



## **Boundaries**

How many times do you accept unacceptable behavior in other people? This may be in the work place, personal relationship, or just friends. Boundaries are a key to becoming healthy, both to attract and protect you from certain people.

Now the question is how do I start setting healthy boundaries for myself?

Put a plan into action, make a list of boundaries that you know others have been violating. Be willing to put action into educating each one of these people on how to respect your new boundaries! Honoring yourself is a major key to your soul's growth! This can also be about how you may be violating others boundaries. either way you need to ask yourself why there is no honor for yourself or others when it comes to boundaries? When you do not have healthy boundaries for yourself you attract needy and disrespectful people into your life. Only you can decide what you want to have in your life. Maybe there is someone who takes advantage of your good nature of always going that extra mile for them, you and only you can put a boundary on how much extra responsibility you are willing to take on? Being able to have the courage to say no, this is unacceptable, you are now putting that boundary into effect! Relationships can become very one sided when you do not express that this is no longer OK.

Boundaries can create a very strong change in your life and accelerate an enormous amount of growth for self! If you are interested on how to start setting higher levels of boundaries for yourself, then this is an excellent time to get with me as your coach and together we will achieve growth and change.

Ycenna Finnigan  
*Personal & Transformational Coach*

To find out more about boundaries contact Ycenna at 512-892-2254, or email [ycenna@starcoaching.com](mailto:ycenna@starcoaching.com).