

Kelly Sarlo Coaching

# **#1 Boundary to Change Your Life**

YOU MATTER. LIVE LIFE ON YOUR  
OWN TERMS.



*Did you know...*

that arguably, one of the most beautiful words  
in the English language is **NO!**

**NO** *is often the beginning...*

No is a word that helps you assert yourself and your boundaries. It helps you stay regulated in your actions, thoughts and your emotions. It helps paint a clear framework in which we can safely exist and operate where you no longer allow others *or your own self* to cross your boundaries.

*Start living life on your terms.*

# Reflection

Where in your life do you feel confidently skilled to say NO?

## Yourself

- Untrue or unkind thoughts about yourself
- Over-scheduling
- Over-responsibility

### Saying NO to Yourself can sound like:

- "No; I wouldn't let someone speak that way about a friend of mine, so I won't let myself believe those thoughts either."
- "No; my plate is full & I need to be realistic about my time & inner resources."
- "No; that's not my job or my business."

## Others

- Social events
- Asking for favours/help
- Unhealthy conversations, comments or jokes

### Saying NO to Others can sound like:

- "No; I'm going to pass, but thanks for the invite!"
- "I appreciate your confidence in me, but i'm going to say no."
- "No; this isn't the kind of conversation I want to engage in."

## Society

- Expectations to have/do it all
- Image of physical appearance
- Social media/consumer trends

### Saying NO to Society can sound like:

- "No; I'll be assessing my own needs & desires."
- "No; I'll wear what feels right for me."
- "No; I'm setting limits on what content I take in."

# Next Steps



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[Book a Free Call](#)

Let's connect & see if this is the right next step for you.

## Take Back Your Life!

To learn more about *Take Back Your Life* & other coaching programs  
visit [kellysarlo.com](http://kellysarlo.com) or contact me at [kelly@kellysarlo.com](mailto:kelly@kellysarlo.com)