

Tuesday Truths 11/16/21

You may be curious to why I chose **TRUTHS** to blog about and talk about on my Tuesday FB Lives.

Well, what I have learned in the last two years, while studying TRANSFORMATIONAL Coaching and being a client of this work is.....one of the **bravest** things you can do for yourself..... is TAKE a good LOOK in the mirror and then.....

“Let GO of the “THINGS” that do not serve you anymore... to make ROOM...to **SAY YES** to **YOUR PRESENT** Dreams & Desires! This is another way to self-love.

To quote Jim Rohn, author & motivational speaker; *“You can’t change what’s going on around you, until YOU CHANGE what’s going **WITH YOU!**”*

For example, it can be as simple as setting **BOUNDRIES**, one of my favorite tools. A lack of boundaries invites **a lack of respect** from others around you.

Setting boundaries can be EMPOWERING & a bit Challenging.

A boundary is where your responsibility endsand another people's responsibility begins.....

Ask yourself these questions

1. Do you pride yourself on always going the extra mile? (I have that saying "that road is never crowded" in my email signature)
2. Do you extend yourself in multiple areas?
3. Are you exhausted most days, then not?
4. Do you feel guilty for not doing more?
5. Do you resent others for being "so needy"?
6. Do you want to bite your tongue when you feel the need to express yourself and you are afraid to?
7. Do you have a hard time saying NO.

By the way "NO" is a complete sentence!!!

While setting boundaries can be scary, frustrating, and sometimes overwhelming.....they are **ABSOLUTELY** necessary for **your HEALTH & WELL BEING!**

Learning to set boundaries begins..... **with giving yourself PERMISSION to HAVE THEM!**

“Daring to set boundaries is having the COURAGE to LOVE ourselves even when we disappoint others”. Brene Brown, researcher, author & motivational speaker.

You are **not** responsible HOW OTHERS FEEL about YOUR boundaries. That reflects their own feelings of what is going on in their monkey mind or critter brains.

“I set boundaries not to offend you but respect myself.”

I wish I could take credit for that statement, but the author is unknown.

You may be thinking that boundaries sound like a “Mean Girl Thing”, but they are **opportunities** to strengthen relationships with a better understanding of each other.

Mark Groves, a Human Connection Specialist, stated *“Walls keep everyone out. Boundaries teach where the door is!”*

The **TRUTH** about setting **Boundaries** is about a **HEALTHY MINDSET & SELFCARE.**

Your time and energy are PRECIOUS. If Someone gets **MAD** at you about your boundary, that's a **GOOD SIGN** that **this boundary was NEEDED & necessary!**

Right now...take a moment..... With your mind's eye look around..... and see where you need to set a **HEALTHY** Boundary.

I would like to challenge **you** to please comment or private message me with a healthy boundary you could establish today!

Speaking our **TRUTH** is one of the most **powerful** tools we have. Write down your TRUTH..... or say it out loud to that person in the mirror!

Until next week..... "TRUST your Truth"!