

# Breakthrough to Greatness

## BRILLIANT BOUNDARIES

A **boundary** is a safety tool that protects both your inner and outer resources. It can protect your mental and emotional space, your physical body, your time and energy, and your personal material and financial property. It can help you live a more sane, balanced, and happy life.

**Brilliant Boundary Setting** is always an act of self-love and self-respect; it is an acknowledgment of your worth and of your rights as a human being. When you set a boundary you're making a decision about how you want to be treated and you're choosing how to care for your life in the world you have built around you.

**Brilliant Boundaries** are essential for:

- *Smart choices*
- *Healthy relationships*
- *Peace of Mind*
- *Life satisfaction*
- *Sustainable success*
- *Total wellbeing*

What makes an ordinary boundary *brilliant* is the level of sustainable peace and protection it provides for you. Its power comes from your clearly defined need, a succinctly worded goal or desired outcome, and a strong support system when needed for follow-through.

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Learn how setting **Brilliant Boundaries** can help you **Breakthrough to your Greatness!**

- Clarify the areas of energy depletion in your life
- Set clear limits for your self-care and protection
- Invite greater joy and harmony into all your relationships

Contact Louise Dunn for **Breakthrough to Greatness** coaching today

<https://www.louisedunn.com>