

4 Steps to Building Boundaries So You Can Reach Your Goals

Have you ever set a goal for yourself only to find that you are continually coming up against roadblocks? It happens to everyone. Schedules change, people need things from you, or maybe a mixture of the two. This is frustrating. You feel like a failure for not reaching your goal, but you don't know how to manage the expectations of others against your own needs. You need boundaries. Boundaries will allow others to see the framework you are working within, and where their needs start and stop for you.

1. Define What You Need

Before you can even start creating boundaries, you first must know what you need. For example, your goal is waking up early four mornings a week to journal. You, of course, need to set the alarm, a pen, and a notebook. But you also need to go to bed early four nights a week. You need a space and an amount of time for yourself.

2. Be Honest with Others

Tell those who will be receiving the boundaries why you are setting them and why you feel the need to do so. Explaining yourself can sometimes feel awkward or selfish, but it isn't. By explaining your reasoning, you will help others understand why boundaries are important and how they will support your goal. Those who care about you will be supportive.

3. Set Boundaries

Once you have established why you are setting boundaries, explain the boundaries. Maybe it is a simple, "Sorry, I'm not going out on weeknights anymore," or perhaps you need to come up with a game plan with your partner on taking turns getting kids ready in the morning. Either way, work to set boundaries and make compromises that will work for all involved.

4. Follow Through and Communicate

Now that there are boundaries in place to help you reach your goals follow through on your end. This means not just working to accomplish the goals you set, but also communicating with others along the way. This may mean thanking your partner for keeping the kids away while you worked or thanking a friend for understanding that you couldn't stay out late. Communicating may also mean reminding someone of your boundaries and reinforcing why you have them.

Boundaries are a beautiful thing. They let us know where we stand, with others and with ourselves. Never let any feelings of shame, selfishness, or awkwardness keep you from creating and maintaining the boundaries that you need to be successful.

5 Reasons Why Self-Discipline is Important in Life

Without self-discipline the day becomes chaos. We live it in the way we thought adults spent their days when we were kids. We figured that they drove around whenever they wanted to and ate candy all the time because there was no one to tell them no. We thought grown-ups got to spend money on whatever they wanted.

As adults, we realize we can't live that way. We need a certain measure of control in our lives to truly be happy. In reality, we need the self-discipline to maintain a calm lifestyle that affords us freedom from continual chaos.

1. **Self-discipline builds habits.** Habits are how we form positive change in our lives.
2. **Self-Discipline is what takes items off the to-do list.** When you have self-discipline, you're more productive.
3. **Self-Discipline allows you the ability to hone in on what's important.** With so many things vying for your attention in life, it's good to have something that puts the focus back into your day.
4. **Self-Discipline helps you to not only feel good about yourself, but you also find yourself working harder and better because of it.** When you embrace self-discipline, you find you accomplish more, impacting your mental health in positive ways.
5. **Self-discipline changes who you are for the better.** Through self-

discipline, you become a master at what you do. You discover the best version of yourself and then hone that further until you have far surpassed your wildest expectations. You grow and change and become in ways you never thought possible.

We're not kids anymore. Now that we've grown up, we've learned not only why self-discipline is important, but how to embrace it and make it a daily part of your life. Seeing all these benefits, how could you not want that? It's time to realize that it's through self-discipline that we finally find true freedom.

A handwritten signature in black ink that reads 'Tiffany Halsell'. Below the signature, the words 'TYH COACHING' are printed in a small, blue, sans-serif font.