

**Boundaries**

* Protect
  + Time
  + Energy
  + Core values
* Create freedom
* Support us to grow and be more \_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Intentional
  + Confident
  + Empowered
* Set expectations

**Challenges to Boundaries**

**Internal**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**External and Other**

**Lack of boundaries possibly result in**

* Lack of time/energy to spend on well-being
* Lack of time/energy for personal passions
* Disempowerment: others make decisions for you
* Dependent children or children who lack resilience
* Inability to attain financial wellness

**Initial Strategies to Support Setting Better Boundaries**

* **Increase Self-Awareness**
* **Identify Areas that need Better Boundaries**
* **Remember Role & Responsibility**
* **3 Buckets: What’s in my control? What’s not in my control? What can I INFLUENCE?**

**Additional Boundary Strategies**

* **Identify values that may conflict with others**
* **Increase self-compassion**
* **Visualize ability to change permeability of a boundary**
* **Saying YES also means Saying NO**
* **Positive NO Strategy (Yes-No-Yes)**
* **Practice!**

**Clients Who May Benefit from a Boundary Conversation**

* Person with intense FOMO
* People-pleaser
* Over-achiever
* Highly empathetic person

**Additional Coaching Tips**

* Recognize blind spots
* Use reflective listening
* Offer client idea of practice
* Encourage client to visualize a life with better boundaries

**Coaching Scenarios**

**Foley**

* Suffering from lack of energy and purpose

**Strategies**

**Callie**

* Promotion-driven
* Over-achiever
* People pleaser

**Strategies**

**Katherine**

* Highly empathetic

**Strategies**

**Empathy Overload**

* Identify empathetic reactivity
* Calm your body and mind
* Accept emotions
* Remind yourself that thoughts that caused emotions can be considered later.
* Focus on thoughts of curiosity and compassion

**Consider: Should Boundaries Be Adjusted?**

* Increase your self-awareness
* Recognize when fear, doubt and apprehension may hold you back
* Remember that typically discomfort = growth!

**Resources**

* Boundaries by Cloud and Townsend
* Free to Focus by Michael Hyatt
* The Power of a Positive No by William Ury
* <https://thriveglobal.com/stories/importance-setting-boundaries-mental-health/>
* <https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>
* <https://www.psychologytoday.com/us/blog/romantically-attached/201608/4-ways-set-and-keep-your-personal-boundaries>
* <https://www.configurationconnection.com/healthy-boundaries-are-critical-to-success-productivity-and-happiness/>
* Boundaries with Brene Brown YouTube <https://www.youtube.com/watch?v=-WpdsRPzKco>

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* <https://www.infinityconcepts.net/2011/09/the-difference-between-a-plan-and-a-strategy/>
* <https://www.tinypulse.com/blog/10-ways-to-meet-your-goals-with-time-management>