



BLURRY BOUNDARIES

TO CLEAR INTENTIONS



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Un available

**What if there was
a way to manage
the expectation of others
as it pertains to you,
your time and
your availability?**





Setting healthy boundaries is a life skill. Boundaries are the limits or freedoms we set for how much or how little access people have to us. This includes our time, resources, knowledge, capacity, emotions.





Boundaries inform people how you want to be treated, honored and respected.

And they are unique to each one of us.



WHAT IS THE PURPOSE OF A BOUNDARY?





To protect all of who we are, limit burnout and honor our values. It's a way to set limits on how you give of your time, energy and emotions





3 TYPES OF BOUNDARIES:

- Porous
- Rigid
- Healthy

Porous Boundaries

are often too loose and often make it difficult to say no.

Folks with weak boundaries may also be emotional when faced with criticism.





Rigid Boundaries
are not just the opposite
of porous boundaries but
they can create too much
space between us and
others around us.

[*https://www.livewellwithsharonmartin.com/weak-boundaries-rigid-boundaries/](https://www.livewellwithsharonmartin.com/weak-boundaries-rigid-boundaries/).



Healthy Boundaries

are what move us to Clear Intentions. In order to set healthy boundaries you must know the following 3 things:

1. What matters most
2. What it is you want
3. How you desire to be treated



Healthy



**Healthy Boundaries are easier
to implement and execute
when they are connected to
your core values.**



Things to know about yourself to walk with intention:

1. You are a limited resource
 2. You will never be able to be all things to all people
 3. Understand why the word “No” is so important.
- Hint: Because “Yes” is expensive



Everyday examples where
boundaries are rarely talked about
but should be:

Financial, Intellectual, Emotional



Healthy Boundaries/Clear
Intentions across different
areas of our lives:

Personal
Professional
Social



3 THINGS NEEDED TO
CREATE HEALTHY
BOUNDARIES AND
CLEAR INTENTIONS



GOAL



Don't take things
personally.




Don't just speak your mind, listen to understand someone else's.



Be willing to be
vulnerable.





**2 SIMPLE TOOLS I USE TO
PROMOTE MY OWN WELL
BEING WHILE CREATING
CLEAR BOUNDARIES**



Vocicemail

“No” as a complete sentence





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