



TODAY I SET MY  
BOUNDARIES.

## DAY.16

"Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others."

Typically, we think of setting boundaries is all about saying "no" to protect ourselves. We focus on words such as declining and refusing. When we do not identify, set, and maintain boundaries, we may say yes when we really mean no. We may make other people's problems our priorities, perhaps at the expense of our own needs.

Not setting boundaries may also be evident when we accept abuse or unfair treatment. We may also become overly apologetic and not speak about what we are truly feeling. In short, a lack of boundaries may be a **catalyst for compassion fatigue**. In contrast, setting healthy boundaries is a way to stand up for our values and maintain both our self-respect and our respect for others. It is a way to prevent and limit our annoyance, frustration, and anger AND increase the likelihood of behaving in the ways that we desire.

As Brené Brown says in her book, *Daring Greatly*, setting very clear boundaries about what we are willing to do, unwilling to do, willing to take on, and unwilling to take on, is an integral part of being compassionate. In the process of developing compassion, we must, therefore, learn **how and when to apply compassionate boundaries**, as well as when to relax or **let go of our boundaries**. Being clear is kind, being unclear is unkind.

To keep our focus on the long run, and overcome instant indulgence, or our ego wanting to prove, please, ignore or hide, and instead stay true to ourselves. It's about practising to respect our & others boundaries & needs.

# DAY.16

Phrase of the day: 'Today I set my boundaries'.

*Please also write this phrase in your journal.*

## PRACTICE

In line with yesterday's theme, to be your best friend, today we will practice communicating our boundaries with a kind NO. Either towards ourselves or others.

*'No' is a full sentence'*

Keep in mind, Clear = kind, unclear = unkind. If you say yes, but actually can't deliver or don't want it in the long run that's unkind. You are not helping others, nor yourself.

A crucial part in setting boundaries is setting your priorities.

Write down in your journal:

1. What truly matters to me? Write down people, qualities, activities, goals.
2. What matters most? Rank the above.
3. If you envision the ideal you, what are the behaviours & values you want to demonstrate in your job, in your relationships, and regarding your health?

Keep those 2 lists in mind today, and identify and communicate the boundaries that you want to set towards others, or yourself, to support you in being the person you want to be.