

# **SETTING AND MAINTAINING HEALTHY BOUNDARIES WITH CLIENTS**



*“For the **saver**, the hardest thing to do in the world is to stop fixing other people’s problems and trying to force them to be happy and satisfied. For them, they’ve spent their whole lives only feeling valued and loved when they were fixing a problem or providing a use to someone, so letting go of this need is terrifying to them...”*

—Mark Manson, author of *The Subtle Art of Not Giving a F\*ck*

Notes:

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# What's NOT Working

List difficult client situations you've experienced this year:

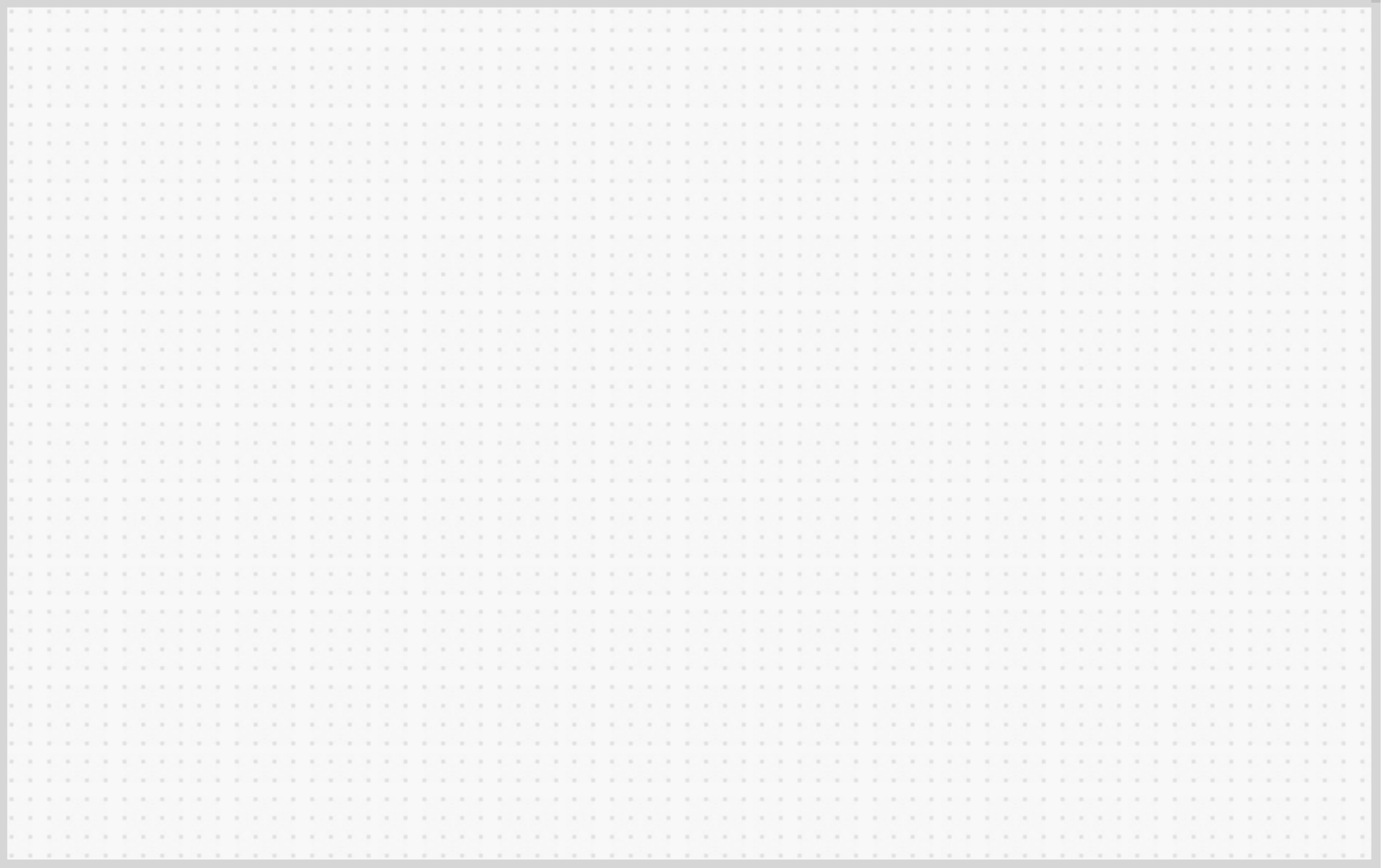
What client situations create too much stress, anxiety, guilt or resentment for you?

# Business Standards Brainstorm

Here are the things I value:

“I only \_\_\_\_\_” **or** “I don’t \_\_\_\_\_” statements

# Final Set of Business Standards





Notes:

# Implementing New Boundaries

What small, simple step could you take to get started?

Which clients do I wish I could change in terms of how they work with me, how they pay me, how they communicate with me, what they expect, etc.?

If I set and started enforcing this boundary with this client (or clients), how do I think the relationship will change?

What's my next step here? What simple thing could I do this week to start moving in the right direction?