

THE AUDIT EDITION

# THE HIGH STANDARDS AUDIT™

A diagnostic for women done negotiating  
with less.

Assessments • Scripts • Standards Plan

WOMEN WHO BUILD DYNASTIES

# DISCLAIMER

This guide is for educational and self-development purposes only.

It does not replace medical, psychological, or professional advice.

If you are experiencing severe distress, please seek support from a qualified professional.

# OPENING NOTE

This audit was designed to help you see your standards with greater clarity.

Not to judge them, but to strengthen them.

Self-respect often deepens the moment we become honest about where we are still negotiating with less.

Move through these pages thoughtfully.

Awareness is the first expression of self-leadership.

— Women Who Build Dynasties™

# IDENTITY DECLARATION

You don't become high-value by saying you are.  
You become high-value by what you refuse to  
tolerate.

# HOW TO USE THIS AUDIT

This is not a “read once” PDF.

This is a mirror.

## **How to use it:**

1. Complete the assessment honestly (no performing).
2. Identify your top 2 “leak areas.”
3. Install your non-negotiables.
4. Use the scripts when pressure shows up.
5. Re-audit weekly for 4 weeks.

Goal:

Higher standards that you can actually keep.

# WHAT HIGH STANDARDS REALLY MEAN

High standards are not being “picky.”

High standards are **self-respect, consistently applied.**

**High standards mean:**

- You don't negotiate with disrespect.
- You don't stay where you feel drained.
- You don't accept inconsistency as a personality trait.
- You don't over-explain boundaries you've already earned.

**If you want a different life, you need different standards.**

# THE HIGH-STANDARDS RULES

**Read this once. Then live it.**

1. Standards without enforcement are preferences.
2. You teach people what you tolerate.
3. Your peace is the price of admission.
4. Confusion is information.
5. Consistency is the bare minimum.
6. Your time is a non-refundable currency.
7. The right standard will cost you the wrong people.

# SECTION 1 — THE AUDIT (SCORE YOURSELF)

## SCORING INSTRUCTIONS

Rate each statement from 1–5:

1 = Not true for me

2 = Somewhat for me

3 = Unsure

4 = True to an extent

5 = Very true for me

Be honest. This is data, not shame.

Write your score next to each..

# AUDIT: SELF STANDARDS

## Identity + Discipline

1. I keep promises to myself.
2. I maintain routines that support my confidence.
3. I stop myself when I'm tempted to self-abandon.
4. I choose rest and structure over burnout and chaos.
5. I don't speak to myself disrespectfully.
6. I do what I said I would do—even when no one sees it.
7. I don't lower my standards when I feel lonely or insecure.
8. I act like the woman I'm becoming.

**Subtotal (Self):** \_\_\_\_\_ / 40

# AUDIT: RELATIONSHIPS

## Dating + Romance Standards

- I require consistency, not chemistry alone.
- I don't chase clarity—people prove themselves.
- I don't accept mixed signals.
- I exit early when respect changes.
- I don't overinvest before commitment is earned.
- I don't tolerate disappearing, breadcrumbing, or vague intentions.
- I expect effort without reminders.
- I don't negotiate my needs down to stay chosen.

**Subtotal (Romance):** \_\_\_\_\_ / 40

# AUDIT: FRIENDSHIPS + SOCIAL CIRCLE

1. I don't keep people who compete with me.
2. I don't excuse disrespect because of history.
3. I choose friendships that feel reciprocal.
4. I don't tolerate passive aggression or gossip energy.
5. I don't overgive to earn loyalty.
6. I feel emotionally safe with the people around me.
7. I don't make room for energy that drains me.
8. I can set boundaries without guilt.

**Subtotal (Social):** \_\_\_\_\_ / 40

# AUDIT: WORK + MONEY + SELF-WORTH

1. I advocate for myself calmly and clearly.
2. I don't tolerate being undervalued.
3. I protect my focus and time at work.
4. I set boundaries around availability and overtime.
5. I don't tie my worth to productivity.
6. I invest in myself without guilt.
7. I have standards for how I'm spoken to professionally.
8. I make decisions aligned with my long-term future.

**Subtotal (Work/Money):** \_\_\_\_\_ / 40

# RESULTS + DIAGNOSIS

**Add your subtotals:**

Self: \_\_\_\_ / 40

Romance: \_\_\_\_ / 40

Social: \_\_\_\_ / 40

Work/Money: \_\_\_\_ / 40

**Total:** \_\_\_\_ / 160

**Your Result:**

**0–80:** Your standards are leaking badly. The fix is boundaries + enforcement.

**81–120:** You know your standards, but you don't enforce them consistently.

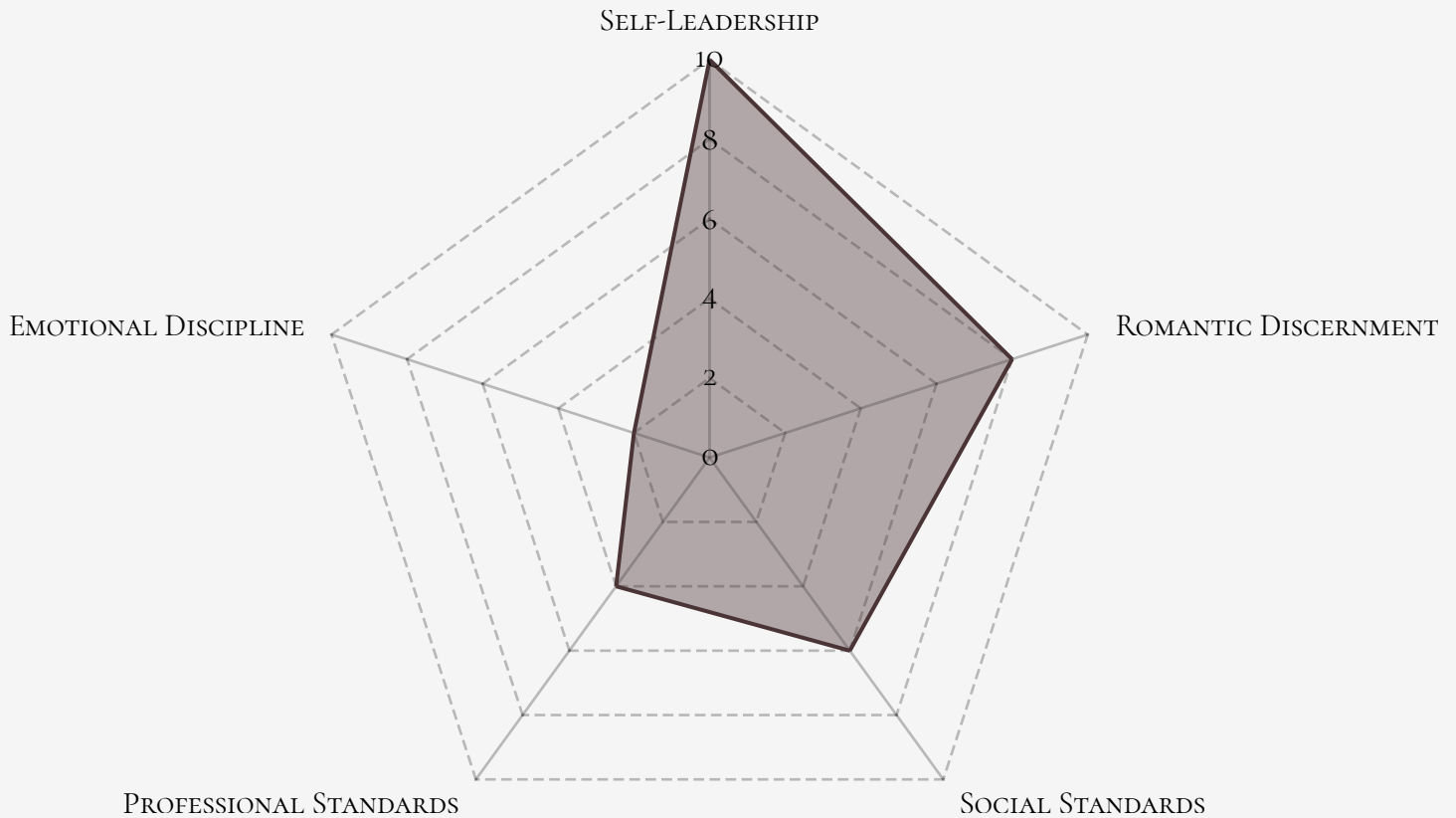
**121–160:** Strong standards. Your next level is refinement + maintenance.

**Your Top 2 Leak Areas:**

1.

2.

# YOUR STANDARDS PROFILE



This profile reveals how consistently your standards are currently being upheld across the core areas of your life.

Balanced scores often reflect strong self-leadership. Where your profile dips is where your standards are ready to rise.

Do not judge the shape — simply observe it. Awareness is where elevation begins.

# WHERE YOU'RE SETTLING

Read each statement slowly and mark the ones that feel familiar.

Awareness is where your standards begin to rise.

## Checklist:

- I explain away inconsistency instead of responding to it.
- I give repeated chances to behavior that has already revealed itself.
- I tolerate ambiguity rather than asking for clarity.
- I overextend to maintain connection.
- I stay accessible to people who have not earned that access.
- I accept minimal effort and call it potential.
- I silence my needs to avoid being perceived as difficult.
- I wait for behavior to improve instead of adjusting my availability.
- I personalize what is simply misalignment.
- I negotiate with things that cost me my peace.

# WHERE YOU'RE SETTling

## CONT'

Settling is rarely loud.

More often, it looks like rationalizing behavior you would not recommend to someone you love.

Noticing where you are settling is not an exercise in judgment.

It is an act of self-respect.

### **Calibration Prompt:**

- The area where I am most ready to stop settling:
- One standard I am prepared to raise immediately:

You do not have to overhaul your life overnight. Simply stop arguing with what you already recognize.

Standards rise the moment you decide they are no longer optional.

# THE STANDARDS UPGRADE PROTOCOL™

Raising your standards is not about becoming demanding. It is about becoming discerning.

Use this protocol whenever you recognize an area where you are ready to move differently.

## **Step 1 — Decide (Privately)**

Before announcing a new standard, become anchored in it yourself.

Clarity does not require permission.

**My upgraded standard:**

## **Step 2 — Adjust Access**

You do not need dramatic conversations to implement a standard.

Often, the most powerful move is behavioral.

You might:

- reduce availability
- stop initiating
- respond more selectively
- decline what feels misaligned
- create more space

Access is earned through alignment.

# THE STANDARDS UPGRADE

## PROTOCOL™ CONT'

### Step 3 — Tolerate Temporary Discomfort

When standards rise, friction often follows.

Not because you are wrong —  
but because patterns are changing.

Discomfort is frequently evidence of self-  
leadership.

**Do not rush to soften what you have already  
decided.**

### Step 4 — Reinforce Through Consistency

Standards are not proven once.

They are proven in repetition.

Each time you honor your standard, self-trust  
deepens.

And a self-trusting woman rarely settles.

**You are not raising your standards to control  
others.**

**You are raising them to better honor yourself.**

### **Calibration Prompt:**

Where will I begin implementing this  
immediately?

# SECTION 2 — INSTALL YOUR NEW STANDARD

## THE NON-NEGOTIABLES BUILDER

Write your Top 10 non-negotiables (simple, specific, enforceable):

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

**Rule:** If it's vague, it's not enforceable.

Examples (do not copy—create yours):

- “Consistency is required.”
- “Disrespect ends access.”
- “I don’t over-explain my boundaries.”

# THE ENFORCEMENT PLAN

(THIS IS THE DIFFERENCE-MAKER)

Pick your Top 3 non-negotiables and define consequences.

**Non-Negotiable #1:**

Standard: \_\_\_\_\_

Early warning sign: \_\_\_\_\_

Action I will take immediately: \_\_\_\_\_

If it happens again, I will: \_\_\_\_\_

**Non-Negotiable #2:**

Standard: \_\_\_\_\_

Early warning sign: \_\_\_\_\_

Action I will take immediately: \_\_\_\_\_

If it happens again, I will: \_\_\_\_\_

**Non-Negotiable #3:**

Standard: \_\_\_\_\_

Early warning sign: \_\_\_\_\_

Action I will take immediately: \_\_\_\_\_

If it happens again, I will: \_\_\_\_\_

**Reminder: You don't need a dramatic exit.**

**You need a clean one.**

# THE “LEAK” CHECKLIST

## (SPOT IT FAST)

Check anything that applies:

- I over-explain boundaries
- I tolerate inconsistency “because potential”
- I ignore red flags to avoid starting over
- I accept low effort when I’m lonely
- I try to be “cool” instead of clear
- I stay in conversations that drain me
- I keep access open after disrespect
- I chase clarity instead of choosing myself
- I confuse chemistry with alignment
- I soften my standards to keep peace
- I overgive to secure loyalty
- I feel guilty for prioritizing myself

**My top 3 leaks are:**

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

# BOUNDARY SCRIPTS

Use these when your standards are tested:

- “That doesn’t work for me.”
- “I’m not available for that.”
- “No, thank you.”
- “I’ve decided to move differently.”
- “I’m going to step back.”
- “I don’t continue in situations that feel inconsistent.”
- “I’m not discussing this further.”
- “This isn’t aligned for me.”
- “I’ll pass.”
- “I’m not open to that dynamic.”

**Rule:** Say it once. Then act accordingly.

# THE IDENTITY RESET

## (WHEN YOU FEEL WEAK)

When your standards feel “too hard,” it’s not your standards.

It’s your **old identity** trying to revert.

### Complete:

- When I lower my standards, it’s usually because I feel: \_\_\_\_\_
- The thought that makes me shrink is: \_\_\_\_\_
- The truth I’m ignoring is: \_\_\_\_\_
- The woman I’m becoming would do this instead: \_\_\_\_\_

### Identity statement (write it like a fact):

“I am the kind of woman who  
\_\_\_\_\_.”

# 7-DAY HIGH-STANDARDS PRACTICE (MINI CHALLENGE)

Do this for 7 days to lock it in:

- Day 1: Say “no” once without explaining.
- Day 2: Reduce access to one draining thing.
- Day 3: Hold a boundary you usually soften.
- Day 4: Choose consistency over chemistry.
- Day 5: Stop initiating where effort is low.
- Day 6: Protect one hour of uninterrupted peace.
- Day 7: Write your “new rules” and live by them.

My start date: \_\_\_\_\_

My biggest focus this week: \_\_\_\_\_

# THE WEEKLY MAINTENANCE AUDIT

**Every week, answer:**

1. Where did my standards rise?
2. Where did I leak?
3. What boundary needs tightening?
4. What will I stop entertaining next week?
5. My non-negotiable for next week:

# CLOSING DECLARATION

High standards aren't a personality.  
They're a practice.

You don't become high-value by saying you are.  
You become high-value by what you refuse to  
tolerate—consistently.

You are not asking for too much.  
You are asking the wrong people.

Women Who Build Dynasties™

# IF YOU'RE READY TO GO FURTHER

If you found yourself recognizing patterns in these pages, your next step depends on what you need most.

If you are ready for a full identity recalibration:

→ The Unbothered Woman Reset™

Self-led women do not drift.

They recalibrate.

If this Audit helped shift something for you, you're welcome to privately share your experience with the Women Who Build Dynasties community.

Selected reflections may be shared anonymously to help other women begin their own shift.

Send us an email -

[hello@womenwhobuilddynasties.com](mailto:hello@womenwhobuilddynasties.com) with what changed.