

Introduction to Clarity and Peace with Boundaries

Hi, friends, I'm so glad you're here. While it grieves me that anyone should need a group like this, I'm really encouraged to see you here. It means that you've taken action on your own self care. And that is a huge sign of strength. You've taken action for your own health and well being. And that's a huge step into your own empowerment. After we've been disempowered in so many ways, I've been looking forward to getting this course and experience into your hands for several years, no exaggeration. In this video, I'll tell you a bit about what you can expect, as you move through clarity and peace with boundaries, and how to get the most out of this experience. I can tell you right now, that what you'll be doing in this program will completely transform your life, and how you navigate relationships that can be difficult at times.

Here's why I absolutely believe it. When you begin to implement boundaries, using the framework I'll be teaching you it will completely transform your mindset, and how you view yourself your voice, your authority, autonomy and agency to make good decisions for yourself and your difficult relationships. You'll be able to look back at your values work prior accomplishments, and boundaries and see how far you've come. You'll be able to say I did that. We can talk about how your relationships will change. But what's really going to be a game changer is how you value yourself, your needs, your time, your space, your dreams and goals, and how you'll make decisions differently going forward. You'll feel confident that you're making healthy values based decisions and walking them out, not just talking about them. You'll feel the freedom to say no to conversations, situations and relationships that don't line up with your personal values and needs for healthy, connected attuned relationships, and the freedom to say yes to the ones that do without guilt. without apology.

Here's how we'll get there together. In module one, we'll start with a new mindset shift. And we'll bring into focus your personal values, which become the foundation of what you're protecting, and important tool for making decisions when difficult people cause chaos, and situations can seem confusing. We'll also address the common myths and fears around boundaries that can be roadblocks if we don't knock them down first. In module two, I plan to share the who, what when, where and why boundaries can be so powerful. In modules three through seven, we'll look into the important connection between your personal self care and how it might be improved, and identify where boundaries might be loose or non existent. We'll make preparations in advance to enforce them. Practice the speaking your requests and boundaries and responding to push back and boundary breaks with love and compassion. And why staying in community is the key to healthy boundaries when in close relationship with boundary breakers.

Now I'll be honest with you, learning to master healthy boundaries takes time focus and effort to grow confidence mindset, and to learn a new language of authentic emotions and needs. Because there's a lot of moving parts, you may try and even fail. But please hear me on this. Fail forward, you're going to

hear me repeat that phrase often.

Doing something new, even if it doesn't get you the immediate results you hoped for creates new neural pathways, and breaks old pathways that lead to our thoughts and actions that didn't work for us. Be willing to try be willing to fail forward and keep trying. stay teachable. Be open to new ideas and new skills. You learn the new skills and know the moving parts in advance, you can anticipate the flow of what steps you need to take when to take them to be the informed, self aware, compassionate, loving woman that you are. And you will be confident that your approach is not only what's best for you, but the healthiest for others to you'll use your new boundary scales not only with your partner but in every relationship in your life with other family members, neighbors, church members, even with people in authority professionals and leaders in your life, including your own pastor, therapist, or your partner's therapist.

Now you might be saying Whoo, that's a lot. Can I really do this? And you're right. It's a lot of work. And it has to be because any major life changing effort by definition requires significant effort. But you're here. And you're not afraid of putting in that effort. You just signed up. And so you're hopeful and you have fresh momentum. It's so important to keep that fresh momentum even when things get tough. Here's the thing. I know you can do this, if I did, so can you, I want you to celebrate every little wins so that you can truly feel a sense of accomplishment, and build your confidence to do what it takes to get to the finish line, so that you can create the life you deserve.

Before we wrap up, I want to remind you that you have lifetime access to this core program. It's totally okay. If it takes you an extra two or three weeks or even months after the 10 week program has ended. To really start implementing what you learn here. Let me remind you that you are developing new interpersonal skills that will serve you in a big way the rest of your life. Sadly, some people never learn these skills. So go at your own pace, keep moving forward. Motivation is what got you here. But absolute clarity over every step you need to take is what will get you to the finish line. And as long as you stay with me through every step of the program, I promise to hold your hand and take you there.

I am so grateful to have you here.

Thank you for your trust.

Thank you for your commitment, and I can't wait to help you create a boundary life that gives you the clarity, the peace and the relationship safety that you deserve.

When you're ready, I'll see you in the next training.