

BOUNDARY BUILDING

WITH SHAKEISHA C. JOHNSON



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**WHAT ARE
BOUNDARIES?**

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Personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits.

Wikipedia.com

Based on the definition given, do you feel
like you have healthy boundaries in place?
Why or why not?

A large, empty rectangular box with a thick green border, intended for a user to write their response to the question. The box is positioned below the text and above a solid green footer bar.

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**HERE'S WHAT YOU
NEED TO KNOW ABOUT
BOUNDARIES.**

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- 1. They are meant to protect you, not harm others.*
- 2. You need to be clear on who you are.*
- 3. Boundaries begin by setting limits on ourselves.*
- 4. You are not responsible for how others respond to your boundaries.*

NOTES

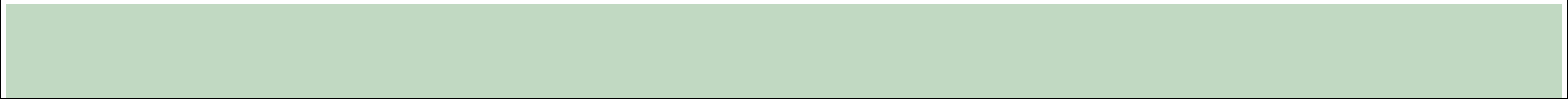
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**3 SIGNS THAT
YOU DON'T HAVE HEALTHY
BOUNDARIES.**

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- 1. You have trouble saying no, even when you want to.*
- 2. You are almost always tired, drained and in lack.*
- 3. You have a hard time hearing no from others.*

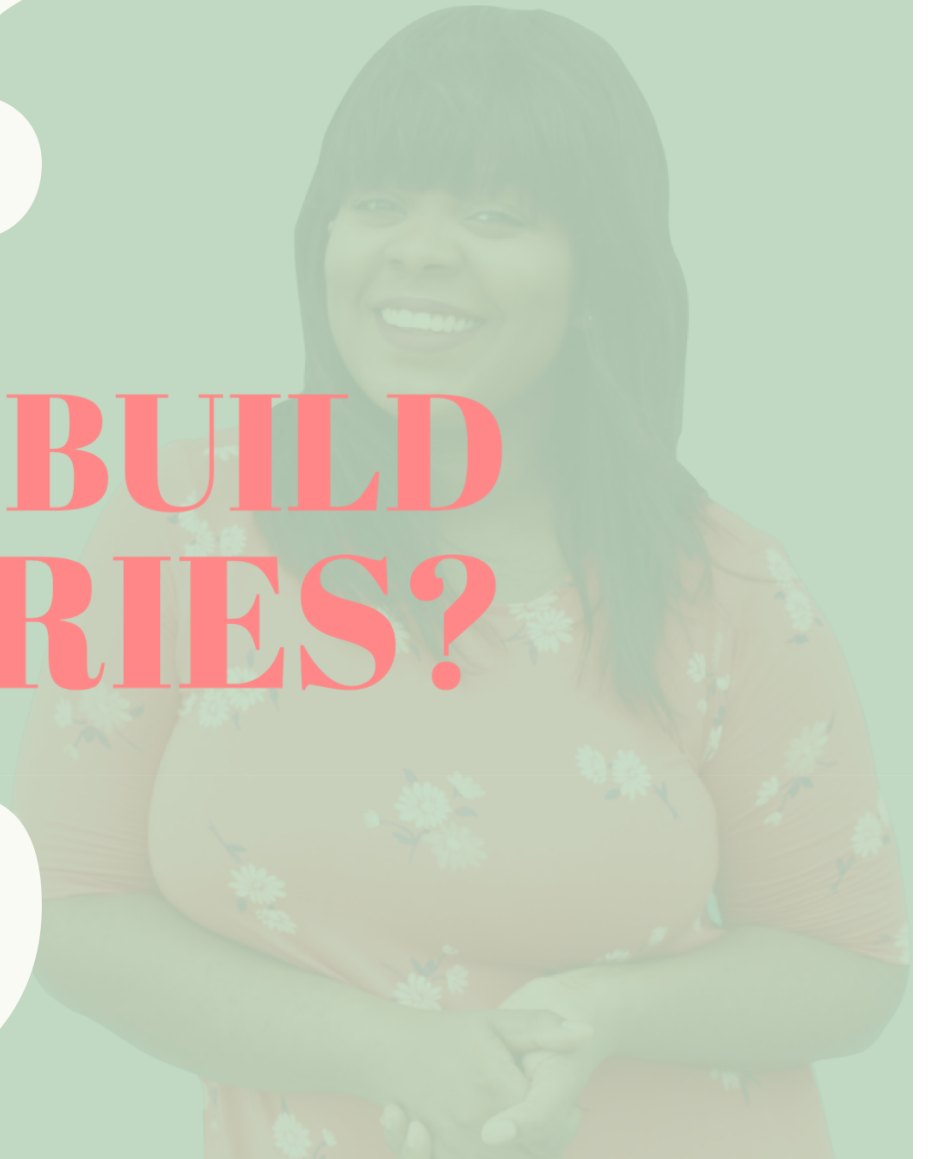
Why has boundary setting
been difficult for you?



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**HOW DO I BUILD
BOUNDARIES?**

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1. Establish a foundation of personal identity and core values.

In order to know what your limits are, you must understand who you are and how you function.

Your core values determine what matters most to you and are key to determining personal limits.

You deserve to be whole.

List your top core values.

What are some boundaries you can set to honor them?

2. Be honest about what you want in relationships and give others the choice to either deliver or depart.

Boundaries are only healthy when communicated. It's important to speak up when a boundary has been breached. The possibility of losing a loved one because of healthy boundaries are slim, unless the relationship was built on your compliance and not mutual love and respect.

NOTES

3. Begin assessing your important relationships. Pay attention to interactions that drain you.

Be prepared to make changes to your relationships as you go. By becoming more aware of boundaries, you may find the need to shift the dynamics in some relationships and to leave some relationships altogether. Be okay with that.

What are some accountability measures you can put in place to better set and enforce, healthy personal boundaries?



4. Be okay with offending people.

Changing how much of your time or resources you make available to others will not come without its challenges. Be empathic toward the distress brought on by new boundaries but remain firm in enforcing them. Their offense is not your issue. Be sure to communicate lovingly without compromising your predetermined limits.

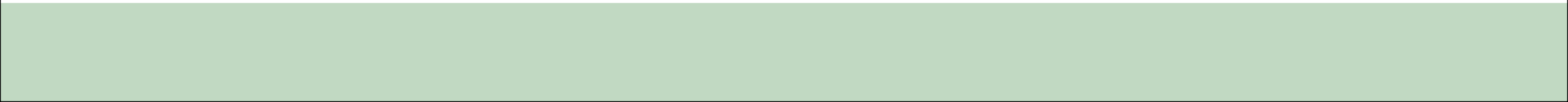
NOTES

5. Learn to handle offenses graciously.

A part of establishing boundaries, is learning to respect the boundaries of others.

*We are not entitled to anyone's time, attention, money or service.
Do not try to manipulate others by using anger, the silent treatment or any other tactic. Instead, be as gracious in honoring their boundaries as you desire others to be when honoring your own.*

Which lessons resonated with you most?
How will you implement them?



NOTES

BOUNDARY BUILDING SESSIONS.

WITH SHAKEISHA C. JOHNSON

- GET CLEAR ON YOUR VALUE.**
- ESTABLISH 3 MOST IMPORTANT SHORT TERM GOALS.**
- LAYOUT 30 DAY STRATEGY TO ESTABLISH BOUNDARIES
AND INCREASE FOCUS.**
- COMPLIMENTARY FOLLOW UP SESSION (FIRST 3 ONLY)**

VISIT [STARTINGPOINTCOACHING.NET](https://startingpointcoaching.net) TO BOOK YOUR SESSION