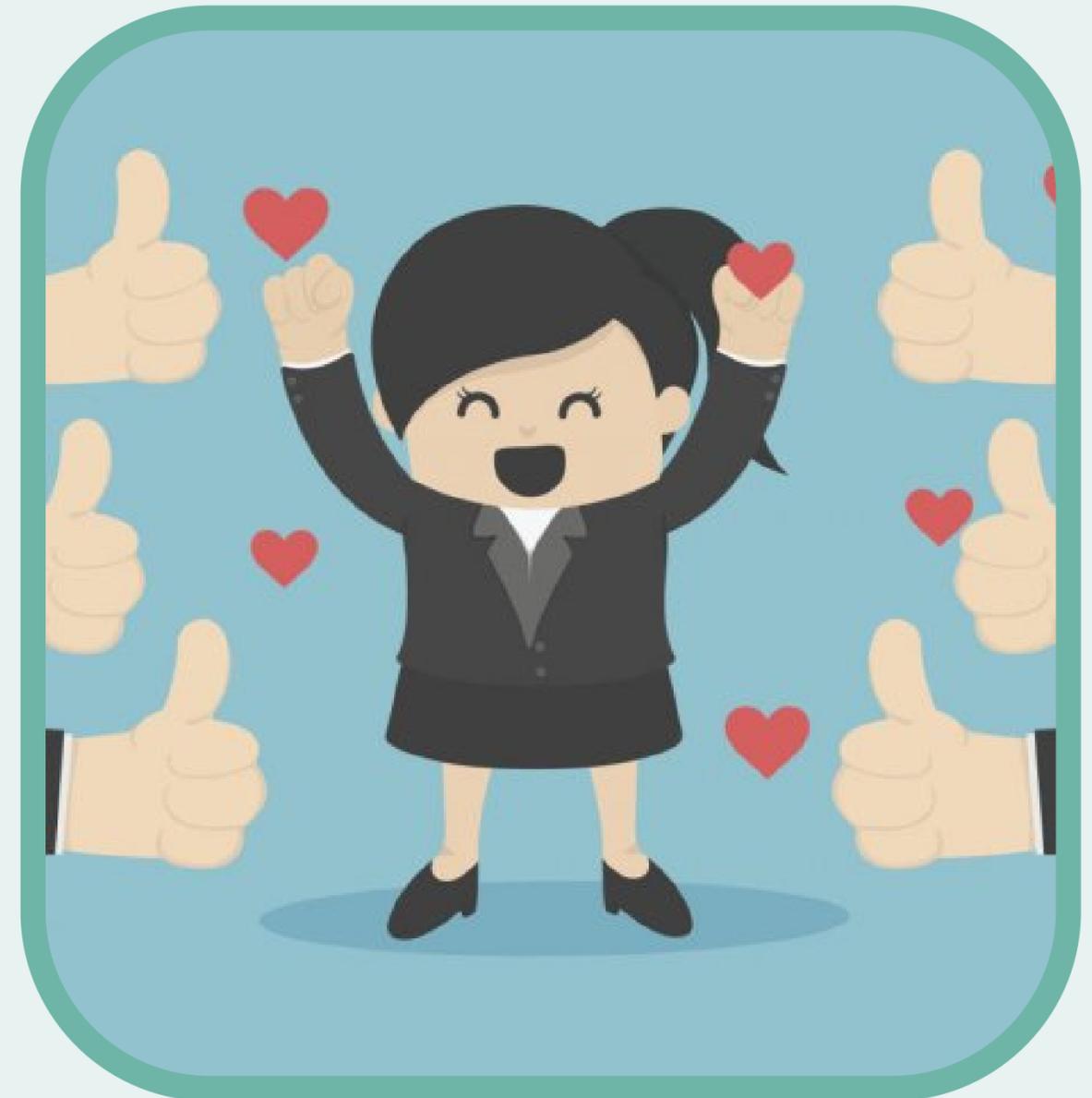
Someone asks you to do something you don't want to do. Say no and stand by your decision.

Not tolerating people who are perpetually late.

Not tolerating people who swear at you.

Being firm with people who go against your wishes - eg. taking shoes off in your house.

What other people think of you is none of your business.





Personal Boundaries



When you implement boundaries with other people, they have free will as to whether they will accept those boundaries.

If they don't - they don't belong inside your red velvet rope.



What Else Are You Allowing In?

- Media / social media consumption
- The books you read
- The music you listen to
- The quality of food you eat
- The language you use
- The conversations you have
- The people you surround yourself with
- Your physical surroundings
- The commitments you take on
- The thoughts you have
- The quality of your relationships
- What you spend money on





Look at Where You're Struggling



What are you letting inside your red velvet rope that shouldn't be there?

GET RID OF IT!



Do you even have
a red velvet rope?



Workbook