

MUSINGS AND MODALITIES

TRISTEN STAWICKI

STOP CHASING, START ATTRACTING

You think getting more clients means more hustle. But what if that hustle is actually pushing your dream clients away? Your ideal clients aren't buying a service, they're buying your truth and the legacy you stand for.

Part 1: The Non-Negotiable Audit

You cannot pour from an empty cup. If your non-negotiables aren't being met, your clients, current and prospective, can feel the mismatch.

Check which of the following currently feels non-negotiable and which feels neglected in your current business structure:

- ☐ Daily Body movement
- ☐ Sleep
- ☐ Nutrition
- ☐ Time for joy / unplanned time
- ☐ Time outside
- ☐ _____
- ☐ _____

The Reflection: Pick one non-negotiable that is most consistently neglected. Write down one specific change you can make this week to protect it.

STOP CHASING, START ATTRACTING

Part 2: Your Values Discovery

When your non-negotiables are in the driver's seat, you finally have the capacity to be intentional. But to truly attract those high-vibe, aligned clients, you need to go one step further. Let's look at your second pillar: your values.

Exercise: The Annoyance Tracker

Go through your week and note down 3 things that annoyed you. Look for patterns (e.g., people being late, lack of communication, unclear expectations).

What is the opposite of that annoyance? That is a core value.

Annoyance

Client arrives late

Core Value

Respecting others time

STOP CHASING, START ATTRACTING

Optional Exercise: The Reality TV Test

Watch a show this week and pay attention to how others handle conflict or communication. When you find yourself judging their actions, ask: *What would I do differently?*

Conflict/Action

Stassi ambushes Georgi at a dinner party about talking behind her back

Alternate Route Taken

Talking to her one-on-one in a calm manner would be a better path

STOP CHASING, START ATTRACTING

Part 3: Your 3-Step Legacy-Led Action Plan

Change doesn't happen in your comfort zone. Change happens when you make the space to make the change.

- **Fierce Boundaries:** Identify one non-negotiable and set a firm boundary around it (e.g., no sessions before 8 am).
- **The Graceful Exit:** Identify one client you dread working with and draft a graceful goodbye or create a send off plan to release that space in your calendar.
- **The Reclamation:** Once you have created time by delegating or releasing tasks, do not fill it with work. Purposefully schedule "unstructured time" to replenish your energy.

Ready to solidify these shifts?

If you're tired of the chase and ready to build a high-value practice that truly reflects your values, join me on September 12th for my workshop:

Stop Chasing, Start Attracting: The Legacy-Led Strategy to Build a High-Value Practice.

MUSINGS AND MODALITIES

TRISTEN STAWICKI



STOP CHASING, START ATTRACTING

Ready to build something that lasts? Book your complimentary Legacy Strategy Session today and build a business that attracts the right clients without the hustle.

Click below to schedule your free 30-minute call.

[BOOK A CALL NOW](#)

Let's connect on social media!

Follow me at @MusingsandModalities for more legacy-led business guidance.