

FLY FREE!

HELL
YEAH!

F*CKING AWESOME

BOUNDARY HACKS

©SARAH SEIDELMANN

FOR

CREATIVES, COACHES, YOGIS,
HELPERS AND HEALERS



HERE IS A LITTLE

SECRET

**Boundaries
actually have
very little to do
with OTHER
PEOPLE.**

Secret



BOUNDARIES
ARE ABOUT

YOU

YOU
GET TO
CREATE
THEM

You

+ You **MUST** uphold them!

Post

NOBODY CAN CROSS



YOUR BOUNDARIES

WITHOUT YOUR

PERMISSION

Sup!

TRUE FACT

The Boundary Commission is never coming to save you.
You must do this work for yourself.

“

Boundaries are not **WALLS** to block others out, they are limits that we choose in order to **BE FREE.**”

-Sarah

Freeeee



BOUNDARIES

MAKE

BEAUTY

POSSIBLE



ProTip

Boundary keeping,
like rollerblading or
Tuvan throat singing,
is a skill and you'll only
get better if you
PRACTICE.



Here are **FOUR** MOTHER FUCKING AWESOME

BOUNDARY HACKS

that you can SET + UPHOLD THIS WEEK
and some sample scripts to practice.

Boundary hacks

BOUNDARY HACK N^o.



1

SAY **NO** TO A CHARITY/NON-PROFIT ASK or a... can you help me/us for free ask

You are always in charge and, of course, you can always give, donate or discount anything you like- **you are the boss**. But, in case you're wanting more clarity, this method works wonders—it did for me!.

In these situations, I believe it's VERY CLARIFYING to *create a policy for yourself*...let me explain.

You are a generous loving soul. *You'd do anything to help!* But, if you spend all of your days giving everything away (including yourself), you may not have the energy or abundance to put dinner on your own table...or to cuddle your pug.

Whether it's the Girl Scouts in the hardware store parking lot, or the phone call to see if you'll donate 5 free hours of psychic readings for the school fundraiser, we all get requests.

When you know you **MUST** say no to for your own wellbeing (or sanity), I've got a tip for you.

STEP ONE Establish exactly how, as a business, creator, healer or other magical being how you want to give/ share your work for free--or for reduced rates (and if you do). There are many ways to be generous.

⋮ **For example:** I've created a free guided meditation and resources on my website, I've written several books (many of which can be acquired, used, for a few dollars), I teach (for free) what I've learned in podcast interviews and I offer free classes (to the public) several times a year.

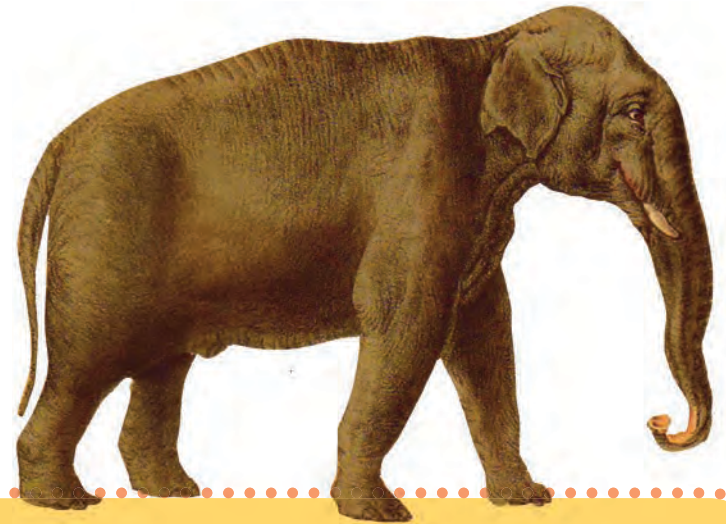
Some people tithe a portion of their income each year—THAT is a policy. Others participate in an annual charity event (or three).

How do you like to give and how are you already being generous- giving away your gifts and talents? My hunch is that you are already doing several things without getting paid or where you are being paid minimally. Maybe you already tithe your business earnings...whatever you decide—that is your “policy” of giving. For example...

MY POLICY I give away my resources & time in the following ways... free classes, teaching on podcasts, my free weekly newsletter & I donate my books to many causes.

So the next time somebody asks you, “Hey I’m wondering if you can:

- 1 Donate your art, products or services for “free” for the promise of “exposure”** or as a kind gesture (...because you’re a nice person, right?) .
- 2 Discount your services (AKA, “Do you ever offer a discount or sliding scale fee?”)
- 3 Have lunch/coffee +pick your brain... I just have a few questions. **



**
ProTip

Once I created a paid “Pick my Brain” option on my “work with me” page on my site, it was so much easier to refer them there when they asked!

You don't need to explain how generous you already are with your time/energy/products- (but you can if you like) and **NOW, you can say NO with a clear understanding that you are NOT being stingy...you are just taking good care of yourself and your business.**

You can also point them towards your free resources or one that is very low cost, if those exist.

Get creative! I have a friend who does Reiki and once monthly (she and several other healers) after a group “pay what you want” healing Reiki session for the public and she refers clients who are unable to pay her full rate for 1:1 sessions to those group sessions.

ProTip

Are you still wanting to give to an event or cause outside of your policy? Ask yourself: Is there something SO MUCH EASIER for you to give that would feel good to you? For me, I learned that donating a few of my books works really well. I get to say YES, share my gifts and talents (via my books) and it's very easy and inexpensive for me to do so.

Our time is the most precious commodity we have.

Spend it in a way that honors what's most precious to you.

****CAVEAT:** Of course, at the beginning of growing your business, it can be a brilliant strategy (not always—so, trust yourself!) to donate or discount your services or products so people can experience your work. Once you are established, however, a policy may be helpful as the requests will likely grow in number.

BOUNDARY HACK N^o.

2



SAY NO TO ONE THING YOU DON'T HAVE CAPACITY TO DO

even though fomo is kicking in hard and you're worried that they might never call you again.

This is one of the hardest for me! I LOVE LIFE and PEOPLE! But, I have to remind myself that being insanely busy is very horrible. I want a gentle + fun life experience that feels more like petting puppies and a lot less like hell, so I've had to learn to say no ***even in the face of FOMO***.

It's hard to disappoint others but, remember, your sanity is at stake. And your beloved ones, who must live with you, may also suffer collateral damage if you can't say no.

SAMPLE SCRIPT



You're killing me! Gahhhh! I'd love to do an (art exhibition, live tarot reading, chakra cleansing session) at your Goulash shop in February, but my pug is having some laser resurfacing that week and I'll be on full time nursing duty. I'd absolutely LOVE to work together! Is there another time that might work? OR

Hells Bells! I'd love nothing more than to jump naked into Lake Superior and drink cacao with you and a whole mess of strangers...but, I'll need a rain check? That's the night before my big [shamanic performance, Buddhist wedding, zucchini festival] and I need to get to bed early!





ProTip

Remind yourself how
fucking awesome you
are and how much
people adore you.
They will call again!
You've got this!!



Never Forget How Wonderful You Are

SEIDELMAN

BOUNDARY HACK N^o.



this week

HOLD A BOUNDARY WITH YOURSELF

that you've already established

Whooooooeeee this one is tricky. Perhaps YOU are suspect number one for crashing your own boundaries! I have definitely struggled myself. No sooner do you put a limit down and the next thing you know, you're trouncing it.

Boundaries with ourselves can be the very hardest of all.

PLEASE NOTE: There are 12 step groups and 800 numbers if you need help with saying no to yourself and your life is in danger.

So, let's say that **you told yourself that you'd stop watching TikToks before bedtime** because it makes it hard for you to fall asleep OR, **you gave up chewing sugar-free gum** because your TMJ is killing you lately.

First, remind yourself that what you're tempted to do now is tantamount to self harm.

(My extremely wise sponsor Judy once said, "...**doing something that you promised yourself that you wouldn't do is akin to cutting on your arms or self-mutilation....**it's truly self-harming) That kind of shocked me until I realized it was TRUE.

SO LET'S TRY
SOMETHING NEW

When the craving comes and you're tempted to violate your own boundary with yourself, I invite you to TEXT or PHONE a friend who knows your boundary that you're trying to keep.

You are going to “bookend” with them to let them know that **even though you’re tempted, with pugs as your witness, you’re not going to do “the thing”**.

Later on, finish off the “bookend” by letting them know how it all turned out.

Bookending is a term for self-reporting to an engaged and supportive friend about your struggle and your plan to avoid the tempting activity and then following up after the event is over to let them know how you fared.

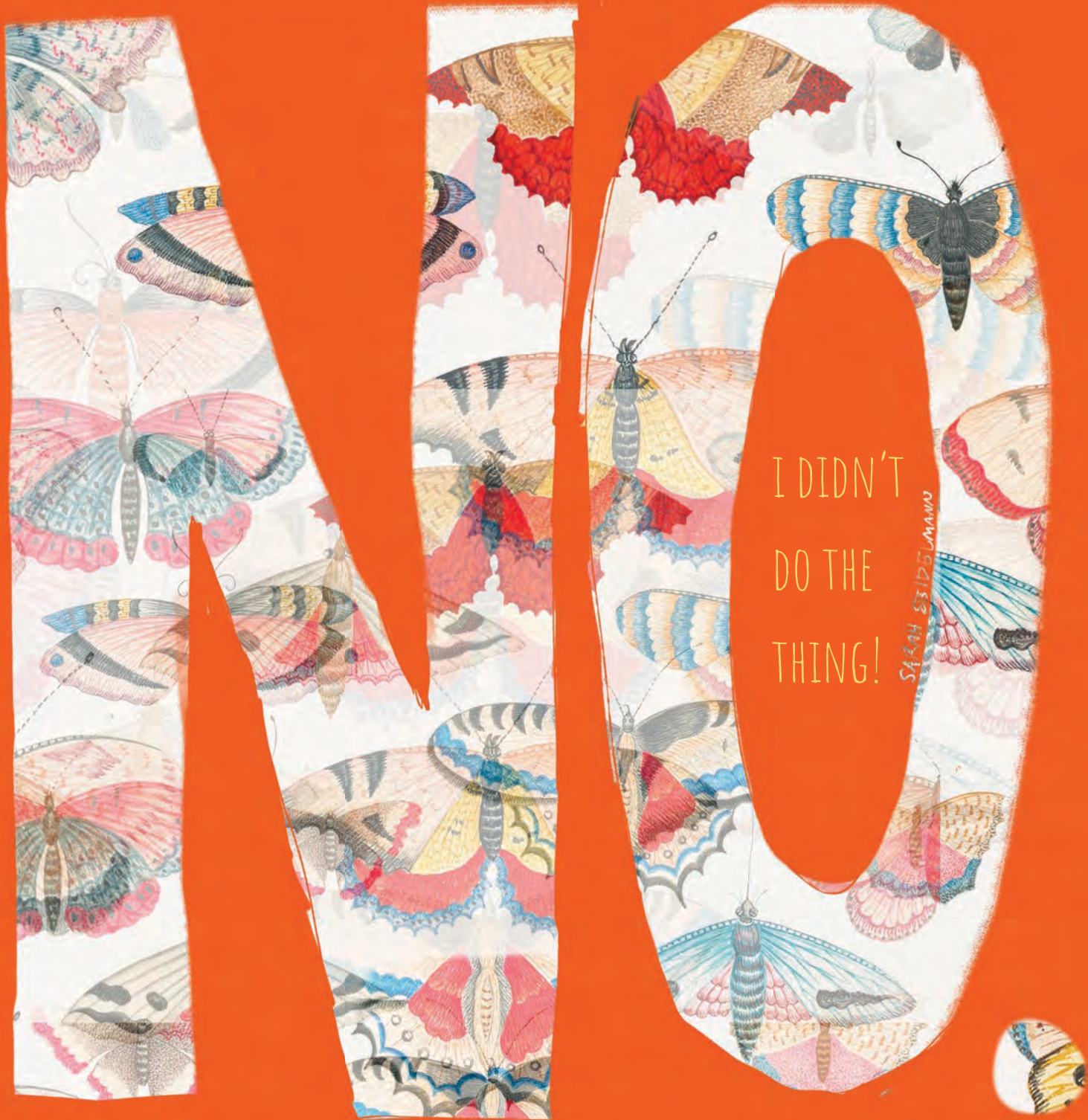
If all else fails, and even if you give into your cravings, please grant yourself permission to be human first, and then, **be kind but firm with yourself**.

**First, we need to learn how to walk and then later
walking and eventually...**

“
flying happens

ProTip

These are the kind of **INTEGRITY BUILDING BOUNDARIES** we all want with ourselves. Each time you hold the line with yourself, you are giving permission to others to do the same. **HURRAY!**



I DIDN'T
DO THE
THING!

SARAH ESIDELMAN

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this week SAY **NO** TO ONE INVITATION.

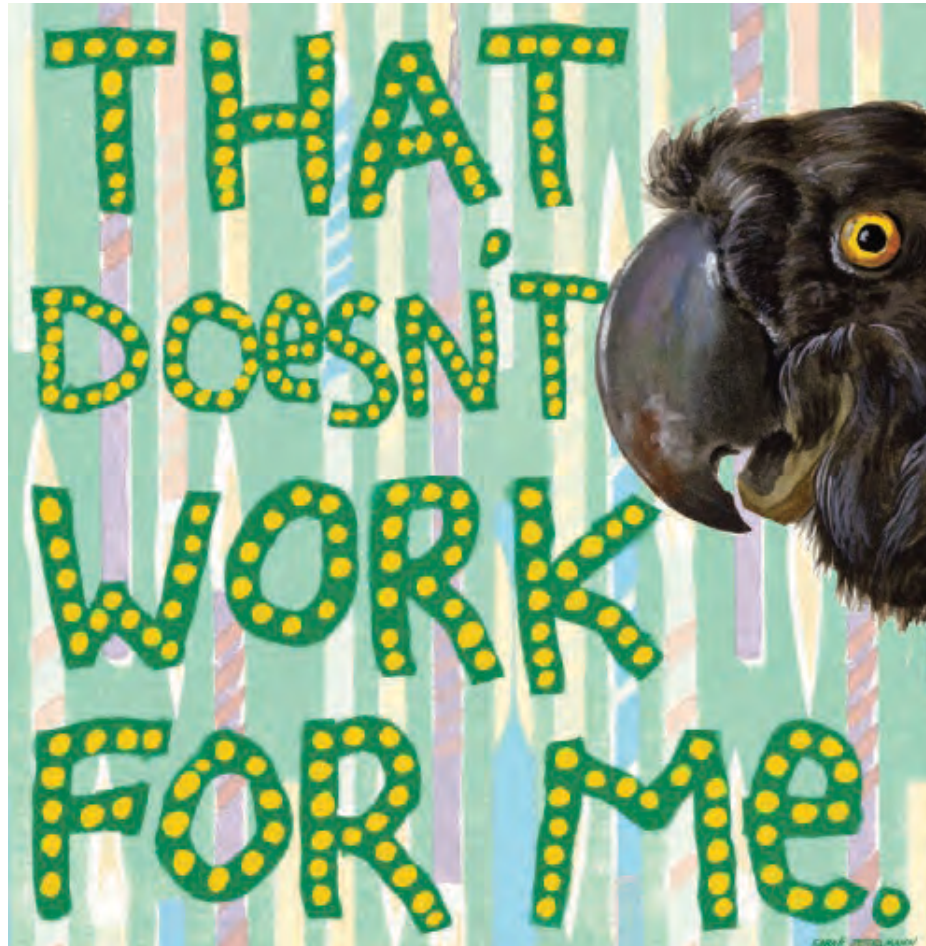
the one that gives you an all over body "awww HELL NO!"

Trust your gut, don't over explain.

POSSIBLE SCRIPT:

for mom, client, kids, your partner:

"Thanks for thinking of me but..."



ProTip

Don't explain, it just invites more conversation.
Be clear + concise.

ANOTHER POSSIBLE SCRIPT:

"That sounds [exciting, sexy, stupendous, wild, dangerous], but I'm not able to [do that, be there, attend]."

Sound too harsh? That's because you haven't practiced yet. This is new territory for you!

I'm proud of you for being here! REMEMBER, nobody can do this for you.

ProTip

Practice your scripts out loud. It will not come naturally at first. Say it to your dog or long haired hamster. Play act it out with a friend or partner. Trust.

“Your boundaries are a reflection of how willing you are to advocate for the life you want.” Nedra Tawwab



HEH NO! WTF?!!!!

SURE, I'D LOVE TO
HELP YOU MOVE YOUR
NEST FOR THE
3RD TIME THIS
SEASON...



Well dear friends, that's it for
now. Keep up the fabulous work!
I can't wait to share my whole
richly illustrated boundary book
coming soon in 2024!

With big love,

Sarah

followyourfeelgood.com