

Loving Boundaries for healers

The goal of this worksheet is to help you create loving boundaries so you can feel more ease in your life & work.

What exactly are boundaries, anyways?

Boundaries are when you have a clear understanding of what is right and good for you and you take care of those needs, especially in relationship with others. As a healer, loving boundaries apply not just to your clients, but also to the other relationships in your life (including yourself).

Having a consequence, or rule, is part of maintaining a boundary, for example:

"I need 8 hours of sleep so if you call me at 10 pm, I won't pick up the phone..."

"I work best when I see no more than 5 people per day. If I get a request for any more appointments that day, I'll say no..."

SELF-REFLECTION QUESTIONS:

What rules do you currently have with clients (or other people's) requests for your time and attention?

How successful are you at upholding these rules, on a scale of 1-10? Why?

What does it feel like to uphold your rules? What emotions come up?

Why we don't practice strong boundaries

As a healer, your life purpose is to help people. But how much do you have to give? Unlike the gas tank of your car that has a predefined capacity and a way to measure how full it is, you define your capacity through felt-sense and a complex decision making process that takes into account many factors (like other people's requests and emotions).

Often, we're scared of what other people will think if we communicate a boundary. We don't want to disappoint or "create" negative emotion. It becomes easier to self-sacrifice and, when done over time, this habit can become the foundation for a relationship or business. This can lead to chronic anxiety, stress, burnout & resentment, all of which inhibit you from showing up as the wonderful healer you are, and ultimately, keeps you from doing your best work.

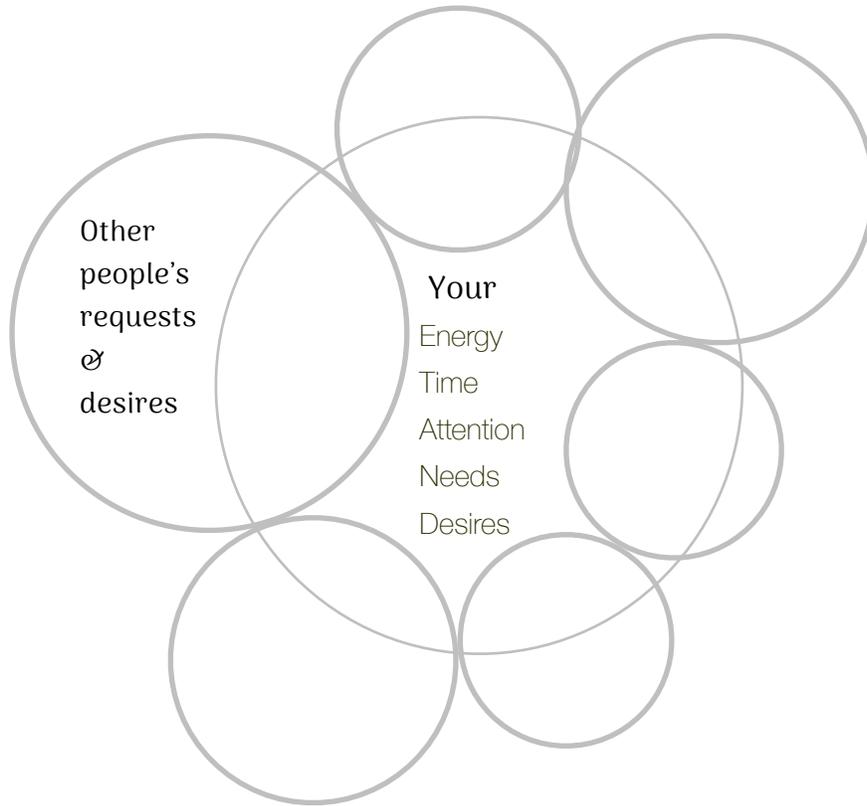
If you weren't scared of what other people would think, what would you do differently? (another way to look at this is to imagine that they would love whatever you decide)

Create loving boundaries

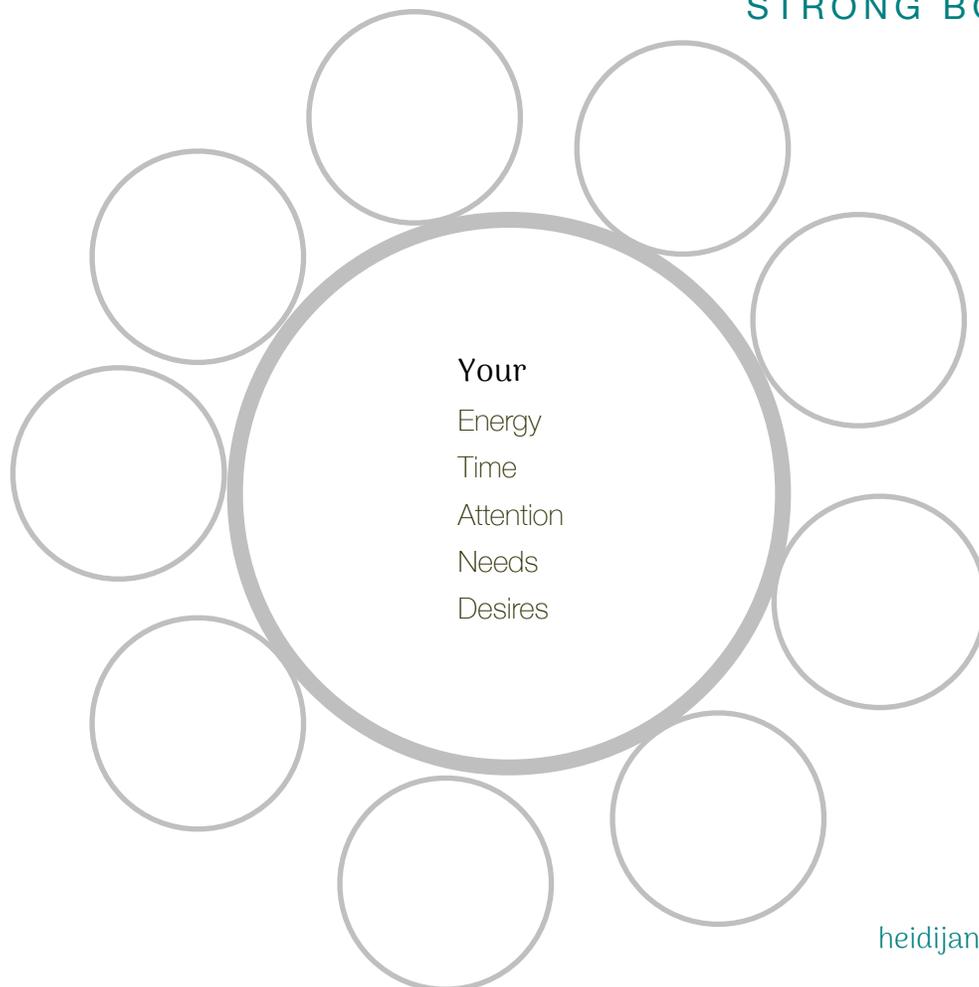
Loving boundaries are a way for you to create a relationship of love and self-respect with yourself. When you show up in your life from this place, you create relationships and work also based on love and respect - instead of self-sacrifice.

This helps you to protect (and maybe even) increase your capacity to be of service for the long haul.

LOOSE BOUNDARIES



STRONG BOUNDARIES



LETS MAKE A BOUNDARY

Identify one area in your life where you want to set a boundary. What is the boundary?

How will having this boundary impact your life?

What exactly is your request or rule? Some possible verbiage is: "If you do.....", "when this happens...", "my capacity is..."

What is your consequence if someone tries to break this boundary? "Then I will..."

What are your fears (if any) around establishing the boundary?

How will you communicate this boundary?

Imagine you've followed through on your boundary. How does it feel?

Would you like some more help?

Sign up for a free Brainstorming call with me.

If you'd like help to strengthen your boundaries and support yourself to show up in your full potential as a healer, I invite you to sign up for a brainstorming session with me.

This is a coaching call where we come up with a plan to create stronger boundaries so you can feel more at empowered and at ease in your work and life.

Sign up at www.heidijandel.com/brainstorm/.

Hi, I'm Heidi.

I'm a holistic life coach and I help introverted women, healers and therapists learn how to show up from a place of confidence and empowerment, so that they can live their fullest life potential.

