



Your Red Velvet Rope Policy

Workbook
October 2022





Introduction

Your Red Velvet Rope Policy



This workbook is designed to be used alongside the monthly coaching lesson.

A red velvet rope policy is important for everyone, but especially if you are someone who struggles to set personal boundaries - both for yourself and others.

The risk of not having a red velvet rope in your life is that you end up being at the mercy of your own careless whims and external circumstances. Essentially you become open-slayer for anything and anyone who crosses your path. The result of this is you can end up feeling exhausted, resentful, frustrated and like you have very little control over your own life.

For you to become your best self and reach your ultimate goals, you must be able to determine whether something or someone belongs inside or outside your rope. Only then can you take the reins and live life on your terms.

Allow yourself at least 30 minutes to complete this workbook, but take as long as you need.

This exercise is an important step in becoming the best version of you!



Notes

A series of 18 horizontal dotted lines for writing notes.



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