



JENNIFER JERALD STRATEGIES
TRANSFORMATIONAL COACHING

BOUNDARIES

A workbook designed for you to identify
and begin to work within healthy
boundaries

IDENTIFY IT- Goals



Date: / /

This section will make it easier for you to identify the core problem and chart a way forward. Write down the goal you'd want to achieve and write why is it important for you. Write a measurable outcome that would indicate you've succeeded or that you're on the right path?

Goal 1 : <i>(ie. Emotionally Overwhelmed to Emotional Freedom)</i>	Why it's important :
	Measurable Outcome :
Goal 2 : <i>(ie. Feel out of control to being in control)</i>	Why it's important :
	Measurable Outcome :
Goal 3 : <i>(ie. Lack confidence in who I am to living confidently)</i>	Why it's important :
	Measurable Outcome :



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BOUNDARY STYLES



Date: / /

RIGID BOUNDARIES

- Avoids intimacy and close relationships
- Unlikely to ask for help
- Has very few close relationships
- Very protective of personal information, to a fault
- May seem detached or disconnected, even with romantic partners
- Keep others at a distance to avoid the possibility of rejection or harm

POUROUS BOUNDARIES

- Overshares personal information to any audience
- Difficulty saying "NO" to the requests others ask of them
- Over Involved with other people's business or problems
- Dependent on the opinions and validation of others
- Accepting of abuse or disrespect from anyone
- Fears rejection if they do not comply with others.

HEALTHY BOUNDARIES

- Values their own opinion and self-validates
- Will not compromise values to accommodate others
- Shares personal information appropriately - not too much or too little
- Is confident in their wants and needs and can clearly communicate them.
- Accepts when others say "no" without feeling rejected
- Knows that "NO" is a complete sentence and can communicate with ease.



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PERSONAL BOUNDARY TYPES



Date: / /

PHYSICAL BOUNDARIES - This refers to your personal space, such as your office, bedroom, or car. It is also referencing your person and physical touch, such as, hugs, handshakes, kisses or just simply reaching out to touch you during a conversation or when passing by.

INTELLECTUAL BOUNDARIES - This refers to your thoughts, ideas, dreams and goals. Intellectual boundaries are not to be confused with Intellectual Property, such as music, literature and other materials or ideas that can be copyrighted.

EMOTIONAL BOUNDARIES - This refers to your personal feelings and emotions on both the positive and negative side of the emotional coin. This also includes being aware of and respecting others' feelings and emotions also.

MATERIAL BOUNDARIES - This refers to how you spend, use, or share your money and possessions - personally & outside of yourself. Awareness of the material boundaries of others is key to understanding the full circle of healthy boundaries.

TIME BOUNDARIES - This refers to how you use, waste, prioritize and spend, or give away your time. It is also an awareness of the time of those around you.



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WHAT HEALTHY LOOKS LIKE



Date: / /

PHYSICAL BOUNDARIES - Healthy physical boundaries include being aware of what's appropriate and what's not. What does this mean? Depending on your setting or the type of relationship, it is crucial to know what is or isn't appropriate such as; hugs, kisses, handshakes. Simple gestures such as arm tapping or shoulder wrapping may or may not be appropriate for some individual's physical boundaries. Awareness is key.

INTELLECTUAL BOUNDARIES - Healthy intellectual boundaries also include the aspect of awareness and respect of others' ideas, dreams, goals, Healthy is also know what and when to discuss certain ideas or beliefs such as sex, politics and religion or whether to stick to simple topics like the weather and plans for the day.

EMOTIONAL BOUNDARIES - Healthy emotional boundaries include knowing when to share and when not to share PERSONAL information. It also means knowing when to share and when not to share others' information as well.

MATERIAL BOUNDARIES - Healthy material boundaries include setting limits on how much money you spend/share with others, how and when you share your personal belongings; uch as tools, clothes, vehicles, etc. Knowing your limits and being confident in saying NO is a great indicator you are maintaining your boundaries.

TIME BOUNDARIES - Healthy time boundaries requires setting appropriate amounts of time aside each day for all areas of life which include; Physical Health, Physical Environment, Career, Family, Fun, Finances, Spirituality, and Relationships.
Sometimes saying NO to someone else is saying YES to YOU!



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#IRISE - TIME TO SHINE



Date: / /

I

IDENTIFY - What is your BOUNDARY STYLE?

R

REFLECT on your most poignant experiences?

I

IDENTIFY the Boundary Type(s) that have been blurred and what behaviors need to change?

S

SHIFT (create a step-by-step plan to move from destructive or non-productive to constructive and productive.)

E

EXECUTE (take ACTION) one shift at a time.
Which one will you start with today?



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Jennifer Jerald is the FOUNDER & CEO OF JENNIFER JERALD STRATEGIES. As a woman who has embraced and learned to live with Borderline Personality Disorder, Jennifer now empowers and transforms women who feel they have no control in life, have no confidence, and are emotionally overwhelmed, by identifying and implementing simple steps to create and maintain emotional freedom - otherwise known as BOUNDARIES.

She has also gone on to author 5 Bestselling books centered around emotional wellness and healing.

Jennifer shares her love of music and passion for performing by using original songs during her motivational speaking events, podcast interviews and TV appearances. Her voice carries clarity of hope and triumph through powerful spoken and musical stories. A fun fact about Jennifer is that she has 2 different colored eyes. Be sure to follow her green eye. The brown one is always looking for other opportunities to serve.

Jennifer is affectionately known as The Boundary Hunter™.

She's got you! ARE YOU READY!?!

"Personal Transformation is not a natural phenomenon. It is a CHOICE. CHOICE is the difference between tragedy and triumph."

- Jennifer Jerald



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