

Setting Clear Boundaries

Setting Clear Boundaries keep us safe and protect our time and energy. During the holidays we can set boundaries for ourselves.

“Cultivating your assertiveness to set clear boundaries places you at the helm of your life rather than tossing you about in the sea of “whatever happens.” It allows you to manage your time, protect your health, make your family life more harmonious and live by your true calling. Boundaries safeguard your joy.” - Linda Kavelin Popov, *A Pace of Grace*

We must first discern what’s important to us and what’s not working.

1. What boundary do I need around my time, energy, or money?
2. If I set a boundary, what are the benefits to me, and to others?
3. What virtues are necessary for me to set the boundary and follow-through?

Examples:

1. I overspend at Christmas every year. The boundary I am setting is to spend \$_____ total, for presents, tree, cards. The virtue that will help me is reliability to myself, orderliness to keep track of what I am spending. Self-discipline to say no to things out of my budget, and to use cash instead of credit cards.
2. I get exhausted trying to do too much every year and then I’m cranky, resentful and unhappy. The boundary I will set is that every day I will use self-care by setting aside time for me: a hot bath, a massage, a walk, prayer time. I need self-discipline and gentleness and caring for myself, and assertiveness to say no when I don’t feel like going or doing.

3. What are one or two boundaries you can set about your time, energy or money? Write this as a positive statement in present tense, using a virtue or two to anchor it.

- Examples: I use my **self-discipline** and **determination** to spend no more than \$_____ for all holiday purchases. I will plan ahead so I don't make rash decisions. I will keep all receipts and keep track of spending as I go.

OR

- I use **self-care**, **gentleness** and **wisdom** in my energy, doing only those activities which nourish my spirit. I assertively say no, I'm sorry I can't do that, when it will drain my time or energy. I take time every day for self-care.

OR

- We are beginning a new family tradition, one that brings **joy** and **unity** to our family.

Write yours below. Suggestion: Post this where you can see it everyday. Share it with others if helpful. Say it out loud every day as an affirmation. Think of the positive things that will come from accomplishing your goal.

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