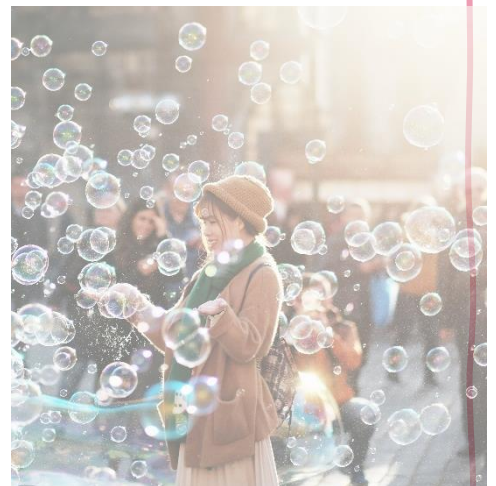
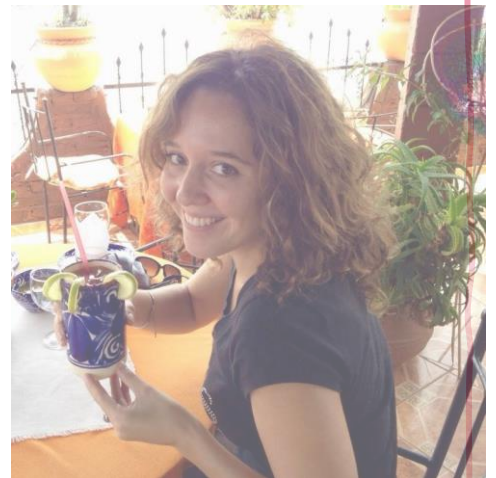
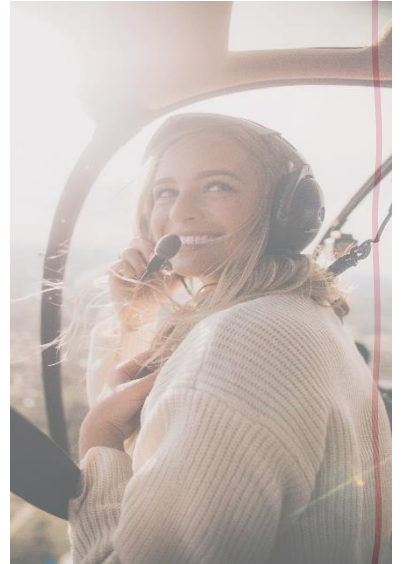


# Boundaries Basics

MY SECRETS TO START SETTING PERSONAL BOUNDARIES



# Hi, I'm Stana :)

I am Stana and I am a certified solution-focused coach focused on your radical transformation.

I am a passionate born explorer and people's person. I have travelled the world and worked for many years in the United Nations, training, forming people and creating capacity building. I then decided to step back from the big picture and dedicate my passion to people like us, who struggle finding their life's purpose, passions, self-identity. But mostly, I help people become their own leader and write their own life rules.



- ✓ I struggled with setting boundaries of my on and came back with insightful revelations
- ✓ I believe that anything said with confidence and propriety can lead to amazing results
- ✓ I believe that whichever thought I formulate, my mind will look for ways to confirm it and make it happen
- ✓ I also believe we are the authors of our happiness, misery, anger... Therefore, having the right mindset and set of boundaries is crucial



So this is what I am today: a coach who loves rebuilding people, helping them find their power in all aspects of their life. I make you see what you're not seeing yourself.

This booklet is only the beginning of your amazing self-discovery journey.


Your life can be so much bigger than you ever thought possible. Have the courage to question


every self-limiting belief you have and rewrite your own life's rule book.


My mission is this: to open your eyes.


# Stana

# This book is for you if . . .

 **You feel trapped.** You have a seemingly busy life, being caught up with job and family responsibilities, a buzzy social life, and you feel that you're trapped in your ways and mind, as if you were disconnected from your ground-cable.

 **You are fulfilling others expectations.** You live your life thriving to be the best daughter, the best friend, the best drinking buddy, the best mom, the best partner. At the end of the day, you wonder why you're drained

 **You feel pushed and dragged.** Despite the million things you'd rather do, you always end up doing things in order to either please others or to feel like you fit in a group. Your sense of belonging and needing to be accepted tricks you into modelling others rather than being yourself.

 **You can't understand why some family members keep intruding in your personal life and dictating what you should do.**

## Here are more hints for you...

You can't understand why some co-workers tend to dump extra work on you.

You feel guilty when you put your needs above others.

You don't speak up even when you're treated badly.

You give away too much of your time and energy.

You feel underappreciated and taken for granted.

You say "yes" when you really want to say "no".

You feel guilty for doing something for yourself.

You believe you must always put others before you to earn a place in this life.

You frequently "melt into" the people you like or admire and adapt their preferences and personalities.

You allow others to touch you even when you feel uncomfortable.

You have a hard time making decisions.



# What you need to know

The world is made of beliefs. Everything you see, hear, touch, taste, and feel is created from or interpreted by your mind. Some of them are unique to you, but the majority originate from your environment. You were born into a world full of beliefs, ideas, opinions, and as you grow up, you integrate and accept those beliefs as your truths. What I'm saying is that we are born in a world of others ideas and opinions and we took them as our own. We basically agreed with them and made them 'absolute truths'.

We forget that all of those ideas, opinions, beliefs, judgments are just that! And 100% subjective and malleable! **What's true for some, isn't true for others.**

Have you ever tried to disagree with someone popular and not feeling guilty about it?

Have you ever said NO to your overbearing parents when they demand too much from you?

My guess is that you've worked quite hard on that and maybe you succeeded at it. Or maybe not yet.

Good news is... there's a solution 😊



# Set healthy boundaries and stop pleasing people

Boundaries (or lack thereof) play a huge part in how much stress we experience.

They help us take our time back and avoid getting involved with things that we don't align with.

*Sometimes we need to set boundaries with clients about our availability.*

*Sometimes we need to set boundaries with our employers about what time we're available to answer emails.*

*Sometimes we need to set boundaries with family members and friends who demand too much from us.*

*And sometimes we need to set boundaries with ourselves when we're falling into bad habits.*

To set boundaries, you first have to know what your priorities and values are. You also have to ask yourself what you're willing to tolerate from other people.

**When you have a clear picture of what's important to you, it becomes a little easier to say no when something doesn't align with your priorities.**

Admittedly the hardest thing about sticking to boundaries is worrying what someone will think of us if we turn them down.

You might start to wonder, "What if they never invite me again because I said no this time? Will they think I don't like them because I said no?"

I worry about these things too, but then I remember that I've never thought differently about someone because they've said no to me (unless they were flat out rude, obviously). But usually people are not rude, and I end up respecting them more for standing their ground.

*If we remember that everybody is trying to live their lives with as little stress as possible, we can understand that people simply want to protect their time.*

I want you to think about who you're saying yes to on a regular basis. When you say yes to them, are you saying no to yourself? Are you prioritizing their needs over your own?

Do you feel burned out trying to keep other people happy? Do you let others walk all over you because you're afraid to stand up for yourself?


I'm sure there are people you respect because they don't take nonsense from anyone. They're not afraid to say no, and they do it with such poise and grace. So why do you feel such resistance when it comes to standing up for yourself?

Often we don't **say no to people** because we're afraid it might offend them or create tension in a relationship. We're taught to be kind to others, but we ultimately need to find the balance between being kind and being firm. Otherwise, we give others permission to take advantage of us.

Many of us recognize that we are people-pleasers even though we don't want to be. We say yes to parties we don't want to go to, coffee runs that don't fall under our job description, and weekend getaways with friends that we can't afford.

Despite not wanting to be a people-pleaser, you continue to fill the role because you don't want to hurt people's feelings. You don't want people thinking you're rude or disrespectful.

The thing is that you're actually disrespecting *yourself* if you continue to do things out of fear or a sense of obligation.



People pleasing  
hides the real  
you.

There's a fine line between being a good person and trying to make people *think* you're a good person. You are *\*most likely\** a good person, regardless of whether you do everything someone asks you do to.

**But you have to set boundaries with your time and your energy. There's no need to deplete your emotional, mental, and physical energy on something that doesn't align with your values.**

Setting boundaries might sound scary, but it gives you the freedom to spend time doing what you love. Boundaries allow you to create life on your own terms, which is the most liberating and exciting thing you could ever do.

## Step 1 – Identifying your already existing boundaries

### Tune into your thoughts and emotions

Emotions and thoughts are our strongest indicators when it comes to boundaries. Just by knowing your response to certain interactions you can discern your own boundaries.

How do we do this? It's very simple. Simply every day and ask yourself: "How am I feeling right now?" or "What is my body trying to tell me?"

Pay attention to the thoughts that rise and the related emotion. If you notice that a thought is bringing you discomfort, that's your first hint. And from there you can go deeper and trying to understand why a certain thought is making you uncomfortable.

Tune in with yourself and see how you feel and think around a certain person. There are people that make you feel at peace and in a very zen mood. Others might make you feel very self-critical, for example, and after some reflection, you realize that you let her have too much sway over your self-worth

### Get clear on your values

Sometimes, we're unsure about the boundaries we'd like to set because we're unsure of what's important to us. So the first step must be identifying what matters most to you and then make that happen. Your values, your likes and dislikes, your preferences, etc

For instance, your values might be about traveling the world and discover other cultures around the world, learn how to paint, spend more time with interesting individuals.

To do any of that, you must decide to set boundaries that will allow you to carry out the things you want.

Setting boundaries is exactly like rearranging the furniture in your house. You do it so that the room works better for what you want it to be. Just like we do it with furniture, we sometimes need to get rid of old pieces that no longer serve us and replace them with new different ones.

### Check in with trusted people

Of course, you don't need permission from anyone to set boundaries. But sometimes it feels that way, and until you hear about someone else's experience with a particular issue, you may not even realize that that's a boundary you need to set. You may have had similar experiences, and knowing their boundaries can help you figure out your own.

## Reflect on Past experiences

You can't change the past but you can reflect on it to improve your present. When faced with stressful situations, many of us revert to our instincts. For many people who have trouble recognizing their own boundaries, the instinct they learn early on is to accommodate others rather than themselves. That's how we start to lose touch with ourselves and what we want.



Journaling can help bridge that gap. It might help to write about challenging interpersonal interactions soon after they happen. In particular, ask yourself these questions: What happened? How did you feel? What do you wish had happened differently? What do you wish you could've said or done?

## Step 2- Keeping your boundaries up!

**Saying no.** We feel rude, we think we are being ungrateful. The truth is that, wielded wisely, 'no' is one of our strongest shields against violation, exploitation, and any threat to our integrity 🖐️

Think of yourself as an epic fortress. 🏰 Learn how to say 'no' and you will be setting your own walls, your own defence, your perimeter 🛡️

All relationships require a certain degree of compromise to function well, let's call it "group spirit", but doesn't mean we need to let our boundaries be violated.

**Geo distance.** Physically removing yourself from a situation can protect you and your energy when you have reached your limit. For example, if a situation creates discomfort or makes me want to react in an unhelpful way, we can remove ourselves and go take a walk to clear our head before coming back to the situation.

**Communicate.** When someone crosses your boundaries, you have to hold them accountable. If you don't, that sends a message in big, blinking red lights that the boundary-crossing behaviour is acceptable.



**Offer an Alternative.** If someone asks you to do something and you don't think you're the right person for the job, offer an alternative. Recommend a friend, a co-worker, or some kind of tool that could help get the job done. If you hate being unhelpful, this option gives you the opportunity to be cooperative without having to take on the task yourself.



# Next steps?

**GET IN TOUCH:** I'd love to hear what you learned from using any of these journal tips. Feel free to share your thoughts with me in an email or message on Instagram.

**SHARE WITH A FRIEND:** If you enjoyed these prompts, please share this freebie with a friend who would love it.

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