

HOW TO OVERCOME LAZINESS IN YOUR HAIR REGIMEN *the workbook*

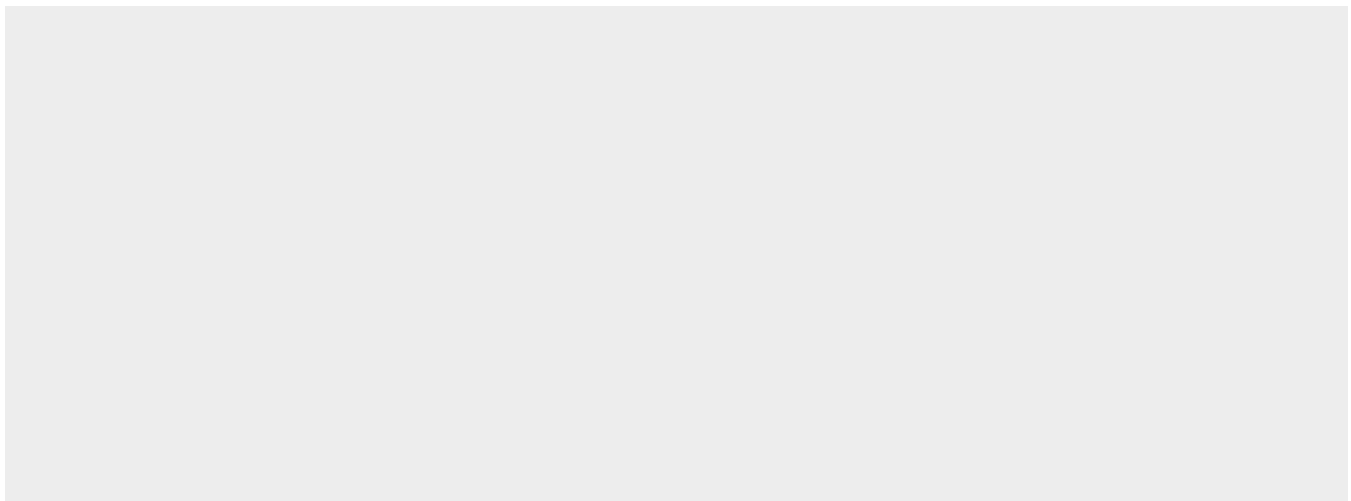
1

ALARM SET/CALENDAR EVENT LABELS

Set your mobile alarm clock and/or event calendar with pro-active labels to get you moving! Here are few examples:

- Great Hair, Needs Great Care!
- Success is not for the **Lazy** one!!
- Get Moving, [insert action] your hair!!
- Laziness Determines Your Hair Journey's Success.
- Healthy Hair Needs Caring Hands.
- Hair Goals Depend On What You Do In The Present!
- The only thing standing between you and healthy hair is **YOU!**
- Goals are not achieved unless you work on them!
- You don't get the hair you want by sitting on your A\$\$!
- Be a Doer, Not a Loser!
- There is no shortcut to beautiful, healthy hair. You have to do the work!
- Don't wish for healthy hair, **Make it Happen!**

CREATE YOUR OWN LABELS



Refer back to original post [3 Ways to Overcome Laziness In your Natural Hair Regimen](#) if needed.

2

ACCOUNTABILITY PARTNER

DEFINE YOUR GOALS

What actions do you expect to be held accountable for and for how long (think of your long term goals)? For instance, regular deep conditioning, protective hairstyles, heat styling tools...

HOW OFTEN DO YOU WANT ACCOUNTABILITY?

Do you want monthly, weekly or bi-weekly checks? For all hair goals or just some?

DEFINE CONSEQUENCE FOR NON-PERFORMANCE

Choose something you really want to do, use or try, like a new product or a pampering session at a hairstylist....

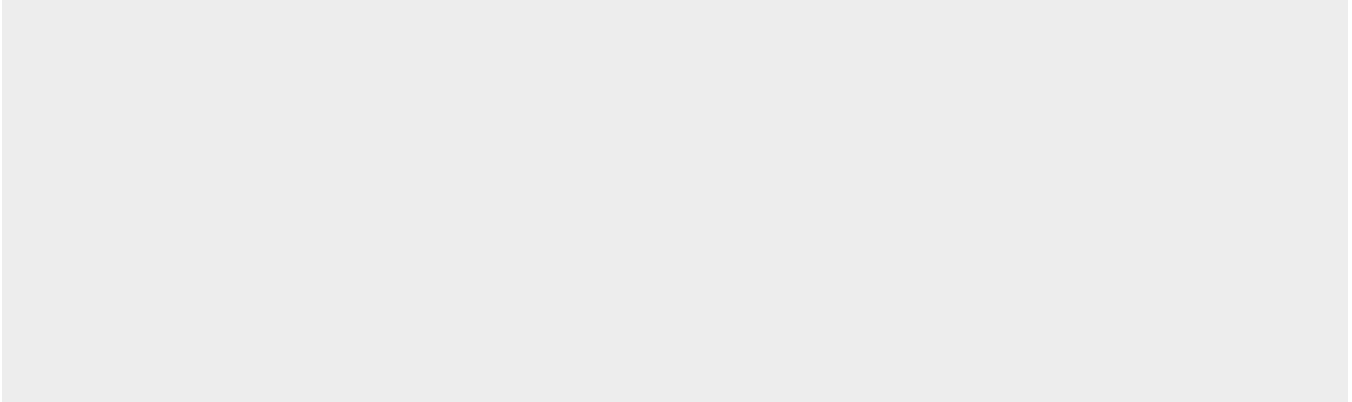
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3

YOUTUBE NOTIFICATIONS

FAVOURITE/INSPIRING VLOGGERS

Write down the name of your favourite and most inspiring vlogger(s) and subscribe to their YouTube accounts to get new video notifications. Only watch videos the night before wash day or immediately before. Create momentum to act!



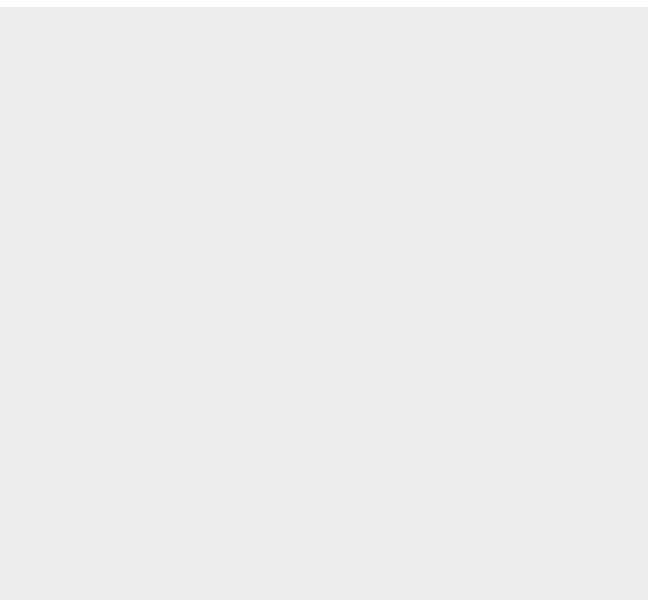
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GET ORGANISED

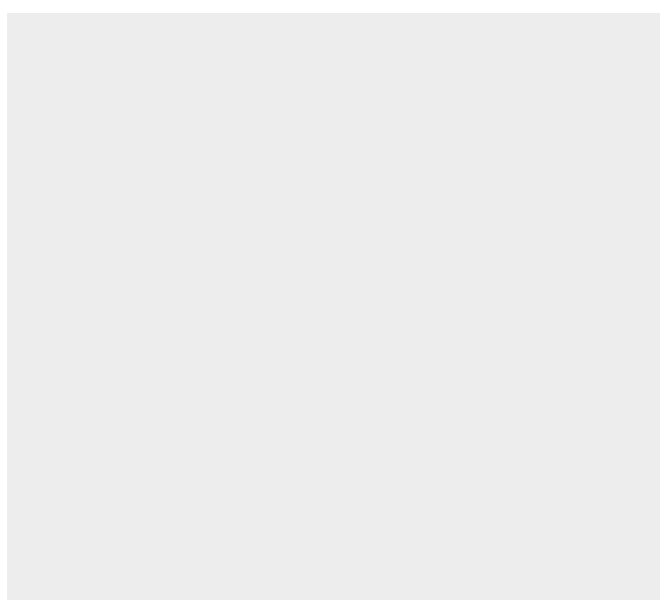
SET A HAIR REGIMEN

Being disorganised leads to lack of results and consequently demotivates you in your hair journey, This can be confused with laziness. Organise your hair regimen to start seeing results. Check [this post](#) for guidance.

CLEANSING



CONDITIONING

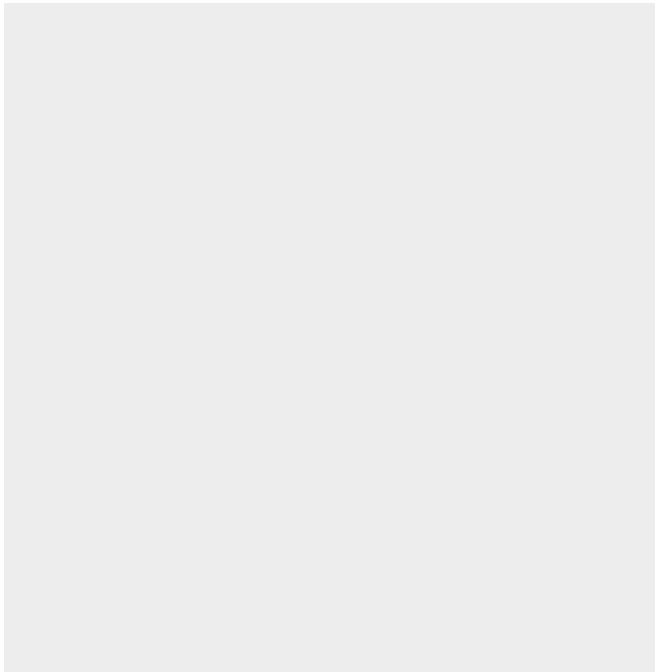


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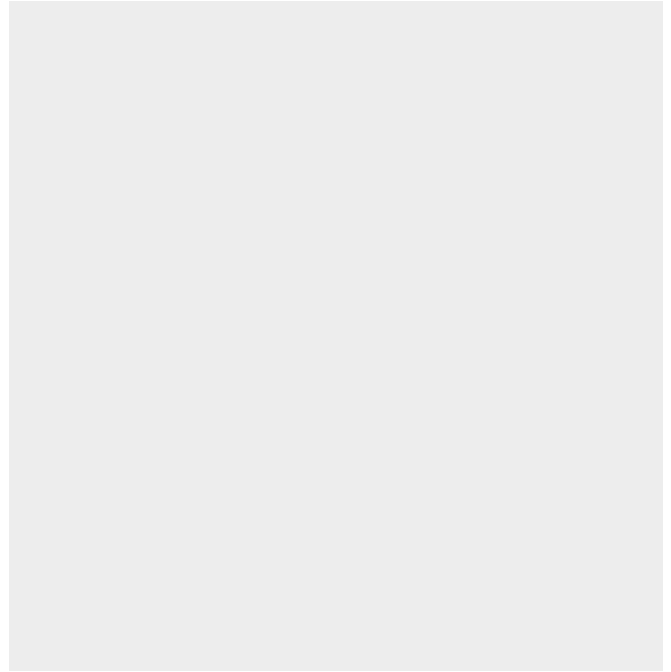
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GET ORGANISED

DEEP CONDITIONING

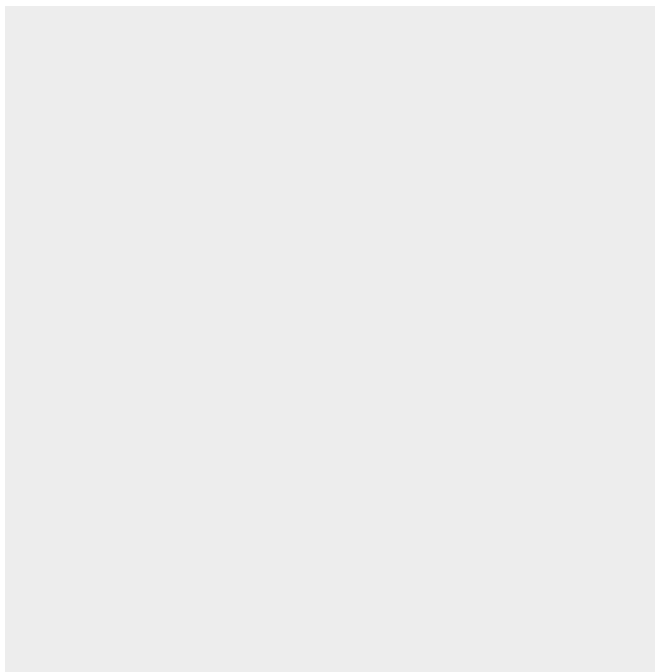


MOISTURISING

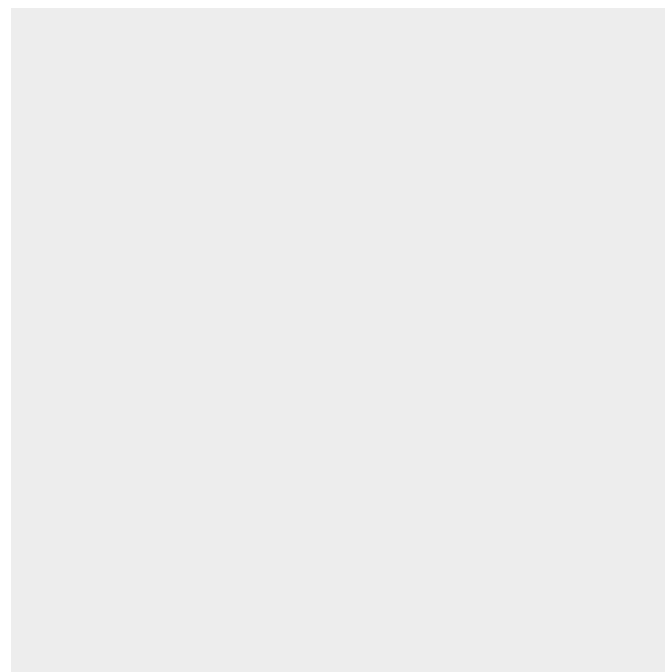


EXTRA CARE PRACTICES

PRE-CLEANSING HAIR CARE



HAIR PRACTICES



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