

THE ORIGINAL  
HAIR WHISPERER

[hairwhisperer.com](http://hairwhisperer.com)

## Style Like a Boss

Hey, Hey! 😊

Welcome aboard this joyous hair journey! This journal of yours isn't just a regular old notebook, it's a travel guide to freedom - and a heartfelt gift from yours truly.

I've been scribbling away in journals for a good three decades now—like a daily ritual. My journal pages are where I fire up questions that shake things loose, where I dare to answer 'em and watch myself grow! Journaling and relating to my tresses, believe it or not, have been like mirrors that help me see myself more clearly.

Journaling has taught (and keeps teaching) me how to treat myself like the treasured Master's Piece that I am! ← You got that, right?

And guess what, friend? I'm handing you the same key. Yep, your hair journey isn't just about hair, it's a journey that'll make you flex those self-care muscles, explore deep within, and rock your inner Boss.

This journal's got your back, whether you're diving into my *HairCamp™ masterclass community* or just riding solo with it. We're all on this wild ride of self-discovery, and journaling helps us dig deep!

So, listen up. My mission, through and through, is your peace, your swagger, your power, and a whole lotta joy. You're not alone in this—you've got me cheering you on. Buckle up, Queen, 'cause we're diving in headfirst. Enjoy the journey, and let's get this party started!

♥ Kali

P.S. With your purchase, you'll receive a two-week email coaching session with me. Click [here](#) to activate.

## Style Like a Boss

### Salon Styling @ Home: The Best Tools

*"Clear intention and the right tools  
make all the difference!"*

*~Kali Patrice*

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Finding the best tools and resources begins with our clear vision of the desired outcome. What is one thing that you desire, that has not yet become a physical reality?

Describe the fulfilled desire in as much detail as possible.

Why do you desire it?

Now, describe what it feels like in your body when that desire is fulfilled.

State your intention to create the above-named desire. Write the future state in present tense (because our subconscious only recognizes the present. Cool huh?) Write and rewrite it as many times a you need to, until it feels right.

Now, **why** do you desire what you have just written above?

One more time. **Why** do you desire what is written immediately above this line?

Is your “why” worthy of investing in the tools required to fulfil your desire?

*“Wisdom is the most valuable tool of  
self-actualization.”*

*~Kali Patrice*

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What wisdom is it that you seek?

## Style Like a Boss

### Styling 4B/4C Hair

*Different hair types and textures can do different things easily and beautifully. Lean into and enjoy the things that make you different!*

*"There is only one you. Be you,  
magnificently!"*

*~Valencia Ray, MD*

1 What are the three most significant achievements or accomplishments in your life, and what personal qualities helped you reach those milestones?

2 What are the skills or talents that your friends, family, or colleagues often praise you for?

3 Think about a challenging situation you successfully navigated. What personal strengths or characteristics enabled you to overcome that difficulty?

4 What activities or hobbies make you lose track of time because you enjoy them so much? How do these interests contribute to your uniqueness?

5 What core values guide your decision-making and actions in life? How do these values shape your interactions with others and make you stand out?

6 In what ways do you approach problem-solving or creativity differently from those around you? How does your unique perspective lead to innovative solutions?

## Style Like a Boss

### #HairLevels Protective Styling

*"And above all, else guard your heart, for everything you do flows from it."*

*~Proverbs 4:23*

*Take a moment to evaluate your current boundaries in various aspects of life, such as relationships, work, and personal time.*

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Are there any instances where you feel your boundaries are consistently crossed or disregarded? How does this impact your emotional well-being and sense of self-worth?

*Consider the goals and aspirations you have for yourself.*

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Are your current boundaries supporting your progress toward these objectives, or do they act as barriers?

Are there specific boundaries you need to set or adjust to align better with your ambitions and personal growth?

*Examine how you typically respond when someone challenges or pushes against your boundaries.*

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Do you find it challenging to assert yourself, or do you often compromise your needs to accommodate others?

What adjustments would allow your current boundaries to empower and respect your needs and desires?

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*Boundaries are essential for maintaining healthy relationships, preserving your mental and emotional well-being, and fostering personal growth. Taking the time to assess and adjust boundaries, when necessary, can lead to greater self-awareness and a continually more fulfilling life.*

## Style Like a Boss

### Wash + Wear 101

*"God's not making any more time or land."*

~ Betty Sanders

*"I am so passionate about wash-and-go looks because grooming is never-ending and it takes TIME. Spend lots of time on things you love and are good at, and very little time on everything else."*

~ Kali Patrice

Think about your typical daily or weekly schedule. What activities or tasks consistently consume most of your time?

Are these activities aligned with your long-term goals and priorities, or do they tend to distract you from what truly matters?

Consider the times when you've felt most productive and fulfilled. What specific time management strategies or approaches were you using during those moments?

How can you incorporate those successful practices into your daily routine?



*Examine the current priorities in your life, such as work, family, health, personal growth, hobbies, etc.*

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How well are you allocating time to each of these areas?

Are there any imbalances or neglected areas that require more attention?

*Reflect on your use of technology and social media.*

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Are these tools enhancing your productivity and enriching your life, or do they often become distractions?

How can you set healthy boundaries to manage their influence on your time?

## Style Like a Boss

### Creating Curls + Controlling Shrinkage

*"Healthy hair shrinks. Lean into it!"*

~ Kali Patrice

*Surrendering and avoiding resistance can be powerful practices for finding inner peace and allowing positive changes to unfold in your life.*

*Reflect on a recent situation where you faced challenges or obstacles.*

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How did you initially respond? Were you open to accepting the circumstances as they were, or did you resist the reality of the situation?

How might embracing surrender have brought more ease or clarity to that experience?

*Consider a long-held belief or mindset that may be holding you back from personal growth.*

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How might loosening your grip on this belief and surrendering to the possibility of change open new doors for self-discovery and transformation?

*Think about a relationship or interaction in your life where there's been tension or conflict.*

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How has resistance contributed to the discord, and what might happen if you chose to surrender your need to be right or in control? How could this shift positively impact the relationship?

*Examine the areas in your life where you often feel anxious or stressed.*

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How might surrendering to the present moment and accepting things as they are reduce unnecessary worry and bring more peace of mind?

*Consider a goal or desire you've been striving for but haven't achieved yet.*

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How has resistance or attachment to a specific outcome affected your journey?

How might releasing expectations and surrendering to the process lead to greater fulfillment and growth?

*Surrender doesn't mean giving up or being passive; rather, it's about embracing the present moment and allowing life to unfold naturally while maintaining a sense of inner peace and acceptance.*

## Style Like a Boss

### Mastering a Silky Blowout

*"Self-control is strength. Calmness is mastery."*

~ Morgan Freeman

*"Personal mastery is the journey of continuous self-improvement and growth."*

~ ChatGPT

What is a new thing in life that you want to master? Name 3 small, specific steps you can take to start your journey toward mastering this skill.

How will personal mastery in this area positively impact other aspects of your life?

Consider a past experience where you felt a strong sense of accomplishment and growth. What qualities or actions contributed to your success in that situation?

How can you apply these insights to other areas of your life to further your personal mastery?

*Think about your current mindset and attitude towards challenges or setbacks.*

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How might adopting a mindset of curiosity and learning, rather than fear of failure, support your path toward personal mastery?

*Imagine yourself as the best version of who you can become in the future, fully embodying personal mastery in multiple aspects of life.*

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What traits, behaviors, and values characterize this version of yourself?

How can you begin embodying some of these aspects in your present life to align yourself with that vision?

*Think about the daily habits or routines that drain your energy or distract you from your intentions.*

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How might surrendering to self-discipline and letting go of instant gratification empower you to create a more balanced and fulfilling lifestyle?

*Personal mastery is not about achieving perfection, but rather about the continual pursuit of growth and excellence in areas that are meaningful to you.*

## Style Like a Boss

### How to Select a Professional Stylist

*Build your bench! Trying to do it all is over-rated and it is a recipe for unhappiness, illness, and failure. Having good help is required to expand your territory and enhance your life. So, let's take a look at how well you are delegating at home.*

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Reflect on your current approach to task delegation at home. Are there areas where you might be shouldering too much responsibility?

Is there an opportunity to allow others to take ownership of certain tasks?

How can you empower each member of your household to contribute actively and take pride in their role within the home?

Reflect on a past instance where a delegation of tasks in the home didn't go as planned. What were the contributing factors to the challenges faced?

How will you apply these lessons to improve your delegation approach and ensure better outcomes in the future?

When delegating tasks, how do you ensure clear communication and alignment between you and the people supporting you?

What 3 simple things can you do to establish mutual understanding and prevent miscommunication in the delegation process?

Reflect on a situation where life presented unexpected changes or circumstances beyond your control. How did you initially respond to this unpredictability?

How might surrendering to uncertainty and cultivating adaptability enable you to navigate future challenges more gracefully?

I'd be remiss not to mention these great gifts that provide wisdom and tools for delegating successfully:

- [\*Drop the Ball\*](#) by Tiffany Dufu;
- [\*We Should All Be Millionaires\*](#) by Rachel Rogers; and
- Gayle Walker's [\*Life Doula\*](#) - a lifestyle and home-management agency for empowered women. Life Doulas provide customized support that expands a woman's capacity and gives her space to enjoy quality time for herself and with her family.