

The Power of Boundaries: How to Set and Maintain Healthy Limits

Key Takeaways

1 5 Key Types of Boundaries



PHYSICAL



INTELLECTUAL



RELATIONSHIP



TIME



MATERIAL

2 Steps to Set Effective and Healthy Boundaries



KNOW

CHECK-IN WITH YOURSELF OFTEN

Define what is agreeable and acceptable to you for each of the five boundaries



SAY

PREPARE YOUR RESPONSE(S)

For each of the five boundaries and its attributes, identify how you would communicate when you need to set it



DO

PRACTICE YOUR COMMUNICATION

Planning ahead, being aware of your communication style and of how others would listen will help you build confidence over time



UPHOLD

LISTEN

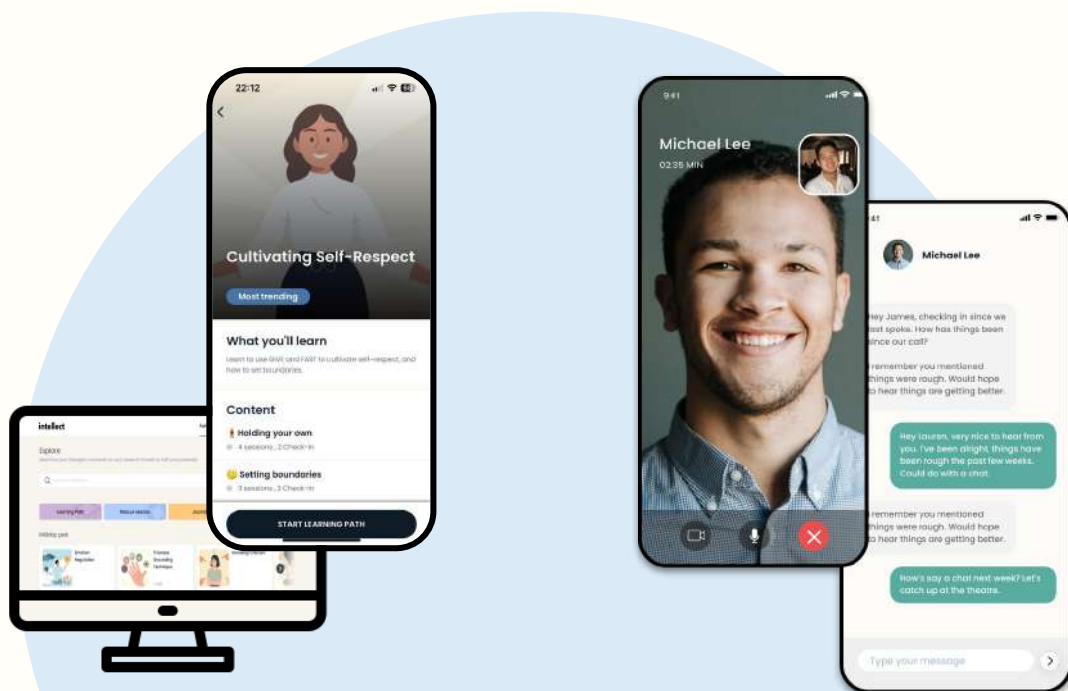
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RECIPROCATE

Healthy boundaries takes two individuals who are willing to listen and adapt their behaviours for a positive outcome

From Insight to Action: Put Your Skills to Work Today!

Gain confidence in setting your boundaries through immersive self-guided learning modules complemented by personalised 1:1 coaching support



Cultivating Self-Respect Learning Path

Structured learning path designed to empower you in establishing healthy boundaries

1:1 Coaching

Discuss with your coach on ways to implement and maintain your boundaries effectively

Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

