

A GIFT FROM COACH LENORE

The Boundary Setting Starter Kit

Language, scripts, and a self-check for women
who are done shrinking to keep the peace.

First, a reframe

A boundary is not a wall. It is a doorway *you* hold the key to. It tells the people you love how to love you well, and it tells you where you end and everyone else begins. Boundaries protect connection; they don't punish it.

The 3-Question Self-Check

Before you say yes to anything this week, ask:

- **Body:** When I imagine saying yes, does my chest tighten or soften?
- **Battery:** Will this add to my life, or quietly drain the reserves I need for what matters?
- **Belief:** Am I saying yes out of love, or out of fear of being seen as difficult?

If two of the three answers are heavy, that is your no speaking.

10 Scripts You Can Borrow

For your time

- "Thank you for thinking of me. That won't work for me this week."
- "I can't commit to that, but I appreciate you asking."
- "Let me check in with myself and get back to you tomorrow."

For your energy

- "I love you, and I'm not able to be the person you process this with right now."
- "I'm not available for that conversation today. Can we talk Saturday instead?"
- "I need quiet tonight. I'll call you tomorrow."

For your peace

- “I've decided to step back from this. It isn't a conversation, it's a choice.”
- “That's not something I'm willing to talk about anymore.”
- “I hear you. And my answer is still no.”
- “I love you enough to tell you the truth: this is a hard no for me.”

“No is a complete sentence. Grace is optional, but it does not require an explanation.”

This week's practice

Pick **one** script above. Say it out loud in the mirror three times until your mouth stops resisting. Then use it once this week, even if it's small. Boundaries are a muscle. Start light. Stay consistent.

A note from Coach Lenore

If reading this stirred something up, that is holy work knocking. Come tell me about it. My Women's Inner Healing coaching was built for the woman who is ready to stop abandoning herself. Your free consultation is waiting.

Ready to take the next gentle step?
Book a free 30-minute consultation at coachlenore.com/book