

These are Essential!

Welcome to this edition of your Weekly Winning Resource. This week is all about the word boundaries. We should set boundaries not to hurt or offend people, but to protect what's most important to us. In fact, good boundaries are essential to strong and healthy relationships. Boundaries are the mental, emotional, and physical limits to how others can treat you, behave around you, as well as what they can expect from you. Boundaries allow you to show up as your best self!

Your Weekly Winning Word:

Boundaries:

Anything that indicates or fixes a limit or extent.

Your Weekly Winning Article:

The key to good boundaries is making sure they are healthy and effective. If your boundaries are too rigid, you can come off as too harsh or not approachable. You can set healthy boundaries and still be a loving human being who people want to be around. In our Weekly Winning Article we have clearly defined the characteristics of good boundaries that will help you protect your personal space. Check it out.

[Click Here to Read](#)

Your Weekly Winning Challenge:

Do you have a set of good personal boundaries? If not, take some time this week to clearly define what is important to you and the boundaries you need to create. If you have some set

personal boundaries, do a quick assessment of what they are and if you need to add or change anything. Share your results with your coach.

Your Weekly Winning Quote:

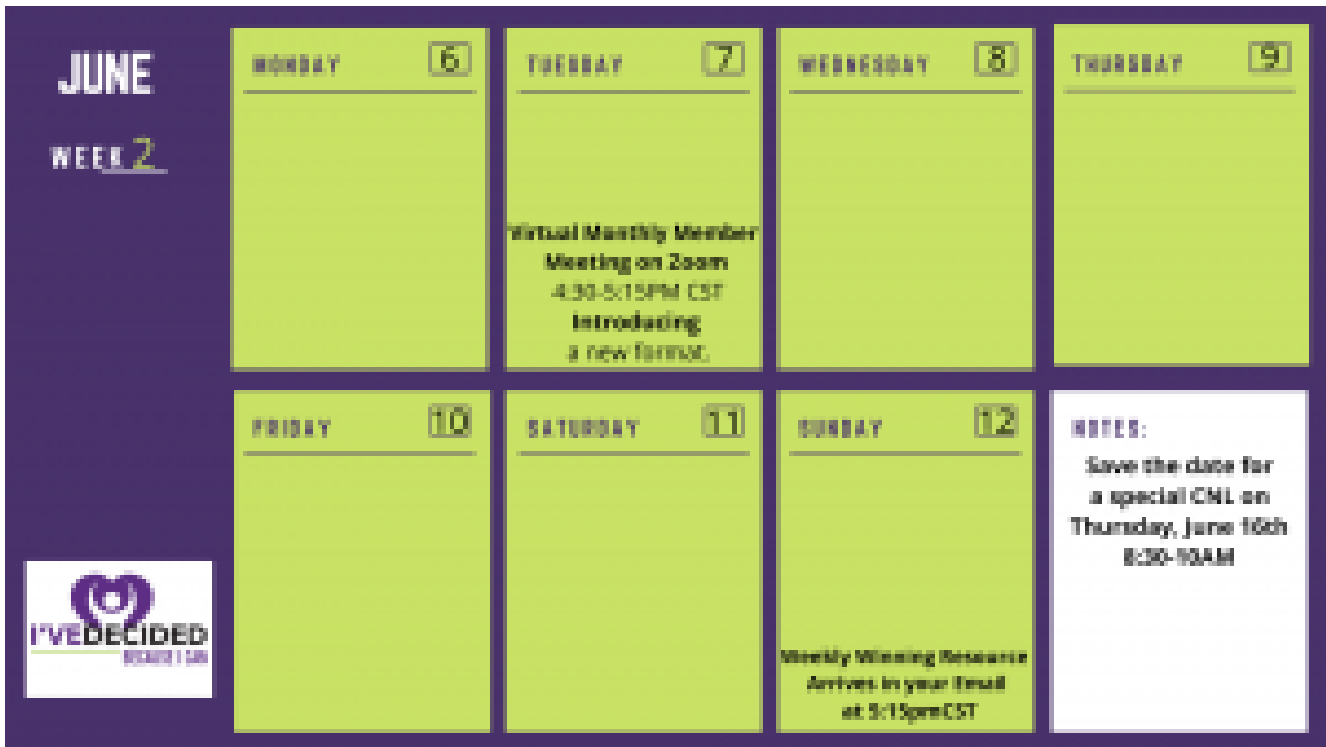
“Walls keep everybody out. Boundaries teach people where the door is.” ~Mark Groves

Why should you work with a coach?

A coach can help you establish boundaries. If you haven't already, consider upgrading your membership to a Launch My Success Membership that includes coaching. You can opt for weekly group coaching or one on one coaching, whichever makes the most sense for you. With our nothing to lose money back guarantee, you have NOTHING TO LOSE and only SUCCESS TO GAIN. If you become a Launch My Success Member and decide after the first month, you aren't glad you made the switch, we will refund your money no questions asked. Go to your membership website at www.ivedecided.org and be sure to log in as a member. You can select your membership and upgrade today!

Learn more at:

[Learn More – I've Decided Coaching Options](#)



Included in your membership are the recordings of our events. If you want to remember a key point you heard in one of our past conferences or from the last Community Networking & Learning (CNL) click here: [Past Recordings – Members Only](#) and it will direct you to our website to watch!

Add our podcast to your playlist from your favorite podcast player, apple, itunes, podbean, google play, amazon, etc..

Search " **I've Decided Media** " in App to follow our podcast.

<https://ivedecidedmedia.podbean.com/>

[*CNL – 3 Key Attributes of Mindful Communicators – Cindy Byrd*](#)

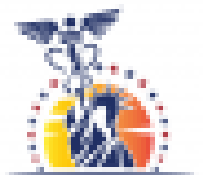
Our mission is your success!

Business Resource Sponsors



NATIONAL
SEATING &
MOBILITY

LET'S GET **moving**



PEOPLE'S CHOICE
Healthcare Solutions



10% of our proceeds go to:

