



10 Reasons Why Stronger Boundaries Create More Freedom

Build Respect, Confidence and Higher Value

Golden Nuggets to Live By

What truth needs to be expressed? What boundaries have needed a voice?

1. I'm giving you permission to say what needs to be said and do what needs to be done without the guilt. *Your self-care comes first so you can give more to others.*

2. Shift your mindset to this truth: *when you take extremely good care of yourself – others will respect and treat you the same.* That is a clear statement to the Universe that says you value you. As a result, opportunities, quality relationships, money, ideas, joy, and more begin to show up more often. Yes, really.



3. Compose a tolerations list. Clear the decks. Either go back to the list you started or begin anew. It's all those things that literally drain your energy small or large that you have been tolerating. Maybe it's letting go of a friend, colleague, or client that you know is high maintenance. Perhaps it's the paint job needed in the living room for the last year. Or is it replacing the dingy rug in the bathroom, or finally hiring that assistant to take on the tasks that pull you away from your highest pay-off activities.

4. Place you on your calendar like other appointments and make self-care appointments non-negotiable. Meaning, if a client or family member wants the time you allotted for you – simply offer them a few other options on your calendar. The more you do this, the more liberated and confident you become.

5. Build a strong support system around you (family and close friends) by communicating your hopes, desires and goals so they have the option to champion you.

When you speak your truth, you will be met with love. Set healthy boundaries at work and home and you will see your confidence, self-worth, value and productivity soar.



6. Begin looking at how you set or not set boundaries for your well-being – your boundaries with family, clients, your calendar, and yourself all in support of your dignity.

7. Being disciplined with your time and calendar will GIVE you the **freedom** you crave so much. Freedom to live in a quality state of mind rather than harried, overwhelmed and pushed to the max because we rationalize we are available.

A disciplined habit makes a win-win for us and our clients. We are not so depleted when we serve our clients. When we are in the habit of disciplining our boundaries and time, we liberate our lives, heart and soul to be able to give more and be more present. ***Discipline = Freedom. Freedom = increased income, creativity, joy and fulfillment. It works just like that.***

8. Be more often in personal power mode of intuition, creativity, expansion, genius, love, trust, faith, collaboration, and self-care. Feminine energy is applicable for men and women! We shut down our heart when we operate in masculine mode too much (overworking and pushing too hard). We become numb to our emotions and intuition. We also don't interact with our spouses/partners/family well. Creative, heart mode - that's attractive.

9. Setting boundaries requires you getting serious about delegation in your business or re-evaluate your current delegation and team. Look at delegation at home, too. Be in RECEIVING mode to allow others to support you as you allow your freedom to happen.

10. When we are courageous and hire team members to do the writing, marketing, branding, and even selling for us – we raise our vibration – we go into **higher frequency** which attracts more money and more good to be grateful for.

Your good fortune is waiting for you when you set stronger boundaries around your time, self-care and dignity.

You are so capable!

Blessings,

A handwritten signature in blue ink that reads "Marla". The signature is written in a cursive, flowing style.