

Boundaries Blueprint



*A Guide to Creating More Freedom,
Improving Your Relationships, and
Achieving Your Goals*

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Welcome

The Boundaries Blueprint is a six-piece framework that will help guide you to create more freedom- time and financial, improve your relationships, and achieve your goals in less time and with more ease so you can finally walk, not run all day long.

My philosophy has always been our personal life and professional life are not mutually exclusive; they're interdependent. Each affects the other.

Boundaries are what hold the two together, so you can incorporate and focus on both- without dropping one. Boundaries are the bridge between these two crucial aspects of your life, and they are what allow you to focus on your goals, vision, actions, and most important relationships.

Each of the six steps in the Boundaries Blueprint builds on each other yet can be used individually to help you create more of what you want and less of what you don't.

Success requires boundaries (whatever success is to YOU).

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Just for the record dear, not all positive change feels positive in the beginning.

~S.C. Lourie

About Me



I'm a hand-holding ass-kicker.
(Just the right amount of push with a dose of love).

I believe it's possible to have both a thriving personal life and professional life simultaneously.

Not everything matters equally, which means we need to get clear on what we want and how we go about getting it. I'm on a mission to support leaders to build a business or career that will sustain the life they want to live, not consume it.

Establishing, communicating, and holding healthy boundaries is foundational in this work.



Content

Mindset- What Boundaries Are

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Understanding what boundaries are and are not. The mindset of boundaries- identifying the beliefs that drive your behavior

What's Your Frequency?

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Identifying your behavior patterns

Emotions & Fear

3

The emotions and fear that may be creating a lack of trust or self-confidence in your choices and decisions

Relationships & Communication

4

When you clearly communicate what you want and don't want, the door opens to deeper and more meaningful relationships with yourself and others

Time & Energy Management

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Self-care is not time management, it's energy management. Your body will tell you when you're not listening

Habits & A Plan

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Establishing health habits and designing a plan will help set you up for success





Mindset

What Boundaries Are

All behavior is belief driven. You won't act inconsistent with whom you believe yourself to be, not for the long-term anyway.

This means that your actions, feelings, choices, and habits- even your opportunities- are tied to your self-image.

How do you speak to yourself? Is it kind and compassionate? Or harsh and judgmental?

Create a list of your beliefs, the things you constantly say about and to yourself.

Start here: I AM A PERSON WHO _____

If your beliefs are not serving you, flip what you're saying. For example, "I'm horrible with setting boundaries, it's so uncomfortable" would change to "I'm honoring my goals and priorities by saying no so I can focus on the growth of MY business."



Mindset: What Boundaries Are

Your boundaries are about YOU, not other people.

Remember when you set a boundary, and the other person didn't honor it? Were you resentful? A bit prickly, even?

Here's the thing, your boundaries are about what you will do and won't do. They are not about the other person.

Your YES's and NO's create your future.

When you say yes to one thing, you're saying no to something else.

Pause before acting or reacting so that you can be more intentional and choose wisely.



1 All behavior is belief driven- you won't act inconsistent with who you believe yourself to be

2 Your boundaries are about what you will do and won't do. They are not about other people

3 Your YES's and NO's create your future. Choose wisely and use your boundaries

2

Our Patterns of Behavior

From the time we were very young, we were told what our boundaries should be. The shoulding started early.

The NO from inside became tame and quiet.

Think of your inner self as a radio. Tuned into all these voices telling you where your boundaries should be.

These voices told you what was expected of you.

When you listen to the radio of other voices– family, school, religion, culture, community, and relationships– it becomes hard to hear your own inner voice.

You can easily keep your radio tuned to the boundaries that other people want and expect from you.

The boundaries that you need for your decisions and your relationships don't come from outside you. Your boundaries come from inside you.

We're all struggling at some point with boundaries in relationships with other people, with ourselves, and in work and life situations; it can be easy to lose touch with our inner voice.

We can bury ourselves in many ways. Which pattern do you identify most with on the next page?





WORKAHOLIC

The world isn't going to slow down because you want it to. The Workaholic needs to implement strategies and boundaries to protect from burnout



NUMBING

Dependency shows up in many forms: drugs & alcohol, shopping, gambling, exercise, not wanting to speak up... instead you hold yourself back by creating patterns of numbing yourself, your emotions, your feelings, and your voice



CARETAKER

The Caretaker puts themselves on the back burner again and again. Always doing for others, no time for yourself, and caring for your health: mental, physical, spiritual, and financial



DEFENDER

The Defender creates cycles of making excuses, distorting the truth, giving up their life and well-being to protect rather than see the truth and establish healthy boundaries



SACRIFICER

The Sacrificer is constantly giving up their dreams to promote the success of family, spouse, friends, and clients. Pushing down your own needs and thinking your time will come. But it never does; there is always something else. This brings up feelings of unworthiness, and the ability to ask for what you need keeps being pushed farther back

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Boundaries are the distance at which I can love you and me simultaneously.

~Prentis Hemphill



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Fear & Emotions

Our need to belong is so innate that we'll do nearly anything to acquire it, including feeling the need to be someone other than who we are so that we can fit in and 'feel' like we belong.

This fitting in comes at a cost.

The fear that we are not enough, or that we're too much, can drive us to make choices that are out of alignment with who we are, so we choose to fit in rather than stand out and belong to ourselves.



Our emotions and fear create a lack of trust and confidence in our choices and decisions. So we second guess ourselves and play small. This lack of boundaries erodes our abilities to operate from our zone of brilliance.

Only when we trust ourselves and others can we genuinely belong rather than fit in and create the life that we want.

*“True belonging doesn’t require us to change who we are.
It requires us to be who we are.”*

- Brene Brown

- 1 Unhook from what others think (our what you think they're thinking...)
- 2 Healthy authentic relationships, with ourselves and others, requires boundaries
- 3 Building trust in yourself and others comes from understanding and moving past your fears

4 Relationships & Communication

What emotions and feelings come to mind when you think of setting and communicating your boundaries?

Does it feel inviting and exciting, or somewhat stressful and overwhelming?

Boundaries can feel hard and divisive, but what if I told you studies show that the most compassionate people are also the most boundaried?

Here's why: Boundaries keep you out of resentment because you're saying yes to what you want, not yes because you feel you need to.

Your boundaries are about YOU, they are not about other people.

Boundaries are how you're in authentic relationship with yourself and others.



Relationships & Communication

Your boundaries can be flexible.

The beautiful thing is that people will show you how firm your boundaries need to be. You get to decide with each interaction.

When establishing boundaries with others, it is your responsibility to be clear, direct, and respectful. Your boundaries are for YOU.

It is not your responsibility how the other person reacts. You don't have that much control.



1 Boundaries are how you're in authentic relationship with yourself and others

2 Your boundaries can be flexible. People will show you how firm your boundaries need to be

3 It's your responsibility to be clear, direct, and respectful. It is not your responsibility how the other person reacts

5

Time & Energy Management



Not everything matters equally, which means you need to get clear on what you want and HOW you go about getting it.

My guess is you have the doing down (whether it's productive or not).

It's the Being piece that needs some attention.

Self-care is not time management, it's energy management. It's who you're *being* that helps you to be more present, effective, and intentional.

This is where boundaries are essential.

Your boundaries have one job, to take care of you.

Keeping tabs on your energy level is what will support you with your time management.

Time & Energy Management

You can work all day long but if your energy level is low, more than likely your focus will follow, so will your creativity and productivity.

Your body will tell you when you're not listening to your boundaries and continue to add more to your already overscheduled day. It could be your stomach flipping, tense shoulders, a headache, or a racing mind.

It's critical to hear what your body is telling you and pause before feeling depleted.

Boundaries are what will help you reach your goals and have energy at the end of the day for what, and who is most important.



1 Boundaries have one job: to take care of you

2 Establishing true self-care is required to do any boundary work in your life

3 Focus on your energy, not time management. It's *how* you show up



6

Habits & A Plan

Establishing intentional healthy habits and designing a plan will set you up for success. Start with one habit at a time, and take a stand for YOU. You're worth it.

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People don't determine their futures. They determine their habits, and their habits determine their futures.

~F.M. Alexander

Habits & A Plan

We are what we repeatedly do. Our habits, actions, and behavior are driven by our beliefs, our self-image. This ties us back to the start with Mindset.

Boundaries are a habit, driven by our beliefs, our self-image.

Implementing the habit of Pause before acting or reacting will help you gain clarity and set boundaries so you can create more freedom - time and financial- improve your relationships, and achieve your goals.

Keep in mind, boundary work is a process, not a one-and-done. Plan for that.

Show yourself some Graceful Accountability along the way:

- Don't beat yourself up
- Don't let yourself off the hook

It gets easier with each new step. Use the habit of pause to intentionally choose the life you want and develop a plan of action that includes boundaries and fits YOU.

1 Boundary setting is ongoing work. Design a plan that works for YOU, and be unapologetic about it

2 Set yourself up for success by implementing the power of a pause- building the habit

3 What one habit will you commit to moving forward that will help you create more of what you want, and less of what you don't?

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*Between stimulus and response,
there is a space.*

*In that space is our power to
choose our response.*

*In our response lies our growth
and our freedom.*

-VIKTOR FRANKL

Say YES to growth and freedom



Additional Resources



Book

7-Laws of Enough: Cultivating a Life of Sustainable Abundance

Book

Burnout: The Secret to Unlocking the Stress Cycle

Book

Playing Big: Find Your Voice, Your Mission, Your Message

YouTube
Video

Brene Brown talking about the content of her book, Braving the Wilderness

Thank you!



What is your biggest takeaway from the Boundaries Blueprint?

What one boundary have you been afraid to establish, and how would your life change if you were to set it TODAY?

You can do this. I believe in you.



Need some additional support establishing your boundaries?

Email me at
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Let's Connect

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