

# SETTING BOUNDARIES

— A Daughterhood Declaration —

Just because someone asks you to do something doesn't

mean you should do it. People will make *unreasonable demands*.

*Just because they ask,* **DOESN'T MEAN YOU HAVE TO SAY YES.**

**IT'S NOT YOUR JOB TO MAKE EVERYONE COMFORTABLE**

SOMEONE ELSE'S annoyance isn't *a sign of your* incompetence.

It's a sign of her discomfort. **Get in the habit** of *noticing the difference*.

*It will never feel good* **TO SET A BOUNDARY**

**BUT....it won't kill you. You'll be okay.**

*Guilt is the ego's sneakiest disguise.* If guilt is motivating

you to say yes when you want or need to say no, then it's limiting

**THE IMPACT YOU WERE BORN TO HAVE.**

Set boundaries with yourself.

*Treat your desire for perfection* like you would an actual person  
**who is making suggestions that** require a firm "no."

**CALL A GOOD GIRLFRIEND.** Get a "BOUNDARY SPONSOR"—

A friend who will support you and **GIVE YOU PERSPECTIVE.**

**REMEMBER:** **Your being** is more important than **your doing.**

**You don't need to do more** in order to make up for something  
you think is missing in in who you are. You are perfect and

*you are enough without* **DOING** anything.