



BOUNDARIES

An uncommunicated boundary is not a boundary, merely a concept.

Before asking the questions do the hand on heart breathing aligning with the words, I AM truth.

REFLECTIVE QUESTIONS

Name them to claim them.

How important am I to myself and my life?

POWER QUESTIONS

Boundaries create mental, emotional, physical and spiritual safety.

How will having clearly defined boundaries enhance my life?

If I do not clearly communicate my boundaries as required, how would I feel?

Am I comfortable saying no?

Why am I not comfortable saying no?

What does the inability to say no tell me about myself?

CREATING BOUNDARIES

Boundaries ensure my success.

Consider what boundaries are required in each given area of your life eg finances, relationships, health and well-being. Write out your clearly defined boundaries. As required Allocate days and minimum time

for each area. It is important to be specific and realistic. Then complete the wheel of life. If you want to you can complete the wheel of life as your life is now, then do it again according to what is truly important to you.

Take into consideration the discovery of time wasted (time audit 2-week results revealed) and how you can now reinvest it. As well as what boundaries will you put in place to ensure your success.

Remember it is not about how much time, it is about giving yourself the time. Setting your boundaries is a sign of self-respect and care according to what is important to you and your overall well-being and quality of life. It sets up your vibrational frequency which is either in alignment with your values and aspirations or out of alignment. You choose.