

DON'T CROSS MY LINE,
I WON'T CROSS YOURS!

WE ALL NEED BOUNDARIES



Welcome WELLNESS MATTERS



In the busyness of our day to day lives we don't often allow ourselves the time and/or space to check-in with ourselves. How am I feeling? What do I need right now? We are often too preoccupied with bills, dinner, school, work, the kids, our partner, family etc to slow down, breathe and connect within.

Failure to do so will over time lead to disconnection, overwhelm, discontentment & alignment issues which can in turn lead to a whole array of long term struggles. So today we want you to take this time for you! Come away with us to refuel.

"You have to love and respect yourself enough to not let people use and abuse you. You have to set boundaries and keep them, let people clearly know how you won't tolerate to be treated, and then let them know how you expect to be treated."

Jeanette Coron

Introduction

WHAT ARE BOUNDARIES?



Definitions matter!
What is a boundary?
Why do we need
them?

Where are some
areas of your life that
may need
boundaries?



Observe

WHO & WHAT

Boundaries go both ways. They are to be created, communicated and maintained by all parties.

1

Who do you struggle to have boundaries with? Why?

2

What boundaries do you struggle not crossing with others?

3

Why do you think you struggle to maintain that person's boundaries?

Observe

HOW & WHERE TO START

Where has there been a breach of a boundary? What happened? How did it make you feel? What triggered you?

MENTAL

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-
-

SPIRITUAL

-
-
-
-

PHYSICAL

-
-
-
-

Assess

WHERE'S THE LINE

Using discernment to establish healthy boundaries are good not only for you but for all others involved.

MENTAL

- ☐
- ☐
- ☐
- ☐

SPIRITUAL

- ☐
- ☐
- ☐
- ☐

PHYSICAL

- ☐
- ☐
- ☐
- ☐

Identity

YOUR FOUNDATION

A strong relationship with God will lead you to see yourself the way He sees you!

Why do you deserve to have boundaries?



1

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2

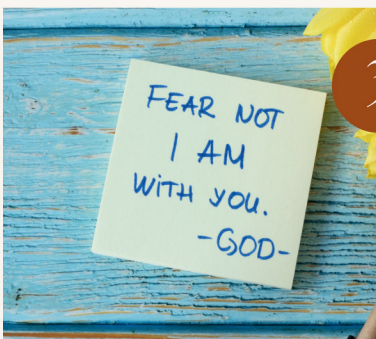
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3

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notes

Categories

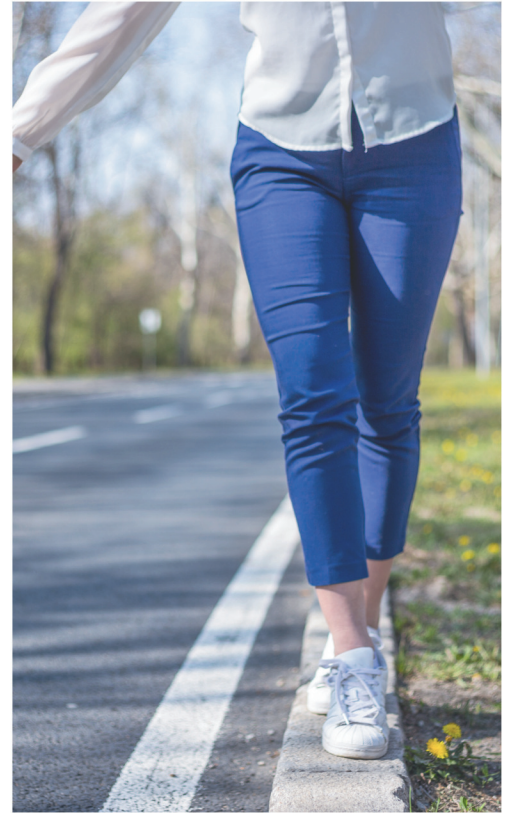
CHECKLIST

More types of boundaries:

- ☐ Emotional
- ☐ Digital
- ☐ Sexual
- ☐ Physical
- ☐ Time

Can you name others?

- ☐
- ☐
- ☐
- ☐
- ☐



Which boundary is the easiest for you to maintain?

Which boundary is the hardest for you to maintain?

Takeaways

CHECKLIST

Boundaries 101

- ☐ Boundaries are self-care
- ☐ Boundaries must have consequences
- ☐ Maintaining boundaries takes consistency
- ☐ Respecting other boundaries are just as important as setting ours own

Don't forget...

When we fail to se boundaries and hold people accountable, we feel used and mistreated.

Those who get angry when you set a boundary are the ones you need to set boundaries for.

You are in control of your life. Set new boundaries by removing all of the toxic people in your inner circle.



“We need to set mental, physical, emotional and spiritual boundaries for our lives to help us distinguish what is our responsibility and what isn’t”

Dr Henry Cloud

notes

Workplace

GOING PRO

Take your boundaries from your friend & family circle and make them applicable to your work or school environment.

How well do you maintain your boundaries with:

WORK

Subordinates

Never

Rarely

Sometimes

Always

☐☐☐☐

Teammates

☐☐☐☐

Supervisor

☐☐☐☐

The Boss

☐☐☐☐

Prospective Boss

☐☐☐☐

How can you improve your communication?

Commitments

AHAS & ACTIONS

1

What is your biggest takeaway from today?

2

What new concept or tool are you going to implement right away?

3

Which area are you most apprehensive about?

notes