

# LET'S GO!

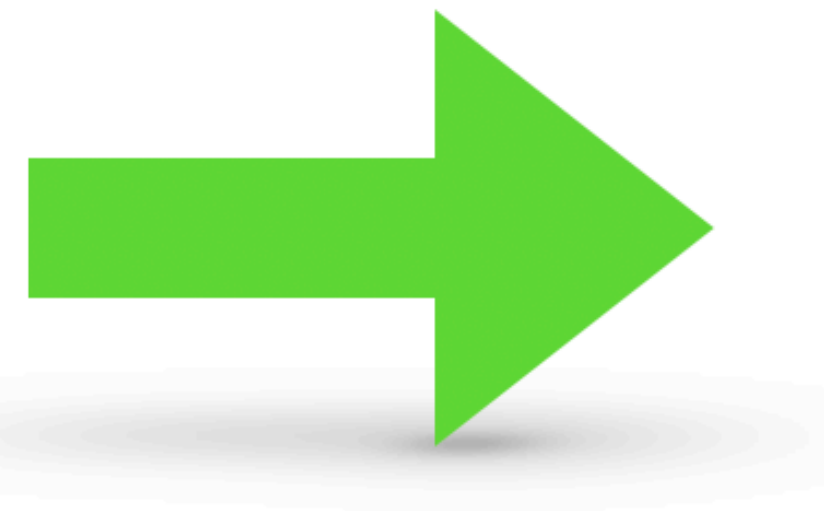
A 12 Week Program with Eli Schaugh

**L**earn

**E**mpower

**T**ransform **G**row

**S**tabilize **O**vercome



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## Week in Review

- Map across 3 foods (at least 1 Like → Dislike AND at least 1 Dislike → Like)
- Map across 3 activities (ex. waking up at a certain time, making sales calls, cleaning)
- Map across 1 person (choose a person who has been bothering you and map them across to a person who you enjoy and have patience for... do this in a safe and responsible way by using *platonic* relationships)
- Post in LET'S GO Facebook Group with results and questions because this is such a powerful technique!
  
- Write down 14 things daily in a gratitude journal
- Tell the people in your life that you love and appreciate them
- Use Ho'oponopono at least 1 time
- Use and Create new Anchors

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Welcome to Week 5

## Boundaries

Reframing old relationship patterns  
and anchoring new ones

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## What are Boundaries?

**Boundaries** come in many forms:

- Saying no
- Speaking up
- Hanging up
- Standing up for yourself
- Setting limits
- Walking away
- Being more assertive
- Empowering yourself

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## Why Boundaries Matter

**Boundaries** are how we establish patterns and rules in our relationships.

*ALL positive relationships have clear boundaries!*

Just like there can be too much of a bad thing, there can also be too much of a good thing.

Knowing when to draw the line, set a limit, or say “enough is enough,” for either is completely natural.

We are designed to live within limits of temperature, light, nourishment, even air. Limits are natural, and we adjust them based on our evolving needs.

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## The Boundary Model

Setting or adjusting a boundary can be as simple as following a 4 step format.

Explain what is important to you, why it is important, and how it affects the other person (the larger meaning of the boundary being enforced)

1. State the boundary
2. Explain what the boundary does for you (the purpose of the boundary)
3. Spotlight how this is helpful to *both* parties getting what they want
4. Get agreement on new boundary (can use a *tie down* to make this even stronger)

Example: I need quiet right now so that I can get my work done. I focus a lot better and work faster when it's quiet. And the sooner I'm done, the sooner we can spend time together, which is what we both really want, isn't it? Thank you. I'll let you know as soon as I'm done.

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## The Boundary Model Revealed!

Setting or adjusting a boundary may feel a little familiar...

The Boundary Model is extremely similar to sales. If you know how to sell, you know how to set boundaries. And visa versa. If you understand sales, you can set amazing boundaries!

1. Feature
2. Benefit
3. Meaning
4. Ask for the sale

*Example:* A professional buyer consultation helps me learn about your needs, wants, and motivation which is what allows me to focus your search and only send you properties that you will really love and want to see. That's important to you, isn't it? So would you prefer to meet during the day, or are evenings better for you?

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## Your Turn

What are some opportunities in your personal life where you could establish or adjust boundaries? Map out the conversation using the steps below.

Explain what is important to you, why it is important, and how it affects the other person (the larger meaning of the boundary being enforced)

1. State the boundary
2. Explain what the boundary does for you (the purpose of the boundary)
3. Spotlight how this is helpful to *both* parties getting what they want
4. Get agreement on new boundary (can use a *tie down* to make this even stronger)



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## Your Turn

What are some opportunities in your business life where you could establish or adjust boundaries? Map out the conversation using the steps below.

Explain what is important to you, why it is important, and how it affects the other person (the larger meaning of the boundary being enforced)

1. State the boundary
2. Explain what the boundary does for you (the purpose of the boundary)
3. Spotlight how this is helpful to *both* parties getting what they want
4. Get agreement on new boundary (can use a *tie down* to make this even stronger)

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## Final Thoughts

- What questions do you have?
- Write down at least 3 AHA's from today's training
- What is your feedback from Day 5?

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## Practice

- Create and/or adjust all important boundaries in your personal and professional life
- Use Anchors and Keep Building More
- Use Ho'oponopono anytime you feel frustration (or more) toward anyone
- Write down 15 things daily in a gratitude journal
- Tell the people in your life that you love and appreciate them
- Post in LET'S GO Facebook Group with results and questions