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SETTING HEALTHY BOUNDARIES

Boundaries are not against someone they are FOR you

Setting healthy boundaries is perhaps the greatest act of self-love available to you.

Due to the programs and patterns we operate on, we (unconsciously) step over our own authentic boundaries all the time.

This creates an enormous lack of trust in our ability to keep ourselves safe, a sense of not being seen, appreciated or understood and a very real loss of connection to our inner compass.

When we are unaware of this cycle of behavior, often we will project these feelings onto others as though they are causing them.

But the real truth is, we continue the cycle of pain through our unconscious behavior and we create cause for immense inner conflict.

Boundaries are so important and we must take responsibility for them by listening and connecting with ourselves on a moment to moment basis.

WHEN YOU SAY YES, BUT YOUR ENTIRE ENERGY IS EMITTING NO
it's very confusing for the people you are interacting with.

However, when you have clear boundaries, the people you care about will feel safe with you. They will know and trust your YES is a full yes and your NO is a clear no. Respect is created through clear boundaries.

BOUNDARIES DO NOT HAVE TO BE RIGID
they can be very fluid, changing moment to moment, person to person, as you check in and be clear on your needs.

It is true that your boundaries may result in people being sad or disappointed, however, because you know the boundary has been made from the space of love for yourself, you do not carry guilt - it doesn't feel wrong and you do not need to justify why.

- You begin to no longer be triggered by other people's responses to your loving boundaries.
- You can more easily feel empathy for their response without feeling you need to make a different choice.
- You are going to put yourself in the center, give yourself priority for perhaps the first time in your life.
- And you are comprehending that this choice is actually the most healthy for you and ALL the people you love and care about.

When you are living in the truth of who you are in any given moment and are checking in with your needs in that moment AND creating boundaries based on those needs, you are living an authentic life. An empowered life. A life where you are valuing yourself, validating your needs, acknowledging your worth, fully accepting and loving yourself for who you are.

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HOW TO SET CLEAR BOUNDARIES

STEP 1

IDENTIFY in what areas in your life you need to set more boundaries.

STEP 2

EXPLORE all the areas of your life and make a note of where it is difficult for you to place boundaries; yourself, friends, partners, family, kids, workplace, society.

STEP 3

NOTICE where you needed to say NO but didn't/couldn't.

STEP 4

INTRODUCE setting boundaries in your life according to the things you found out from doing the previous steps.

On the next page you'll find some examples of boundaries that can be helpful to set for yourself as well as for others.

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EXAMPLES OF SETTING BOUNDARIES

BOUNDARIES WITH YOURSELF

- I silence my phone in the evenings and while I sleep.
- I check in with myself for alignment before I agree to anything.
- I nourish my body and mind with healthy foods and thoughts.
- I create space to rest and nourish myself, guilt free, when I need it.
- When something is draining me, I choose to no longer engage with it.
- When something no longer aligns, I let it go with love and grace.
- I commit to my daily health/spiritual practices.

BOUNDARIES WITH OTHERS

- “Can we change the subject? I'm not comfortable talking about [topic]”
- “I won't be joining this event. Enjoy yourselves, I'm sure it will be fun. ”
- “I am busy right now, I will drop you a message later.”
- “I am not available then/now, but I have time [next Friday].”
- “This doesn't feel good to me.” (You can leave/stop, or suggest doing something else).
- “This isn’t a great time for me. I will be in touch over the next few days when I have more energy/time.”
- “I know you’re trying to help, however, I really need some time to myself to work through this. I will reach out if I need you.”

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REMEMBER, you don't have to explain yourself when you don't want to do something. Just a polite no is good enough: "No thank you, I really appreciate it, but I need to say no."

Healthy boundaries are crucial for a balanced and centered life of joy and abundance, truth, integrity, and Soul Sovereignty. It takes practice and courage to set them, but being aware of your needs and boundaries helps build this skill.

Boundaries create safety
Safety creates freedom
Freedom creates flow
Flow creates abundance & joy

If you found this information helpful on your journey, visit/follow me on my socials for more empowering content and more ways to work with me:

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