



Set Expectations on your Time and Availability

There are people in your personal life whom you love to hang out with, but are taking up a lot of your personal time right now. The following script is a starting point to help you have the difficult conversations with them letting them know you need to focus on your breakthrough business goals right now. You still love them. You are not pushing them away. However, you need more time for yourself if you are going to achieve what your spirit needs. This is your time and when you achieve that breakthrough goal, they will be right there by your side cheering you on! You can do this!

Please use this script below as a framework to having a first conversation with those from whom you need to shift your time away so you can focus on your breakthrough business goals. Edit this in your own voice.

This is meant to be a starting point for you have a conversation, which at first may seem difficult. However, this is a conversation you need to have with everyone in your personal environment so they can support you in your goals.

Hi mom!

There's something I want to share with you that means a lot to me and which you may or may not be aware of. Remember how I used to talk about how I always wanted to **<insert your passionate work, project or goal here>**.

I've decided I'm ready to make that happen and do what brings me most joy in my life. I'm going to be changing my schedule and clearing the decks to focus on this goal. Here's why achieving this would make a difference in my life **<insert benefits of how this will change your life and others>**.

I love you and want to ask if you can support me in my goals by understanding that I will need to spend more time and effort working on achieving this which will probably cut down on when we speak / get together normally. So, I'd love to share when are the best times for me to speak with you **<insert your new free time slots and how long you can spend time with them>**.

Mom, thank you so much for being there for me! Your support means a lot and I know with the right environment in place I will make this happen!