


6 Keys to Good Boundaries

AND HOW TO IMPLEMENT THEM



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A close-up photograph of a hand holding several thin, light-colored wooden sticks. The hand is positioned vertically, with the fingers gripping the sticks. The background is a dark, textured surface. A semi-transparent grey box with a blue vertical line on the left side is overlaid on the image, containing the main text.

Boundaries – you know you need them but where do you start?

Boundaries are important and as a society we're starting to put them in more. We can use boundaries in every facet of our lives to give us more time, help us emotionally, give us space and even help us to make quick decisions.



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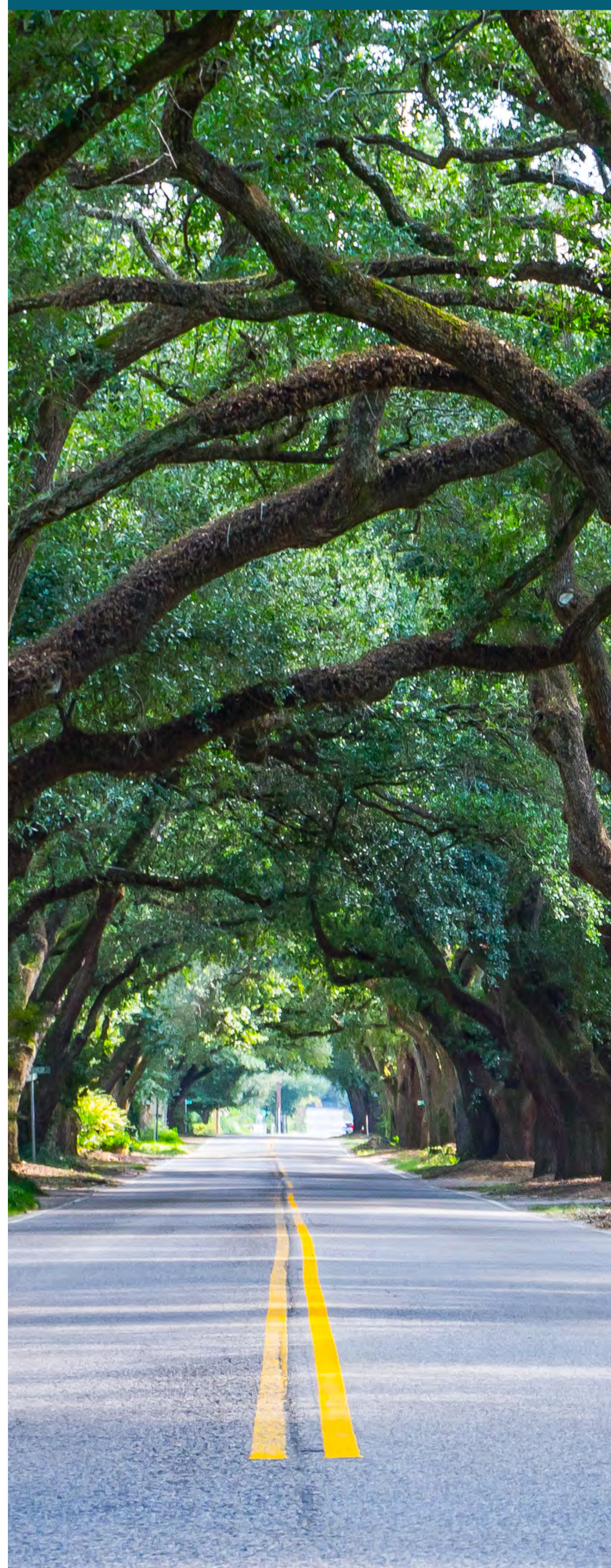
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Who are Boundaries for?

We all know people in our lives who can speak about their boundaries and some other people get walked over even when they try to put a boundary in...so who can set boundaries?

MOST IMPORTANTLY – YOU



You are the only one who knows yourself the best...so you are the one who gets to set the boundaries that are right for you. You get to set them at all levels – physical, mental, emotional and even energetic. YOU get to choose where and when you spend your time!

FAMILY – YES!!!



The days of "you have to because they are family" guilt trips are over! Yes family needs to have boundaries. Sometimes family is our biggest learning lessons of where boundaries need to be put in and can potentially be the hardest to put in.

EVERYONE



Friends, acquaintances...I mean everyone should be using boundaries. This is so they know what your boundaries are and can act accordingly. Think of yourself as the really expensive art gallery painting that has a gorgeous red rope around it. You can look and interact, but you cannot touch.

"We need to re-create boundaries. When you carry a digital gadget that creates a virtual link to the office, you need to create a virtual boundary that didn't exist before. "
- Daniel Goleman



What defines a boundary?

One thing I have noticed is that everyone speaks the same words, but they have different meanings depending on personal experiences...so let's dive into what exactly is a boundary?

PHYSICAL LINES

..... Boundaries can be physical. It can range from touch to barriers on your person or even the area you are in. Great examples are personal space, touch and unwanted comments. It might include watching unwanted content as well. Another physical line can be material things, no you don't need to loan out everything you have, you can have a boundary.

EMOTIONAL LINES

..... Now the emotional lines are a bit tricky, but it is okay to have emotional boundaries. Do you just feel drained or excited after hanging out with someone consistently? Always trying to please others? Your friends are emotional dumping on you. These are all signs that emotional boundaries need to be put in place.

MENTAL LINE

..... This deals more with some values you have developed. It includes your values, opinions and beliefs. It is okay to have ones that are different. You are allowed to have them! If you are constantly rejected for thoughts, values, opinions and beliefs it is time to review this area.

BOUNDARIES

*"Boundaries are to protect life,
not to limit pleasures"
- Edwin Louis Cole*



coaching
by **christin**

When to use boundaries?

Boundaries are that thing that you contemplate putting in and then sometimes you never do because you just learned to go with the flow.

How did that serve you? Think about if you put a boundary in when you first thought about it...how would things be different?

RIGHT NOW

.....
You likely already have some boundaries in now, and maybe some you want to create. But the longer you spend thinking about putting a boundary in the more the accepted behavior is harder to correct. So start putting them in now.

FUTURE

.....
Some boundaries are for the future...i get that. So if you have identified some boundaries such as "When I get married..." or "When I get a new job..." write those down in a place you will remember, or somewhere that you can be reminded of your values.

SHIFT IN BEHAVIOR

.....
If you have noticed a shift in your behavior – typically that negative shift It is time to review, would a boundary there be good? If so, what kind of boundary would help you stay aligned to your true self?

*"We can trust ourselves to know when our boundaries are being violated."
-Melody Beattie*



Where to use Boundaries

Boundaries are everywhere you look from road signs to someone saying what they will or wont allow, even to the laws that are in place. When you start to realize boundaries are everywhere it becomes easier to put them up.



*In service industries,
we can be so people-
pleaser-y that you
don't know how to set
your own boundaries.
- Jonathan Van Ness*

MATERIAL THINGS

.....
This one is a bit easier, as it is closer to a physical boundary. You don't have to loan out your possessions if they keep getting returned late or dirty. But you don't have to loan them out regardless especially if it makes you uncomfortable.

IDENTIFY YOUR TRIGGERS

.....
Triggers and emotions can be one of the easiest things to start tracking. Do you notice yourself getting anxious or upset when you spend too much time twiddling your thumbs, or in a conversation you should have left 2 hours ago. Tracking this will help you identify you need a boundary here.

ANYWHERE YOU ARE PEOPLE PLEASING

.....
As a society we have learned to walk on eggshells in some situations, but it is really uncomfortable. When we notice we are spending a lot of time helping and healing others we have neglected ourselves



Why use Boundaries?

Boundaries are lines that you are willing to accept or not accept. These can be physical lines or emotional lines, but they are very important to put in and enforce. Some boundary lines are easier to enforce than others so its important to start small and move from there

TIME BOUNDARIES



It's important to enforce boundaries because they directly affect your time and the people you interact with. Ask yourself do you truly want to work late every day? Do you really enjoy going to those big dinners that take 4 hours?

MENTAL BOUNDARIES



You want boundaries to help you mentally. WHY...well because we only have so much energy to give and sometimes when we exert too much mental and emotional energy we don't have time for ourselves.

SELF CARE



Boundaries are self care...that's right. Setting good boundaries is listening to what your body needs. And when you listen to what your body needs you are able to take care and fill your cup first so then you can in turn help others. That's what a good leader would do!

*Children are becoming disobedient... why, because of the lack of rules boundaries and limitations.
-Cesar Millan*



How to implement good Boundaries



Sometimes the how to create boundaries is super easy and simple. But other times we don't realize we needed a boundary somewhere and we just end up exhausted. So here are some simple ways to start out.

CIRCLE OF CONTROL

The only thing you can control is your emotions and how you respond to others. By implementing boundaries that only you are responsible for you start to gain traction building that snowball to those big hairy boundaries

FORGIVENESS

So you started to make some boundaries and spent less time on Instagram yesterday, but today you went WAY over. Or maybe you really thought about putting in a time and emotional boundary with a friend but it didn't work out well. That's okay. Be compassionate with yourself and know you are learning.

CLARITY

Take some time to understand your life goals in each area of your life: health & wellness, career & finances, creative expression and relationships. When you start to put in your boundaries think about where you are spending your time and if it aligns to your defined goals.



Ready to level up your leadership skills? I believe small steps create massive change for a business. Sign up for my newsletter delivering you bite size pieces to your inbox each week.

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