



Maggie's COACHING TIPS



Boundaries Protect Your Wellbeing

You can't pour from an empty cup.

Boundaries aren't about keeping people out. They're about creating healthy limits so you can show up as your best self.

Clear boundaries. Healthier relationships.



WHY IT MATTERS

Without boundaries, you can feel drained, resentful and overwhelmed.



Boundaries help you protect your time, energy, emotions and self-respect.



SIGNS YOU NEED STRONGER BOUNDARIES



You feel exhausted after spending time with certain people.



You say yes when you really want to say no.



You feel resentful, irritated or taken for granted.



You struggle to find time for yourself.



You feel guilty for putting your own needs first.



PRACTICAL WAYS TO SET HEALTHY BOUNDARIES



KNOW YOUR LIMITS

Check in with yourself. What feels okay?
What feels like too much?



BE CLEAR AND KIND

Use simple, honest language.
You don't need to over-explain.



IT'S OKAY TO SAY NO

No is a complete sentence.
You don't owe anyone your time or energy.



HONOUR YOUR TIME

Your time is valuable.
Protect it like you would any other priority.



COMMUNICATE YOUR NEEDS

Share what you need in relationships.
Clear communication prevents resentment.



DON'T APOLOGISE FOR BOUNDARIES

You have the right to protect your peace.
It's not selfish – it's self-care.



LET GO OF WHAT DOESN'T ALIGN

You can't be everything to everyone.
Surround yourself with people who respect you.



REVIEW AND REINFORCE

Boundaries aren't once-and-done.
Check in and adjust as your needs change.



WHAT THE PROFESSIONALS SAY

Research shows that setting boundaries is linked to lower stress, better self-esteem and improved mental health.
Boundaries build respect – for yourself and in your relationships.

Professional support is about understanding, not blaming.



“The curious paradox is that when I accept myself just as I am, then I can change.”

– Carl R. Rogers



Be kind to yourself. You're doing the best you can with what you know.

You don't have to do this alone.



With love,
Maggie