

Glamhairus<sup>LLC</sup>  
ACADEMY

Masterclass  
SERIES  
WORKBOOK

REVERSE  
BURNOUT –  
THE SECRETS  
OF WORKING  
SMARTER NOT  
HARDER AS A  
STYLIST



# Worksheet

This worksheet will be your notes, your planner, and your map to  
Eliminating Overwhelm + Creating Massive Results in any business.

**Follow along with me LIVE each day to complete this worksheet!**

## LESSON 1: JANUARY 31st FROM 7:00-7:30PM CST

### Clarity

Clarity is key when it comes to building a profitable business that you LOVE! List the tasks in your business that needs to be done for it to run smoothly. List all of the services that you provide.

#### FOR EXAMPLE:

- Women's cuts
- Beauty supply store run
- Cleaning the salon
- Answering or replying to emails and texts from clients
- Creating posts for social media
- Manage your books or spreadsheet
- Checking clients out at the salon
- Men's cuts
- Extension maintenance

#### NOW...

Number the task or service 1-10. 10 being the highest (I LOVE doing this) 1 being the lowest (ugh-this stinks!)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

#### ACTION ITEM:

*Think about the tasks or services you dislike.*

Could you delegate it to someone else? \_\_\_\_\_

Could you eliminate it altogether? \_\_\_\_\_

Does it make sense to raise the price on this service? \_\_\_\_\_



## LESSON 2: FEBRUARY 1st FROM 7:00-7:30PM CST

### Goal Setting

Benjamin Franklin said it best:

"By failing to prepare,  
you are preparing to fail."

If there's ONE thing I would have told my younger self it would have been to get clarity on your dang goals!  
I wish I would have done this sooner in my own business!

As stylists we "run around" constantly! Answering emails, styling clients, trying to find time for self-care.

***Here's the best exercise to create, cultivate and implement your goals.***

***It's called the 10, 10, 1 Rule.***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

#### **ACTION ITEM:**

*Which goal will you start on TODAY?*

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*Notes:*

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## LESSON 3: FEBRUARY 2nd FROM 7:00-7:30PM CST

### *Time Blocking*

Get organized and prioritize your priorities with a method that I use called **Time Blocking**

List tasks in your business and personal life that are important to you and need to be done within the next week.

#### **FOR EXAMPLE:**

Write social media posts, hire new team member, meal prep, work out, style clients, personal development (reading, listening to a podcast, watching YouTube videos), down-time, etc.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### *Now-schedule it!*

#### **FOR EXAMPLE:**

Monday

8:00-10:00am - write social posts

10:00-11:00am - work out

#### **ACTION ITEM:**

*Practice saying "no" to any and all interruptions and distractions during your scheduled task times!*

*Make sure to leave time for relaxing and play!*

### *Notes:*

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## LESSON 4: FEBRUARY 3rd FROM 7:00-7:30PM CST

### *The 3B's Beginner Stylist Mindset*

Progress **NOT** perfection!

What's a new goal (large or small) that you'd like to achieve?

LIST THEM HERE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### **ACTION STEPS!**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

***I will accomplish one goal by (date):***

\_\_\_\_\_

*Notes:*

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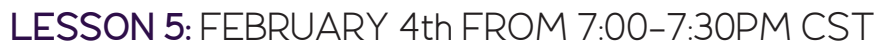
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## LESSON 6: FEBRUARY 5th FROM 7:00-7:30PM CST

### *Burned-Out Stylist Mindset*

If I want my business more profitable and easier to run, I need to put Systems in place!

#### HERE'S HOW:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

#### *Notes:*

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## LESSON 7: FEBRUARY 6th FROM 7:00-7:30PM CST

# How To Turn Followers On Social Into Customers In Your Chair

I have an online business if \_\_\_\_\_.

I am a content creator if \_\_\_\_\_.

I would say this to someone if they walked in my home:  
\_\_\_\_\_ or \_\_\_\_\_.

### 3 key ingredients in every post:

- Hook
- Content
- CTA

#### An example of Hooks:

I have a secret!  
Which hairstyle do you prefer?  
True or false:

#### An example of CTA's:

Comment below!  
Book an appointment here.  
Would you like to try this purple hair?

2 reasons why you want to engage on your social media accounts:

1. \_\_\_\_\_
2. \_\_\_\_\_

Write down "4-6%": \_\_\_\_\_

100% of my clients will see my valuable content this way:  
\_\_\_\_\_

## Notes:

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Notes:

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ELIMINATE | CREATE