



# Say What You Mean, Mean What You Say – Day 7

## *Setting Clear, Concise Boundaries and Honoring Them*

### ***Rule 1: Set boundaries that serve you.***

Be sure you are setting a boundary that you will follow through with. Remember, people will only cross your boundaries if you allow them. Also keep in mind that if you want to be respected, you must respect yourself.

*What do you need to feel safe, secure, and peaceful?*

Boundary: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### ***Rule 2: Be clear and concise about your expectations and consequences for crossing the boundary.***

No beating around the bush here. Say what you need and what will happen if that boundary is crossed.

I expect \_\_\_\_\_  
\_\_\_\_\_

It's important to me because \_\_\_\_\_  
\_\_\_\_\_

If the boundary is crossed \_\_\_\_\_  
\_\_\_\_\_

### ***Rule 3: Say what you mean, mean what you mean.***

Go back and review your boundary, expectations, and consequence because if you're not able to follow through with the consequence, then it's not truly a boundary. We're aiming for respect here. Respect yourself and others will begin to respect you and your boundaries!