THE ART OF BALANCE & BOUNDARIES

(OR HOW TO SAY YES TO YOURSELF)

5 QUESTIONS FOR CLARITY

1. Where do you need to set boundaries? Family? Work? Social Media?
2. What is the story you are telling yourself about boundaries?
3. What is the biggest thing that stops you from setting boundaries?
4. How will setting clear boundaries impact the balance in your life?
5. Choose 3 to work on this week and put them into play using the Action Plan below.

4 STEP ACTION PLAN

1. **Identify** the boundary being crossed
2. C**ommunicate** and say what you need
3. Keep it **simple**, no is a complete sentence
4. Set **consequences** and say why it is important. Stick to it!

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