

Break Barriers and Build Boundaries

A WOMEN'S GUIDE TO PLACING BOUNDARIES CONFIDENTLY



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Ciao 🙌 ***thanks for downloading my E-book!***

I'm Tanya, the women's boundary coach, and I created this e-book to help you set boundaries with dominating people in your life with confidence and use the voice you were born with.

I have met countless women whose voices have been drowned out, their needs sidelined by others' demands. The fear of conflict, procrastination, and "what-ifs" hold them back. I want this to stop. It's time to say no to people-pleasing and start living life on your terms.

In this e-book, I will be sharing my top 10 'how to' steps to live free of people-pleasing, set boundaries, and express yourself with clarity.

Understanding Your Boundaries

Your own personalised Oxford dictionary

Boundaries protect your happiness, safety, and self-respect. They are vital for your own overall well-being, but they can often be overlooked and regarded as something that is not a priority.

Start by writing down the boundaries you want to set and why. This will create a clear roadmap for you and make them easier to embark on.
You deserve them and you are entitled to them!

Recognising Dominating People

Eye spy with my little eye

Some dominating people don't realise their impact, while others intentionally control. If you feel drained or unsettled after being with someone, it's a sign they may be crossing your boundaries. Notice these feelings and take action to protect yourself and who these people in your life are.

Remember some of these people may not realise the negative impact they have because they have gotten use to dominating you as it has been allowed.

Building Awareness of Your Needs

Plugging into your self-awareness stream

Do you put your needs first? List them out. Notice which needs aren't being met and why. Recognising these gaps is a step toward reclaiming your self-care and realising what needs you may have been letting slide!

We are not here to be responsible for others needs and their expectations of us. So let's ensure we do it for ourselves.

Visualising Your Empowered Self

Crowning your inner badass

Imagine yourself setting boundaries confidently! No knots in your stomach, no longer keeping quiet to keep the peace and avoid conflict, just calm clarity.

Visualise this new version of you. It feels amazing, right?

That's the power of taking action.

Really connect with the feelings you get when you visualise this scenario, it doesn't matter where you are, it will come naturally but just think that this is what you could experience and deserve!

Communicating Your Boundaries

Get on that karaoke and air your voice

How we communicate boundaries matters. Use "I" statements to express your needs from your perspective. This reduces defensiveness and keeps the conversation focused on you rather than sounding like a blame game. Small steps make a big difference here.

We are very vulnerable when we express our needs but we are only damaging ourselves by keeping the peace.

It's easier for the person we are pleasing but harder for us if we keep them hidden.

Navigating Resistance

Get out those lightsabers to xap those critters

Fear, guilt, or procrastination may arise, but remember, the first step is the hardest. Overcoming resistance becomes easier with practice, and it's okay to lean on someone for accountability along the way.

You are not alone, trust me.

Building a Support Network

Who is your wu-tang-clan?

Having supportive people behind you can make a huge difference. Who are the people in your life who'll support your growth? Identify them, and let them help keep you on track as this can support accountability along the way.

Looking After Yourself

V.I.W priority spa package

Putting others' needs first can drain your well-being. Notice if stress is affecting you physically, emotionally and mentally. This is your body's way of reminding you to prioritise self-care. Setting boundaries protects your overall well-being and health.

Embracing Flexibility

Like a flamboyance of flamingos

Sometimes boundaries need adjusting. Maybe you set one that wasn't clear or strong enough. Revisit, reassess, and be flexible with your boundaries as you grow. This doesn't make you weak and nothing to beat yourself up about,

remember.... small steps!

You are Worthy

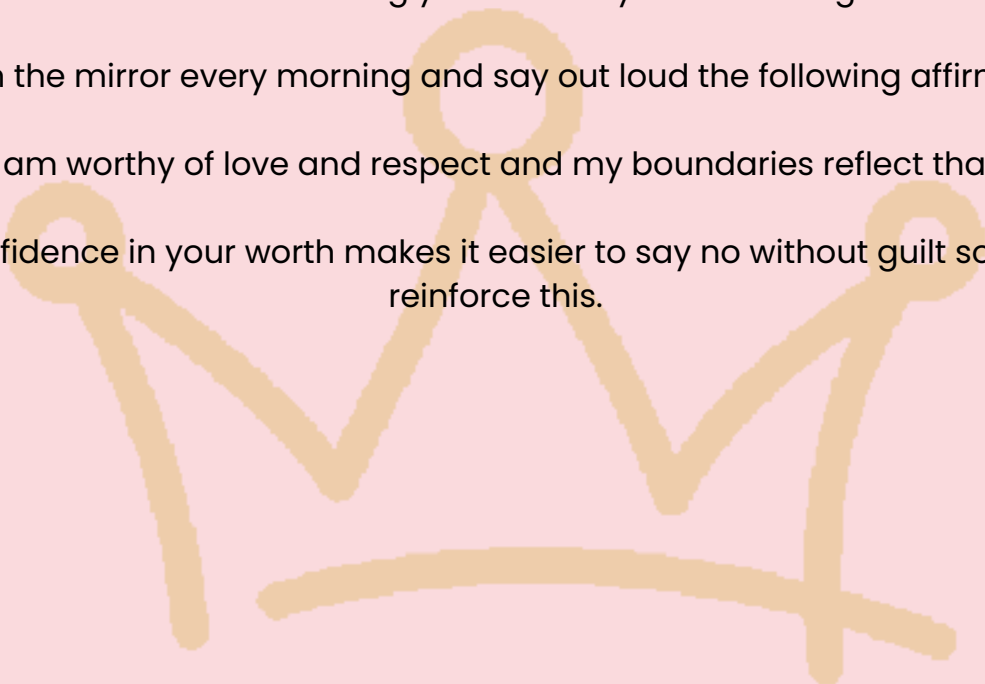
There are no discounts for the price of your worth

Before you are thinking of setting boundaries, it's really important that you have some self-confidence, self-love and self-worth. This is what I lacked and this has impacted me on being a push over, people pleaser and nervous wreck to stand my ground. It's sitting down within yourself to dig deep as to where this stems from and asking yourself "Why am I allowing this?"

Look in the mirror every morning and say out loud the following affirmation,

"I am worthy of love and respect and my boundaries reflect that."

Confidence in your worth makes it easier to say no without guilt so lets reinforce this.



Celebrating Your Wins

Pop open the Moët

Celebrate every step forward, big or small! Standing up to dominating people isn't easy and it won't happen over night but that's the beauty of seeing your growth every day. Look to those in your life who cheer you on and recognise your progress as well as cheering for yourself.. Small wins are big wins when it comes to self-growth and chin chin to that!

Remember, you hold the compass!

Imagine breaking free from old patterns and stepping into a life where your boundaries are clear and respected.

Imagine a life where you are no longer walking on eggshells to keep others happy and that visualisation can become your reality.

Yes! That's right, it can and it starts with you, the strong ass woman you are! Book your 45-minute complimentary discovery session today, and let's start your journey toward unstoppable confidence and lasting change. Your empowered self is waiting – let's make it happen!"

CLICK HERE TO BOOK YOUR COMPLIMENTARY 45 MINUTE DISCOVERY SESSION

CLICK HERE ✨