



UNLOCK YOUR BOUNDARIES

AND FIND YOUR TIME,
ENERGY AND POWER!

BY CAROLYN ELGES

WELCOME

Hi There!

Do you struggle with boundaries? It's okay if you do — you're in the right place.

Maybe you don't even think you have boundaries. I get that too. But here's the truth: you do have boundaries. We all do.

Somewhere along the way, you may have learned to ignore, override, or abandon them.

Boundaries can be confusing — and we struggle with them for many reasons.

A big one? We're bombarded with mixed messages about what boundaries should look like — especially as women.

We're often praised for putting others first, for anticipating their needs, for saying yes even when we're stretched thin.

Over time, we internalize this as normal — and we learn to trade our own needs for acceptance or approval.

But that trade comes at a cost: depletion, resentment, and burnout.

The good news?

There's another way — a better way.

Carolyn Elges

ME TOO

I struggled with boundaries for years. I grew up in a family where I learned that the takers liked me if I gave more than they did. I thought this was normal and ok but it's not. I gave and gave until it started to affect my health, happiness and relationships. I had a wakeup call when I realized that my lack of boundaries was actually harming my relationships and this inspired me to develop a process to create healthy boundaries.



*If you don't
find your
boundaries
they will find
you!*

~CAROLYN ELGES



WHAT ARE BOUNDARIES?

Boundaries are a feeling, they exist anywhere where you feel like you are giving more than you are receiving.

Here's the thing: boundaries are different for everyone and they can even change over time. There is no secret list of boundaries that will help you discover what your boundaries are or are not. I know because I looked for that list.

I even found a few boundary lists but they didn't quite work for me. This is because boundaries are fluid like the feelings they create when a boundary is crossed and because boundaries are fluid they change over time or even from moment to moment. Thankfully you can learn to tune in and recognize your boundaries and once you recognize that feeling you won't forget it.

WHY DO WE STRUGGLE WITH BOUNDARIES?



One of the reasons we struggle with boundaries is this:
We actually get something from ignoring them.
When you start tuning into your boundaries, you might feel an inner tug-of-war.

One part of you wants to cross the boundary — because that's what you've always done. It feels familiar. Maybe even normal. But there's another part of you — the quieter one — that wants to be heard.

She's tired. Frustrated. Maybe even on the edge of burnout. Take people-pleasing, for example.

It's not just a bad habit — it's a strategy. A social survival skill.

When we say yes to everyone, we get something in return:

We feel liked. We feel useful. We feel needed.

But the cost?

We put everyone else's needs ahead of our own.

We overcommit. We drain our time, our energy, our joy.

And in the end, we feel unappreciated, resentful, and exhausted.

"A boundary is any place where you give more than you receive."

CAROLYN ELGES

LEARNING TO DRAW THE LINE

When you feel frustrated, exhausted or unappreciated. This is the signal to draw the line and create a boundary. Below list a situation where you feel frustrated, exhausted and unappreciated. We will explore these situations on the next page.



01

I feel frustrated When I say yes to:

02

I feel Exhausted when I say yes to:

03

I feel unappreciated when I say yes to:

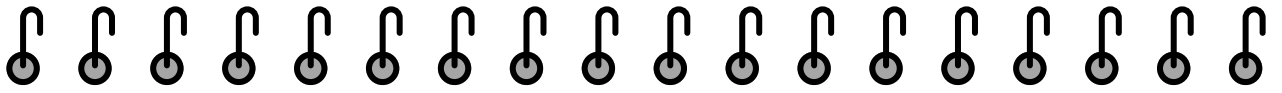
TAKING A DEEPER LOOK

Exploring what you get for sacrificing your boundary and what that costs you. It's important to see the cause and effect of not having a boundary verses having boundaries.

When I feel frustrated by something that I've said yes to, I realize that I said yes because?

When I feel Exhausted by something that I've said yes to, I realize that I said yes because?

When I feel unappreciated by something that I've said yes to, I realize that I said yes because?



NEW AWARENESS



Let's pause and celebrate your strength.

It takes real courage to look inward — to recognize that yes, you do have boundaries... even if you've been taught to ignore them.

This awareness you're cultivating?

It's powerful. It's growing. And it's yours.

No, it's not always easy to unlearn the habit of self-abandonment.

But you're doing it. You're here. You're listening.

And now, you get to choose:

Do I keep crossing my own boundaries out of habit and fear?

Or do I begin honoring them — even when it's uncomfortable?

When you realize that boundaries are a choice, and every choice has a ripple effect —

you step into a new kind of power.

This is the beginning of reclaiming your time, energy, and resources.

This is where self-trust begins to take root.

Now, it's time to put this awareness into practice.

Turn the page, you will find access to learn more about my boundary coaching and workshops.



Ready to take this work deeper?

If something inside you is whispering “yes...” trust that.
You don't have to figure it all out alone.

Let's talk about the “more” you've been searching for
— more peace, more clarity, more sovereignty in your
business and life.

I offer free, no-pressure consultations so we can
explore what's really going on, what you're craving,
and whether support would feel aligned for you right
now.

Let's connect — and see what's possible when you
stop abandoning yourself and start listening in.

Use the QR code below to a free Boundaries
Breakthrough clarity call.

[SCHEDULE A FREE CALL](#)

