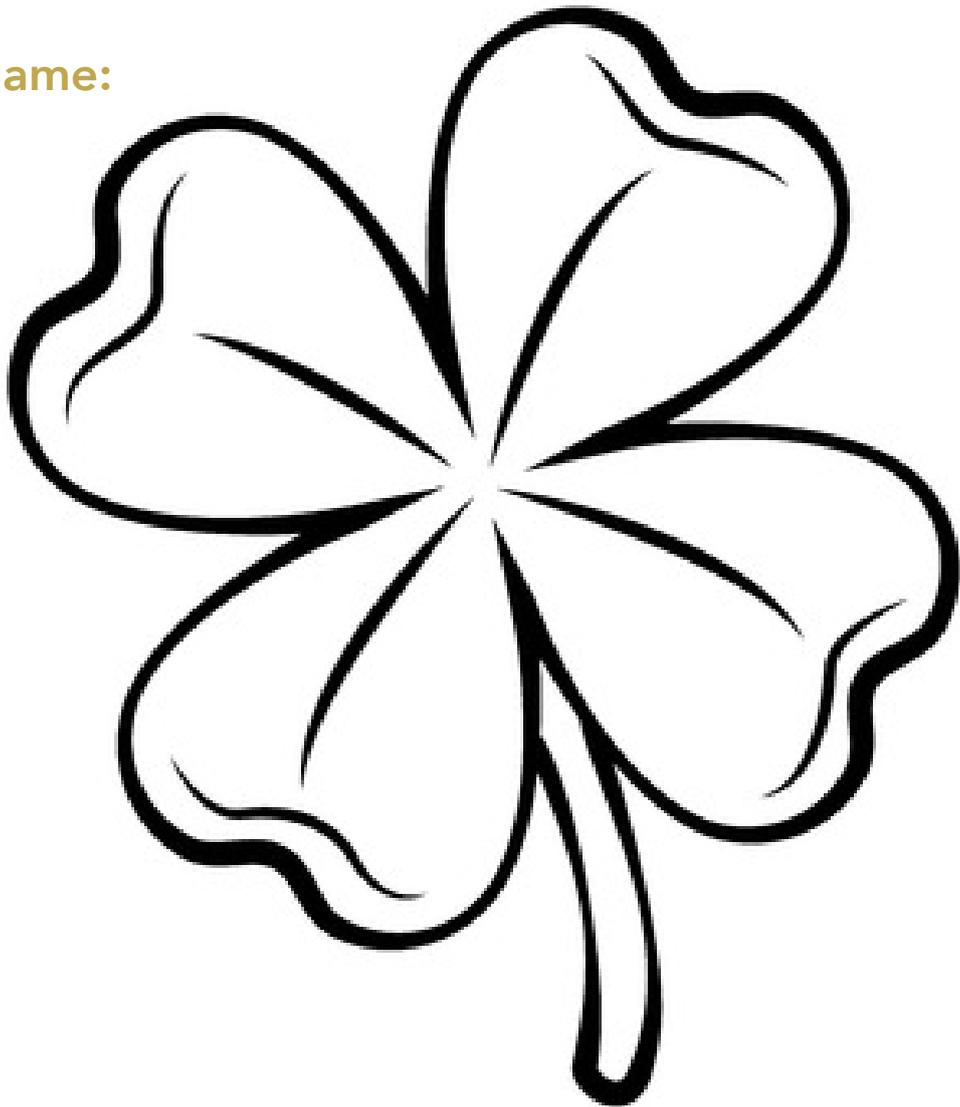




## Creating Boundaries by Respecting and Reviewing your Values

### Your Four Leaf Boundaries

Name:



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# BOUNDARIES

## Attributes

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An attribute is a personal quality that people have. Our attributes are the calling card of how we show others who we are. Do we show we are controlling or easy going?

## Standards

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Standards are what we expect of ourselves and determines how we behave.

## Expectations

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Expectations are the standards we hold others to. It is how we believe others should behave and the obligations we expect to be met. If we do a kind act we may expect to receive a thank you for it.

## Beliefs

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Beliefs are what we hold to be true. Our beliefs are shaped by our experiences of life based on what we have seen, heard, think and feel. Are your beliefs creating the future you want?

## What I stand for:

Everything starts with us, we set our boundaries.

To make anything different in our lives we must first understand what's important to us, write it down and then practice it until we **become** it.

The four dimensions to clarify what you stand for are your attributes, the standards and expectations you set for yourself and others and what you believe.

Once clear on what they are you can live these each day, including when no-one is watching for the magic to really start.

Living this way communicates to you and everyone around you what your boundaries are and what you do and don't tolerate.

The first person you need to convince is yourself.

This is the work that is done at our core, at the heart of who we are. Live consistent with these four dimensions and life starts to look pretty good.

# REVIEW YOUR VALUES



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## Attributes

What are the attributes of someone who is successful. Either personal attributes or attributes of a business. These could be:

- Achiever
- Adaptable
- Calm
- Compassionate
- Determined
- Focussed
- Humour
- Learner
- Openness
- Playful
- Proactive
- Tenacity
- Systematic

Select the attributes that align with what you would like to achieve and the traits necessary to be the person you aspire to.

Be the part to get the part.

## What are my attributes?

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# REVIEW YOUR VALUES



What are the standards I hold for myself?

## Standards

What are your non negotiable standards you must have to believe you are successful and will show to those around you, your standards of success?

- I live by my values daily
- I present myself as a professional
- My personal spaces reflect how I treat myself and others
- I treat my body with respect
- My finances are organised and in control
- I am grateful for the help of others
- I see others as resourceful
- I have consistent rituals
- I only speak respectfully of others
- I take full responsibility for my own results
- I work consistently towards my goals
- I take time to play and be mindful

Your standards must be obtainable and sustainable. If you can't keep up the standards then you aren't ready for them yet.

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# REVIEW YOUR VALUES



## Expectations

We pick up the attributes, behaviours and beliefs of those we hang out with. What expectations do successful people have of those around them?

- People keep their promises
- Others can be relied upon
- They watch my back as I do theirs
- They are kind and compassionate and only have nice things to say about others
- We celebrate the success of others, knowing that this does not diminish own success and instead highlights possibilities
- We take the chance of getting it wrong because we move quickly to get ahead of any fear

You may also like to think of the standards you refuse to accept and then reword these so that they are positively focused. What we focus on is what we get.

So, will you focus on what isn't working or on what is?

What are my expectations of others?

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# REVIEW YOUR VALUES



## Beliefs

Think of someone you admire, who is a model of success. What beliefs do they hold, that you too can now have?

- I can do what I set my mind to
- I am an action taker
- I'm a willing learner who puts new information into action immediately
- I accept all challenges gracefully
- There is an endless supply of clients
- I provide so much value to my clients and more
- Opportunities are everywhere
- I admire the greatness in others
- I am a learning growing machine

What do you believe that may cause conflict if they don't believe the same as you?

## What are my beliefs?

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