Boundaries You Should Be Setting For Yourself

*Personal boundaries are the rules and limits you have for ourselves within your social and personal relationships. These are based on what you value and what is important to you. Setting boundaries is saying ‘no’ to something you are not comfortable with or in a time when saying 'yes’ violates your boundaries. The goal is not to have very rigid boundaries, but to discover what is important to you, and stick by that.*

ロ Honouring your values and beliefs

ロ Setting aside time for yourself

ロ Communicating when you feel uncomfortable

ロ Setting realistic expectations about your productivity habits

ロ Accepting compliments without devaluing the comment

ロ Spending time doing something outside your comfort zone

ロ Maintaining an appropriate bedtime and wake up time

ロ Not working past a certain time in the evening

ロ Sticking to your financial budget

ロ Prioritizing your needs, wants, and goals

ロ Not investing your energy in people or things that drain you

ロ Say ‘no’ when you want to say no

ロ Establish how you want to be treated, make suggestions

ロ Walk away when the situation is unsafe or violates your boundaries

*Examples of How to Say No…*

~ “I am not comfortable with this” ~ “ This does not/no longer works for me”

~ “I can’t do that for you” ~ “I draw the line at…”

~ “I don’t want to do that” ~ “Not at this time”