

HOW TO SAY NO & CREATE BOUNDARIES *without guilt*



MASTERCLASS
HOSTED BY
life coaching
MICHELLE GAUTHIER

WELCOME & OVERVIEW



ABOUT MICHELLE



WHAT YOU'LL LEARN TODAY



CLASS APPROACH



step one BOUNDARIES ASSESSMENT

	Always	Often	Sometimes	Rarely	Never
1. I decide what to do based on what other people want me to do.					
2. It's hard for me to make decisions because I'm not clear on what I want. <input type="checkbox"/>					
3. I have a hard time with the idea that someone doesn't like me or isn't happy with me.					
4. I think about other people's feelings more than my own.					
5. I feel overwhelmed and overextended.					
6. Pleasing other people is more important than pleasing myself.					
7. My values and my actions don't always line up.					
8. I say yes when I actually want to say no.					
TOTAL					

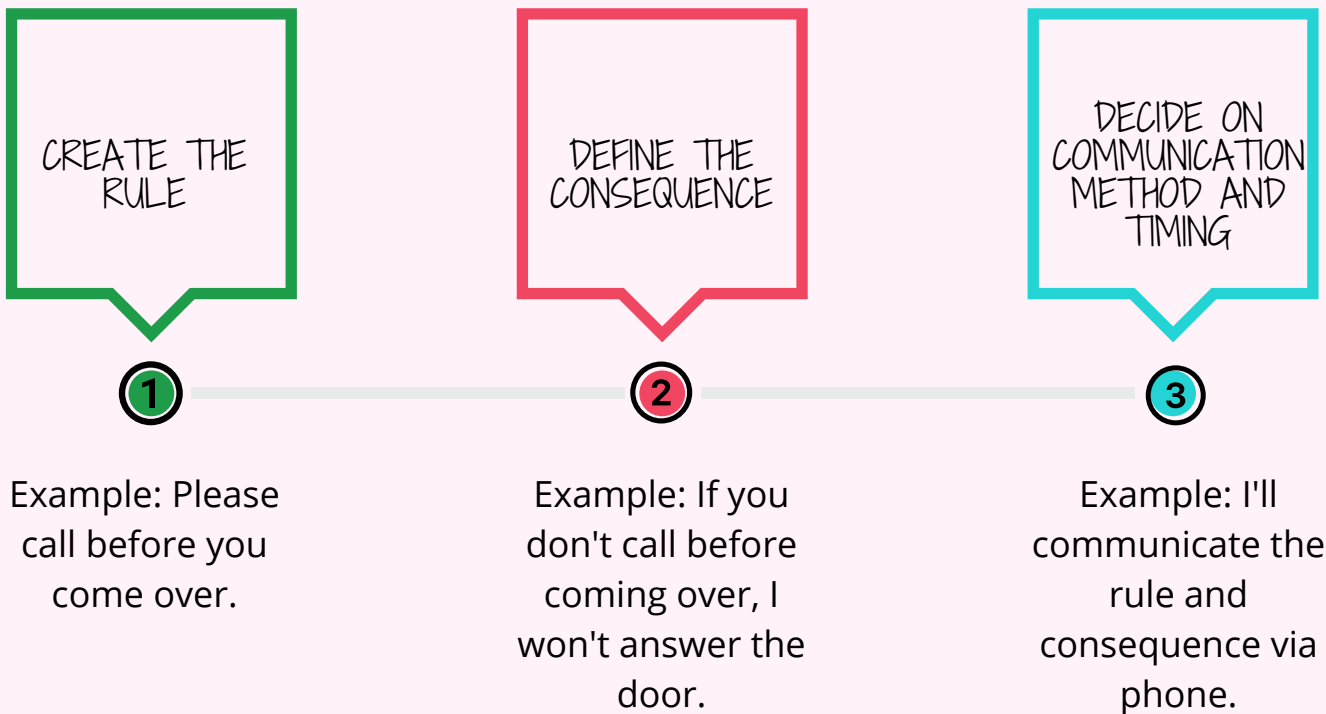


MY TAKEAWAY:

step two UNDERSTANDING BOUNDARIES

WHAT IS A BOUNDARY?

WHAT ARE THE 3 STEPS TO SETTING A BOUNDARY?



HOW TO STOP FEELING GUILTY

step three YOUR TURN

YOUR NEW BOUNDARY

I am setting a boundary with _____ because _____

WRITE OUT THE RULE, CONSEQUENCE, AND COMMUNICATION
NEEDED TO IMPLEMENT THE BOUNDARY



WHEN WILL THE BOUNDARY START?

WHEN WILL YOU EVALUATE IF IT'S WORKING?

(Add this date to your calendar now!)