



Mondays *with Mike*

AULTCARE

Setting Boundaries

Brene Brown, American professor, lecturer, author, and leadership guru, shares the following about setting boundaries:

Boundary setting helps you understand your needs and limits, develops your self-respect and your respect for others, helps you become unequivocally aware when your boundaries have been overstepped, allows you to act quickly and with confidence to respect yourself when your limits have been ignored and helps you build a happy, rewarding life that matches your values.

Setting boundaries is letting others know what is OK and what is NOT OK, what we will accept and we won't accept from others. It is the courage to honor ourselves, even when we risk disappointing others. We can't base our own worthiness on others' approval.

Here are a few of the benefits from successfully setting boundaries:

1. You are more self-aware.
2. You are a better communicator.
3. You learn how to say "no."
4. You are less stressed.
5. You take better care of yourself, which helps your mental and physical health.

Our ability to set boundaries is essential to living our best lives. It is no easy task. This week, let's attack one request/project and set healthy and appropriate boundaries for the plan to get it done. Communicate those boundaries and stick to them. Evaluate how it all went upon completion of the project. Then, attack the next project with this new knowledge.

Let's honor ourselves and others with a refreshed approach to setting boundaries!

Have a great week!

