



BOUNDARIES

In order to make powerful decisions, you must have powerful boundaries. Boundaries support you in staying focused because you waste no time pondering over decisions when you have clear boundaries and standards in place. Today is about creating clear and concise boundaries in various life categories that will become like a personal compass to you. Last week we had you identify some areas where you've sold out on yourself and on others. Today, once you set some boundaries, you'll reflect back and see where you've lowered your standards or sold out on yourself within this space, so that you can curb that behavior in the future. When you become aware of where you are breaking your own boundaries, you can choose powerfully to honor what you've said you desire, and act accordingly. **THAT is an act of self-love. See the example below:**

WORK:

1. **YOUR NEW BOUNDARY:** I will not stand for gossip and blatant disrespect towards others.
2. **WHERE YOU'VE SOLD OUT HERE BEFORE:** I've allowed the girls at work to talk about Kim for months now, without ever saying anything in her defense. I've gone about my relationship with Kim as if nothing is wrong and it's all love and respect. This is disrespecting her and myself.
3. **WHY DID YOU SELL OUT?** I wanted to be liked and I don't like conflict so I avoid it.
4. **WHAT DID IT COST YOU?** I walk around on eggshells around Kim. I don't trust the other women because if they speak ill about her, they must about me. I don't trust myself. I feel like a liar and a traitor.

WORK

1. YOUR NEW BOUNDARY: _____

2. WHERE YOU'VE SOLD OUT HERE BEFORE: _____

3. WHY DID YOU SELL OUT? _____

4. WHAT DID IT COST YOU? _____

RELATIONSHIPS

1. YOUR NEW BOUNDARY: _____

2. WHERE YOU'VE SOLD OUT HERE BEFORE: _____

3. WHY DID YOU SELL OUT? _____

4. WHAT DID IT COST YOU? _____

FINANCES

1. YOUR NEW BOUNDARY: _____

2. WHERE YOU'VE SOLD OUT HERE BEFORE: _____

3. WHY DID YOU SELL OUT? _____

4. WHAT DID IT COST YOU? _____

HEALTH

1. YOUR NEW BOUNDARY: _____

2. WHERE YOU'VE SOLD OUT HERE BEFORE: _____

3. WHY DID YOU SELL OUT? _____

4. WHAT DID IT COST YOU? _____

YOUR STEP OF GREATNESS:

Notice today where you get to put your new boundary to use. Notice if you immediately want to sell out in order to make others happy or avoid discomfort OR if you're willing to stand firm in integrity with your new boundary you set.