

Boundaries: The Resilient Leader Way™

How to maintain boundaries for more resilience and impact



The 3 C's of Healthy Boundaries

Step 1
CLARIFY

Identify your
boundary and
consequence.

Step 2
COMMUNICATE

Plan and
practice what
you need to
communicate.

Step 3
CONFRONT

Resolve the
issue without
guilt or
conflict.

Step 1: Clarify Worksheet

Instructions: Answer the following questions with a real situation in mind.

1. **What do I want?**

2. **What do I request?**

I (*want / need*) _____
you to (*specific desired behavior*) _____
and as a result, _____

3. **On a scale of 0-5, how flexible am I willing to be on this boundary?** _____

0= no flexibility, I need this boundary 5- I want this boundary, I can negotiate this.

4. **Who do I need to speak to?** _____

5. **What am I going to do if the boundary is violated?**

How will I do that?

6. **Is this worth doing?**

Yes No

Notes:

Step 2: Communicate Checklist

Instructions: Use this checklist to get ready to make your boundary request.

- I completed my Clarity Worksheet.
- I slept on it so I could review my request with fresh eyes.
- I have rehearsed my request until I feel comfortable with it.
- I am prepared to follow through with the consequences.
- I am ready to make my boundary request.

Notes:

Step 3: Confront Script

Discrepancy Confrontation: In most cases, you can use this the first time a boundary is violated.

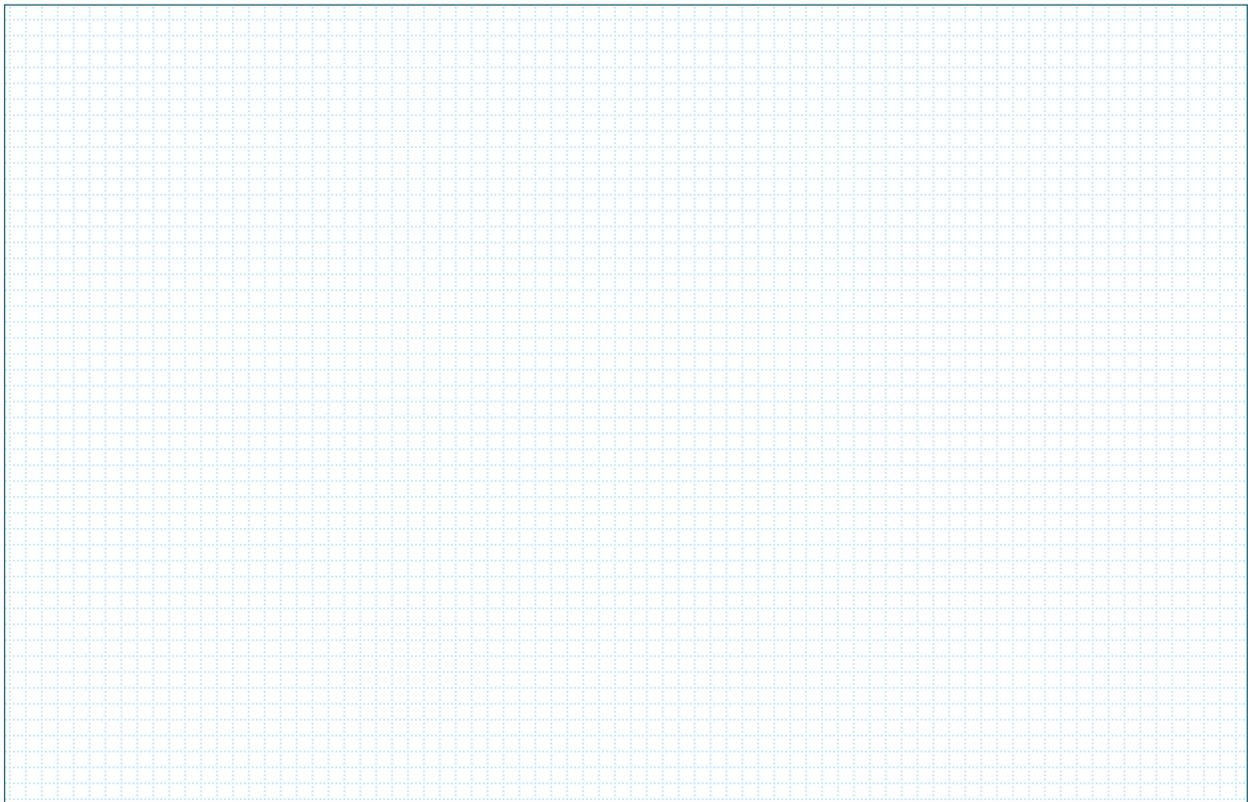
"I'm feeling (confused / concerned / frustrated)_____

because, on the one hand, you agreed to (boundary agreed to)_____

but, on the other hand, you (specific thing that they did)_____

_____."

Notes:



Need help setting boundaries?

**Book a free
20-minute
consultation.**

I will answer
your questions
and we can do
some role playing.
If you don't see a
time that works,
just ask.



Use this link to see my calendar and reserve your time.

<https://deborahmunhoz.as.me/20MinuteConsult>