Personal Boundaries, Hard-Limits & Anti-Burnout Protocol

Define your Red/Yellow/Green comfort zones clearly and protect your mental energy.

COMFORT CONTROL	FACE VISIBILITY	WEEKLY OFF-DAYS	NDA PROTECTION
100% Creator Owned	Full / Faceless / Geo	Min. 2 Full Days Off	Strict Legal NDA

1. RED / YELLOW / GREEN CONTENT & CHATTING COMFORT MATRIX

- [ ] **GREEN ZONE (100% Approved Content Styles, Topics & Aesthetic Themes):**
  Examples: Luxury lifestyle, teasing lingerie, fitness, girlfriend experience, voice notes.
- [ ] **YELLOW ZONE (Ask Creator First / High-Ticket Custom Approval Only):**
- [ ] **RED ZONE / HARD LIMITS (Strictly Never Promised or Sold Under Any Circumstance):**

2. PERSONA VOICE & LINGUISTIC RULES

- [ ] **Preferred Terms of Endearment, Emoji Style & Humor Tone:**
- [ ] **Words, Slang or Phrases That Must Never Be Used in Your Inbox:**

3. WEEKLY ANTI-BURNOUT & DIGITAL DETOX BOUNDARIES

- [ ] **Batch-Filming Window Locked (No Spontaneous Daily Filming Stress):**
- [ ] **Zero Direct Reading of Toxic Comments or Unfiltered DMs:**

4. WEEKLY KPI SCORECARD & EXECUTION TRACKER (WEEKS 1 - 4)

WEEK / SPRINT	REELS POSTED	NEW PAID SUBS	PPV / WHALE REV	NET PAYOUT ($)
Week 01 Check-In				
Week 02 Check-In				
Week 03 Check-In				
Week 04 Check-In				

EXECUTIVE ACTION NOTES & 30-DAY PRIORITY TARGETS:

At GAIA Talents, your personal boundaries are contractually protected and enforced across every shift.