

A woman with long hair, wearing a bright yellow, tiered, sleeveless dress, is captured from behind as she spins on a paved path in a park. Her right arm is raised, and her dress is billowing out in a wide circle. The background shows green trees and a fence, all with a soft, teal-colored overlay. The text is overlaid in white.

HOW to be
your own
boundary boss

A FREE RESOURCE

WWW.PARULSHARMA.COM.AU



Due to our past experiences, childhood trauma or always being told certain things repeatedly, we tend to become people-pleasers, where we feel like we need to dim or hide ourselves, or hide our needs and desires to maintain peace in a situation.

Because of this, we often forget to draw our boundaries or honour our boundaries. Some of you must be wondering... Hello! What are boundaries? This leads to a lot of internal conflict to honour ourselves vs pleasing others or to exhaustion and burnout. We are giving more than we comfortably can or going out of our way to please others.

This can lead to a loss of self-esteem because we don't feel like we are good enough to say 'NO' or to speak our mind. So here's an exercise to help you take your POWER back, draw your BOUNDARIES and restore your peace of mind.

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My "Not-to-do" List



STUFF THAT DISTRACTS ME AND WASTES MY TIME:

STUFF THAT STRESSES ME OUT AND GIVES ME ANXIETY:

PEOPLE WHO DRAIN MY ENERGY:

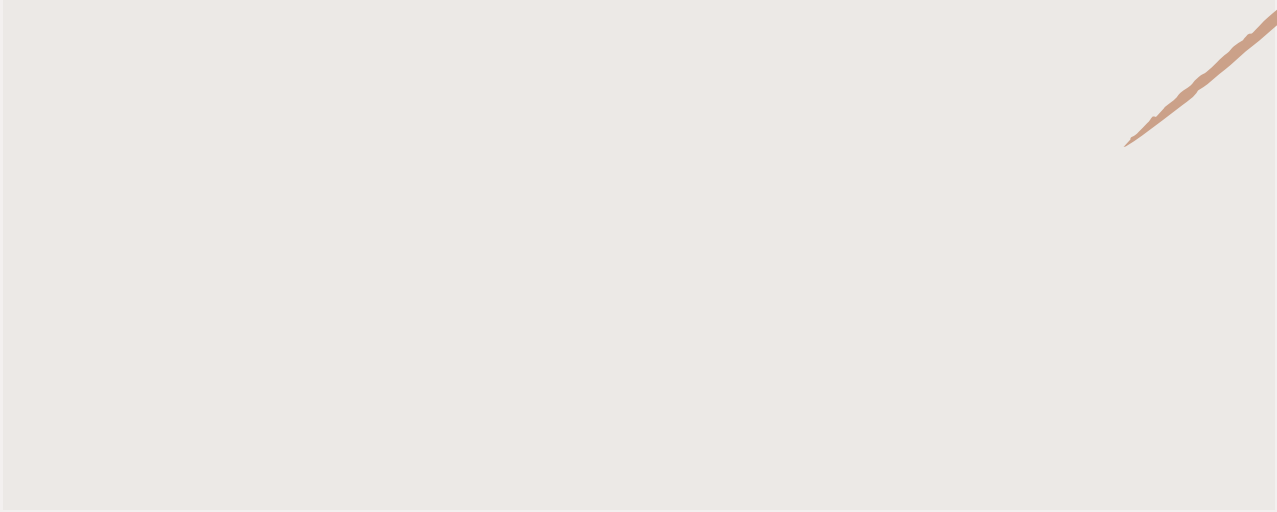
STUFF I FEEL OBLIGATED TO DO:

STUFF THAT DOESN'T ACTUALLY NEED TO BE DONE:

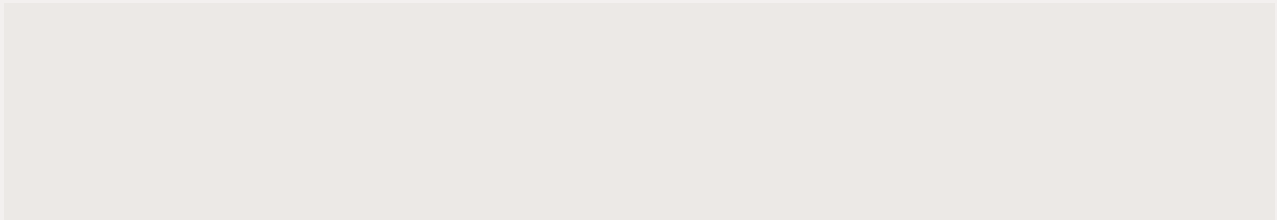
STUFF I CAN'T CONTROL OR ISN'T MY RESPONSIBILITY:

My "to-do" List

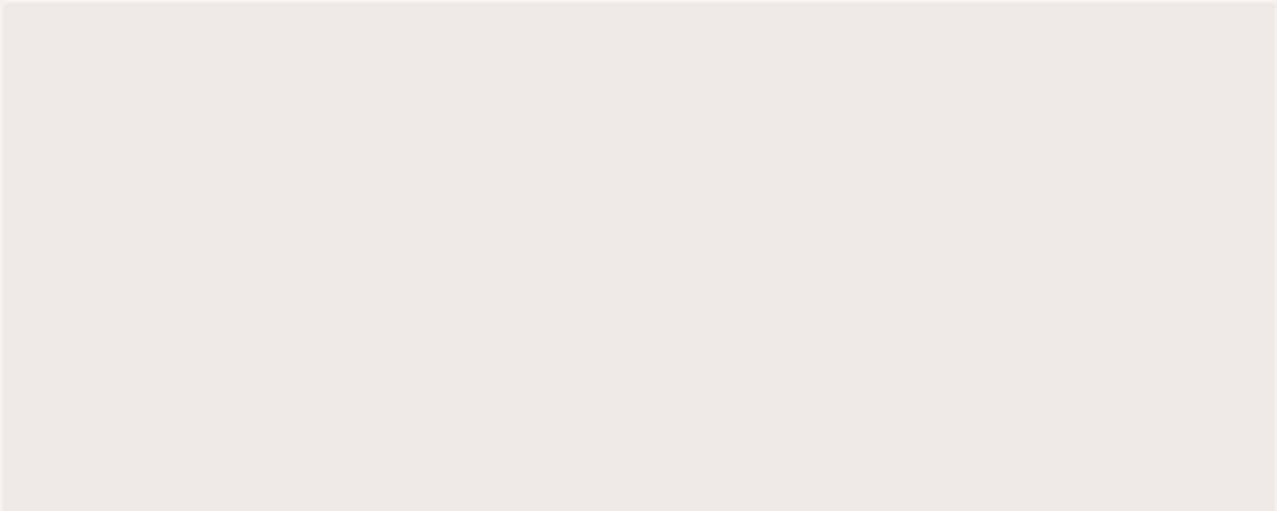
STUFF THAT I'D RATHER BE DOING:



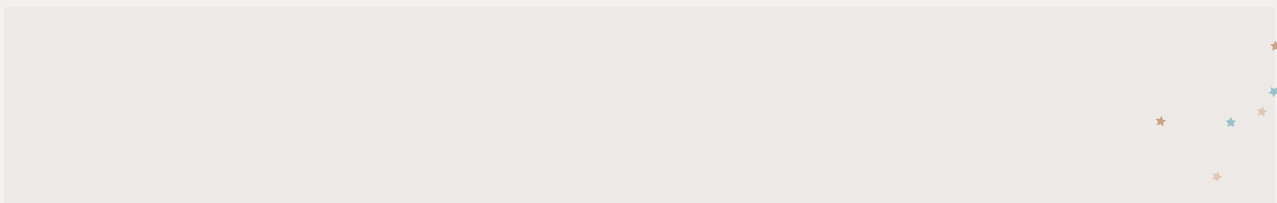
TOP 3 ACTIVITIES THAT BRING ME JOY:



HOW CAN I DO MORE OF THESE?



WHEN WILL I START IMPLEMENTING THIS PLAN?



What's next?

Now you know **HOW** to identify the energy drainers and where to draw your boundaries. However, the chances are these habits have kept you safe for 20+ years and they aren't going to dissipate by downloading this workbook. They require tending to and expert support, which is exactly what we'll do inside my signature program **Connect with Confidence**.

Inside this container, I will **empower you to show up as your true, radiant and magnetic self at work and in relationships** through NLP, EFT, inner child healing and embodiment practices.

Sure you can try taking action alone but with love, if you've already been doing that all your life, something has got to change in order for you to see a different result. If the above is what you'd love some support with, I can help you get to where you want to be a helluva lot quicker than if you keep trying to do it alone!

You've tried to do this in a certain way so far and it hasn't really helped, so why not try something different? All it needs is some financial and time commitment from your end.

So if you're done playing small, ready to step into your power, and desiring spiritual support, **let's explore making magic together!**



Connect with Confidence

Connect with Confidence is a 3 month 1-1 coaching program for ambitious, driven women who want to feel confident in their own skin so they can express themselves confidently at work and in relationships.

This program is for the woman who wants to:

- Feel good about herself and be proud of who she is
- Increase her self-belief, self-worth and self-confidence
- Live without stress and internal self-pressure - move from **burnout** to **balance**
- Stop comparing herself to others
- Make quick decisions
- Attract her dream partner and/or have deeper, **more connected** relationships

Here are some incredible client success stories:



"Before working with Parul, I felt as though I was quite fractured. I feel so much more focused and in forward momentum now."
Sophie, Creativity & Sensuality Coach

"As a result of Parul's coaching, I now have greater confidence and feel empowered to grow my business."

Jen, Women's Empowerment & Sexuality Coach



"Rather than suggesting a cookie cutter approach, Parul challenged me to look at the beliefs that were holding me back from achieving my goals."
Rebekah, Mindset Coach

"Working with Parul has helped me understand myself better and achieve all 3 of my personal + professional goals. I am now happier than I have ever been."

Smriti, Environmental Specialist



IF YOU RESONATE WITH ANY OF THIS:

- I am **always hard on myself** - need to look better, feel better, do more and be more!
- I am **stuck in my own head** - how do I stop my brain from spinning and fixating on one negative comment?
- How do I create more fun, ease and flow in work and life? **How do I slow down** when there are 89154 things to do?
- When will I finally **be happy**?
- How do I find the confidence to **speak freely and say no**?
- How do I start **drawing boundaries** for what doesn't feel energetically aligned to me?
- How can I build the **self-love muscle** and sustain a healthy routine?
- Will I ever be able to **find my dream partner**?

...Then Connect with
Confidence is for you!



Inside this program, you'll receive the guidance and support to accelerate to where you want to be, a whole lot quicker than if you keep trying to do it on your own with the same old approach that hasn't worked for you so far.

Ready to become your own biggest CHEERLEADER?

Book a complementary
discovery call

Explore what Connect with Confidence could mean for your life and your dreams.

During this session, we will get clear on the key areas you want to focus on and these will form the outline for our time together. If I'm confident I can help you and both of us feel aligned with each other, you'll have the opportunity to secure your seat inside Connect with Confidence.

I can't wait to chat with you!

Parul x

Soulful Mindset & Confidence Coach



"Nothing changes
unless something
changes"

