

Setting Boundaries

Boundaries are the compartments that define life. They hold space, time, and energy for a life that supports what truly matters.

Boundaries also define what does and doesn't belong to us and what we're willing to accept.

Setting Boundaries

- **Clarify** – Understand your needs & priorities, your values, your workload, and your limits
- **Create** – What type of boundary are you setting? Physical, time, emotional, or task?
- **Communicate** – Be clear and concise about the boundaries you've set

Examples of Boundaries

1. Declining requests: saying no to things you don't have time for or don't want to do
2. Setting time limits: letting people know when they can expect a response.
3. Expressing your feelings: clearly communicating when you feel overwhelmed, unheard, or disrespected.
4. Establishing personal space: setting limits on physical proximity or how much time you spend with someone.
5. Limiting exposure: limiting your exposure to certain content or types of interactions

Reminders When Setting Boundaries

- Boundaries don't just happen – you make them happen through careful, deliberate planning
- We can only set boundaries around what we control
- Must be specific and clear
- Start small and be consistent
- You have to enforce boundaries if not they're not real
- Expect a long training period

It's important to remember that when boundaries are crossed there is a cost to you. Respecting our boundaries allows us to care for ourselves properly.