

Simplifying Success

"True genius is making the complex simple" Albert Einstein

When you have healthy boundaries fear diminishes significantly; trust is rarely an issue.

When your boundaries are weak, you attract needy disrespectful people into your life.

1. **Create boundaries** to create space & protect your needs & values. Without boundaries you are like a human jellyfish, being pushed & pulled by external forces.
2. **List 10** (or pick from the sample list) things that people may no longer do around you, to you or say to you. These will give you the room to be yourself.
3. **Boundary examples**
 1. No one may yell at me
 2. Everyone must be completely straight forward with me, no lying
 3. People cannot make subtle or obvious digs or cuts to me
 4. People cannot gossip about others in my company
 5. Other may not borrow something of mine without asking first
 6. My clients cannot take me for granted, I must be appreciated
 7. Salespeople may not push me around
 8. I don't take calls after 10pm
 9. People may not dump their problems on me
 10. People must be in a good mood around me
4. **Educate those around you.** Sit down with them, let them know what your boundaries are & get commitment from them.
5. **Inform people** when they are close to or have crossed your boundaries. Use the 4-step action plan.
 - a. Respond immediately.
 - b. Be constructive. Talk with a non-charged tone.
 - c. Demand they stop immediately. Non charged
 - d. Walk away without any get even comments. Let go until they learn to respect you.
6. **Be relentless**, without getting on your high horse, as you extend your boundaries.
7. **Ask your friends & colleagues** where you have crossed their boundaries. Make list. Stop violating the boundaries on that list.
8. **Thank & congratulate people** when they respect your boundaries.

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