

6 TIPS TO RAISE YOUR BOUNDARY GAME

Boundaries are not selfish, they are a necessary tool for ambitious leaders.

Here are a few tips on getting started :

1. Your energy is a precious resource. Treat it as such.

Think of your energy as a precious, limited-edition resource, that you only share with people and circumstances that truly matter. Before committing to anything, ask yourself: Is this worth my energy? Will this recharge or drain me? If the answer isn't a HECK YEAH! It is a no.

2. Set priorities based on you, not everybody else

Digital calendars can be your biggest asset. I am sure you schedule important meetings. I want you to also schedule time for yourself, time to think, strategize, and, of course, re-charge. Remember that EVERYONE BENEFITS when you are well, and you can only be well when you're fully charged.

3. Prioritize Time with People That Contribute to Your Life's Pillars

If we get really honest, there are some people in your circle that drain you. It is time to reduce them having access to you! Surround yourself with people that inspire you, make you laugh, and fill your cup. No one will respect your boundaries if you do not hold them up.

4. Practice Balance

We all do things we do not want. Those should not be the majority of our time. When you say "yes" to something that doesn't serve you, you're saying "no" to something that does. I want you to practice balance. Have daily priorities and balance against your mission and goals.

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5. Transform “Guilt” into “Growth”

Starting to enforce your boundaries can be uncomfortable. But like any other habit, it gets better as time passes. I want you to think about it this way instead: “Every time you enforce your boundaries, you teach others how to treat you and you become a model for what self-respect should look like.

6. Celebrate Your Wins Regardless of How Small they May Seem

As you get better at setting and holding up to your boundaries, I want you to CELEBRATE IT! You do not need to celebrate with anything extravagant. You can get yourself your favorite treat. I want you to recognize that every boundary you set is a step toward raising your energy.

7. Insert Humor

Humor can quickly diffuse dense energy. Use it often. As you hold up to your boundaries, you can lighten the mood whenever the vibe changes and the conversation becomes uncomfortable.

Boundaries are not selfish. Boundaries are the best gift we can give ourselves to maintain our sanity, specially while we navigate rough waters.

SCRIPTS TO GET YOU STARTED WITH YOUR BOUNDARIES

"I appreciate the invite, but I won't be able to make it."

"I appreciate your input, but I've got this covered."

"I can chat for 10 minutes, but then I need to focus on my work."

"I understand that you're upset, but I can't take that on right now."

"I'm not in the right headspace for this conversation right now. Can we revisit it later?"

"I'd rather not discuss this topic. Let's talk about something else."

"I'm not comfortable with hugs, but a handshake works for me."

"Thanks for including me, but if you want me to participate, I can join after 8:30am."

"I don't check emails after 6 PM, but I'll get back to you first thing in the morning."

"I've already mentioned that I can't commit to this. Can I answer any question that will help the team understand better?"

**REMEMBER THAT
BOUNDARIES ARE
AN ACT OF SELF
RESPECT**

"I am flattered that you thought about me, but I am as busy as I like it. If you'd like, I could recommend someone else."