
Setting Clear Boundaries



Are you someone who says yes to everyone

else and doesn't make time or have the energy to do anything for yourself? Do you resonate with being a people-pleaser? Do you take on the weight of other people's issues? Do you get mad at yourself when things are not perfect? You are not alone.

As conscious humans in the 21st century, there is a lot expected of us. We are expected to be a great partner; parent in the best way possible; build a career; and look fabulous while doing it all. Super(woman) status. We put unrealistic standards on ourselves and feel like failures when we

reach anything short of perfection. The truth is, we have it ALL backwards. We think that we need to put everyone else's needs in front of our own when in fact, it is the exact opposite that is true. We have to put our needs first so that we have the energy and proper intention to care for others. It's in getting to know ourselves, what makes us happy and what doesn't that will make us be the best versions of ourselves which will help us show up better for others.

You know when you do something that you don't really want to do versus when you do something from your heart. It is a completely different experience and has a totally different feel to it. We feel lighter, more at ease and happier when we do things willfully. The exact opposite is true when we do things that we don't want to. It feels heavy, resentful and tiring.

I'm not talking about situations where there is a responsibility to do something, but rather in situations where you have the option to choose and you choose to do the thing you don't really want to do. Why do we do this to ourselves?

I want you to close your eyes and get really quiet – but don't listen to your mind, listen to your body. Can you think of a time where you felt like you were doing exactly what you wanted? You were fully yourself. There was no hidden agenda, no reason to do something for someone else. How did that feel?

Hold on to that feeling.

Now think of a time where you did something that you did not want to do – what resistance comes up?

You do not need to compromise your own happiness in order to make others shine.

Which parts of your life is not a real representation of who you are? How you dress, how you socialize, what you do for a living, who you interact with, how you are in your relationship, how you parent?

Where are you saying yes to things when you could be saying no? Where are you acting in accordance to the rules of others or conditioned by what society expects of you?

When we let our lights shine, we unconsciously give other people the ability to do the same. It creates a ripple effect.

What is one way you can shift into being authentically yourself in one (or more) areas in your life?

Thank You

If you'd like further support in your mindfulness and development journey, we'd love to be there for you. Please email us or [follow this link to schedule a phone consult with Samara.](#) Thank you and remember – this work only works if work it! Sending you all the love.