



Expert
on
Your
Life

Empowerment Coaching

8 Ways to Establish Boundaries

1.

Tune into
your feelings



2.

Define your
values



3.

Say what you
mean - mean
what you say.



4.

Say 'no'
simply but
firmly.



5.

Figure out how
to deal with
boundaries'
violations.



6.

Identify your
limits and
communicate
them clearly.



7.

Be assertive
and direct.



8.

Uphold your
boundaries -
be consistent.

