



## Engage 8.8 : Downloadable worksheet

### Professional Alignment Self-Check

Use this self-check to assess how aligned your professional identity, boundaries, and daily decisions feel right now. This is not a scorecard—just a snapshot.

#### Professional Presence

- I present myself consistently and professionally in how I communicate, work, and interact with clients.
- My behavior and presentation reflect the level of trust I want clients to feel.

#### Boundaries & Standards

- I am clear about what I will and will not accommodate.
- I hold my standards consistently, even when it feels uncomfortable.

#### Communication Confidence

- I explain my decisions calmly and clearly without over-justifying.
- I am clear in my answers and clients look to me to be the expert.

#### Comparison Awareness

- I limit comparing myself to other groomers, pricing models, or timelines.
- I stay focused on my own growth, progress, and goals.

#### Alignment & Sustainability

- My schedule, income goals, and expectations align with my energy and long-term career health.
- When something feels off, I notice it and make adjustments instead of pushing through.

#### Reflection

- One area where I feel well-aligned: \_\_\_\_\_
- One area I want to strengthen: \_\_\_\_\_