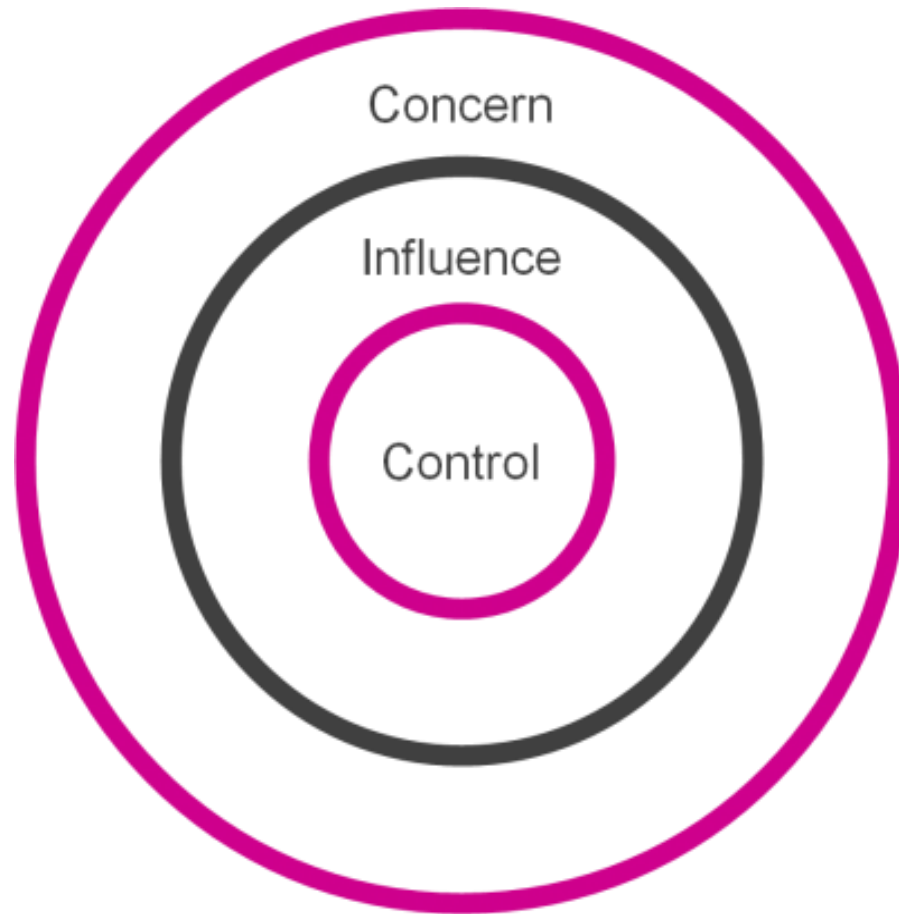


# Boundaries Explored





**Understanding our circles (boundaries) of  
Control, Influence and Concern.**



# Definition of a boundary

- A a real or metaphorical separation from part of ones environment or another entity.
- We use walls or boundaries to **protect ourselves** and also to keep things or people out of the places which are sacred. **Our unique space of being thinking and feeling.**
- Something that indicates a border.
- A defined limit or space.
- Boundaries are also needed to keep things together, whole and intact .

Setting boundaries

is a way of  
caring for myself.

It doesn't make me  
mean, selfish or uncaring  
because I don't  
do things your way

I care about me too.

This is the boundary that we should never  
transgress or allow to be transgressed :

**“The circle/boundary of  
Control or autonomy”**

# The circle of Control or Autonomy


*“I am what I can do ...”*



**This Boundary should never be transgressed.**

This is the area of our lives we never allow someone to breach **AND** we do not breach it in others.

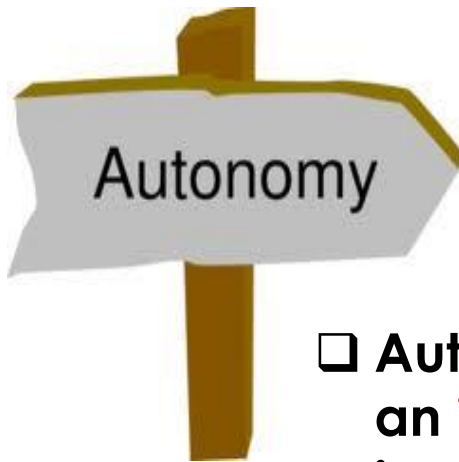
This represents the rights and responsibilities we have towards ourselves and other human beings.



Autonomy

**Think about this area for a moment.**

- The rights to life and freedom. The right to believe, think and do what we choose, and go about our business as we see fit. The right to attain happiness (**happiness principle**)
- Not pursue happiness at all costs and harm others in the process (**Harm principle**).
- Autonomy means I am a **separate person with my own unique desires and abilities to make choices** .
- On Line Dictionary "one who gives oneself their own law i.e. **self governed and self controlled**.

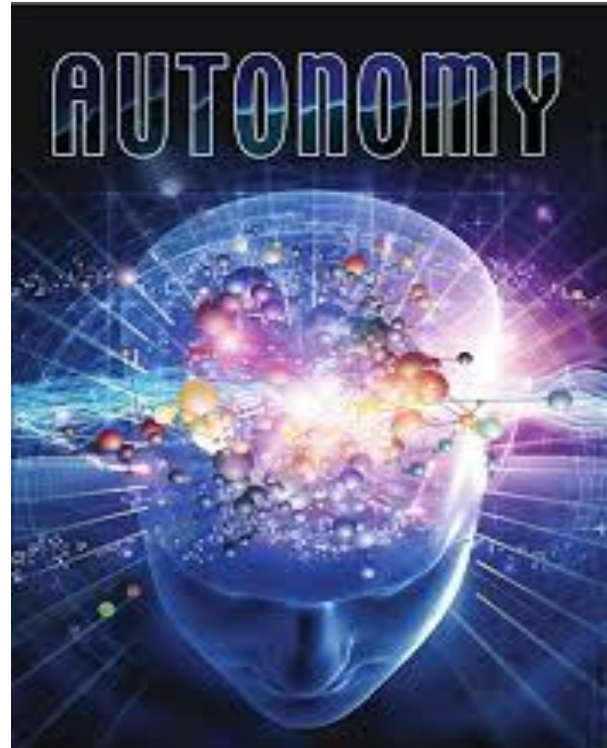


- ❑ Autonomy is when a rational individual makes an **informed, un-coerced choice** about the issues and entities that concern him.
- ❑ Autonomous individuals are **secure and confident whilst making choices**, while those who are not, are left with a sense of inadequacy and self-doubt.
- ❑ No human entity has the right to be forced or to **force anyone to do something that is not their choice** (within limitations of harm principle).



**“ It is you taking and making choices”**



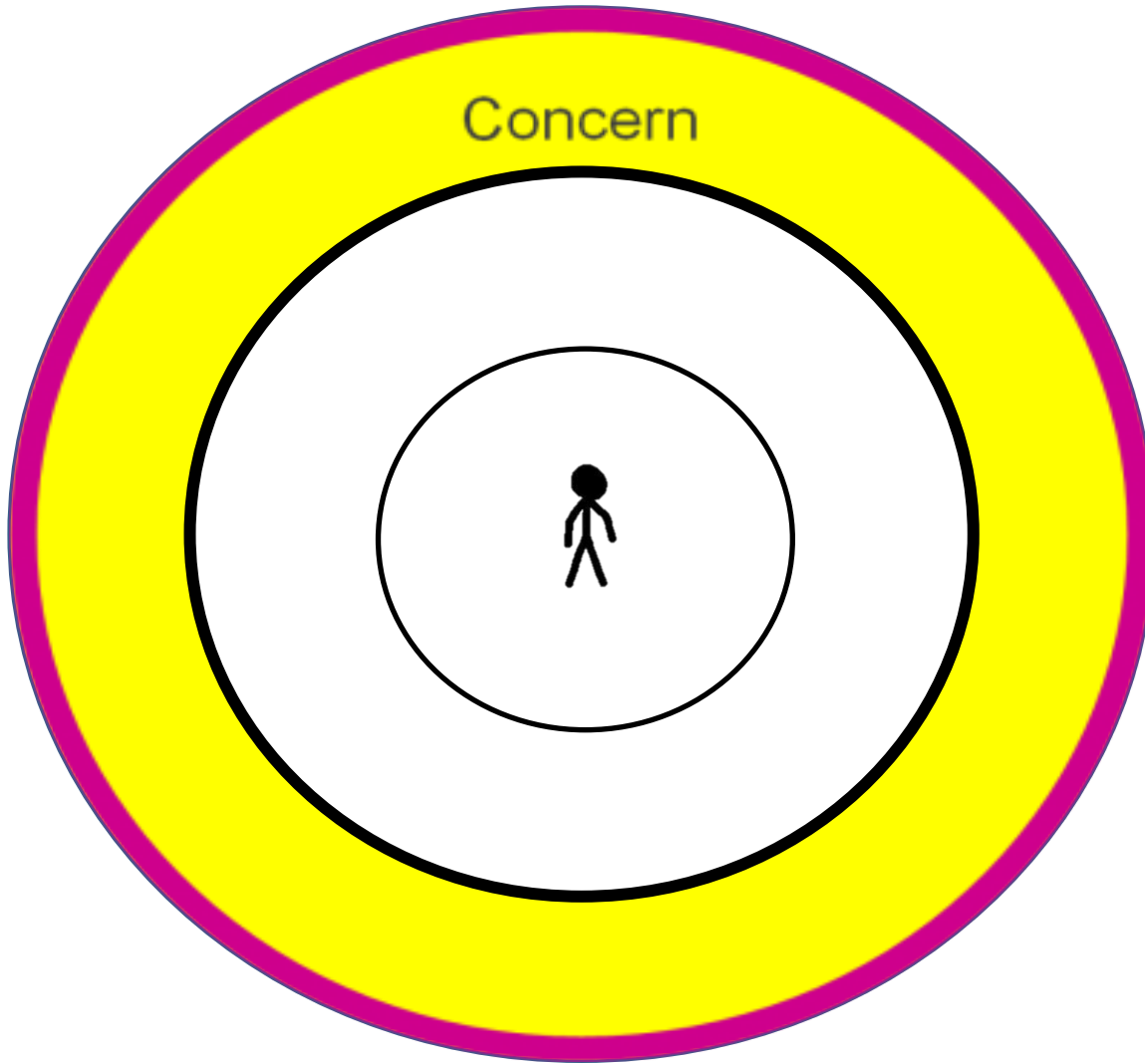


“Back off its my reality”

# “I am, Therefore we are”

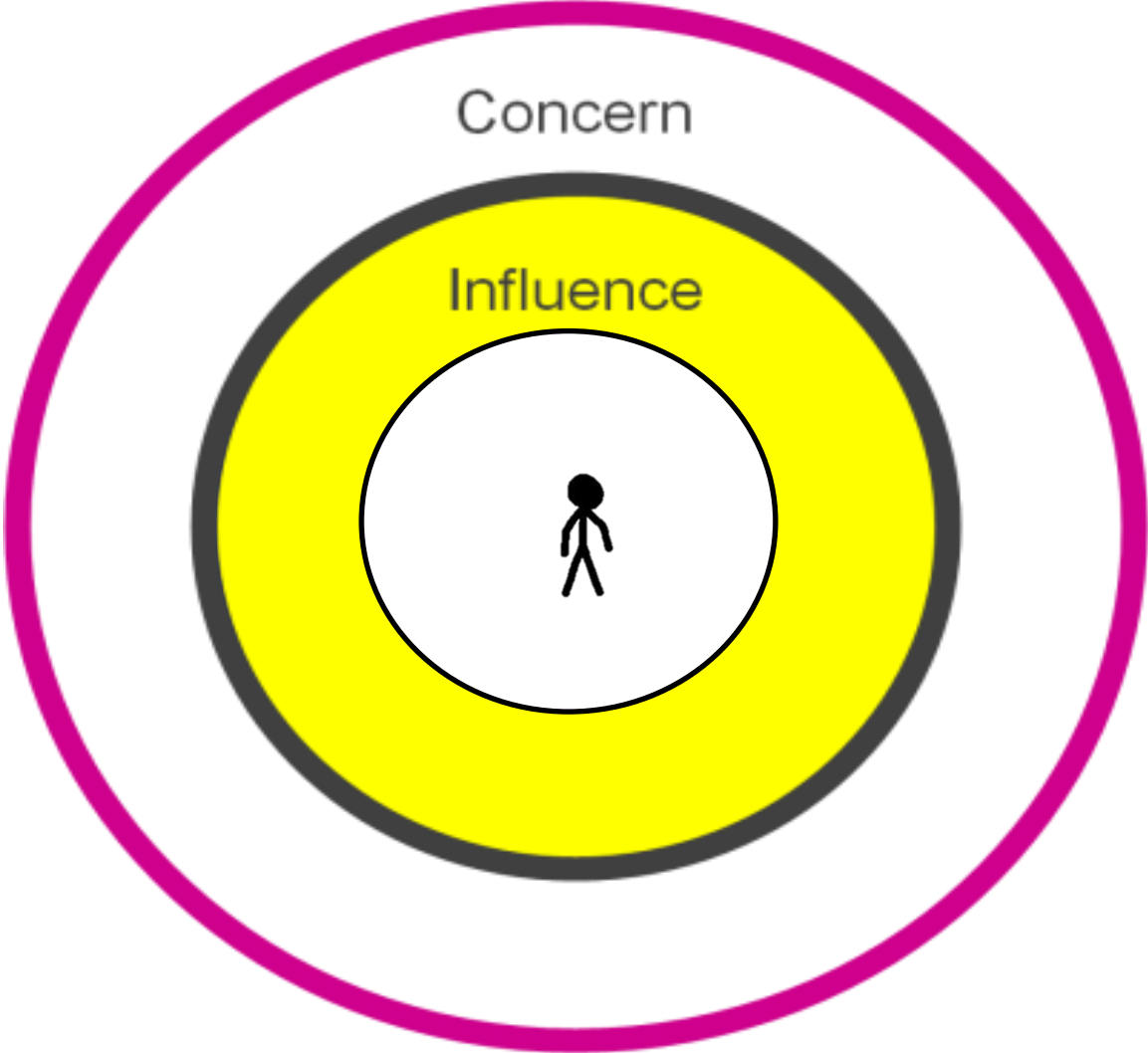
- ❑ Traditional Communities place emphasis on the individual by placing the “**I am**” first.
- ❑ A community is only as good as the individual.

Concern



# *What things are in your Circle of Concern?"*

- This circle is **huge** compared to the other two circles.
- Far away from your circle of control.
- You have **no control AT ALL in this circle.**
- It represents everything that we come in contact with **that concerns us** (from world hunger to war to terrorism to the weather...



# *“What things are in your Circle of Influence?”*

- Represents what each of us is able to impact/influence through **using or influencing and asking** others.
- Indirectly influence but cannot control response or outcome.
- Larger than control circle.



Concern

Influence

Control





# *“What things are in your circle of control?”*

- ❑ *The graph depicts our small “Circle of Control”–*
- ❑ *It represents what each of us is able **to directly impact and change.***
- ❑ *on your own, with **your own talents, time, resources and abilities.***

*“There are things I can control directly*

*Those things in my circle OF*

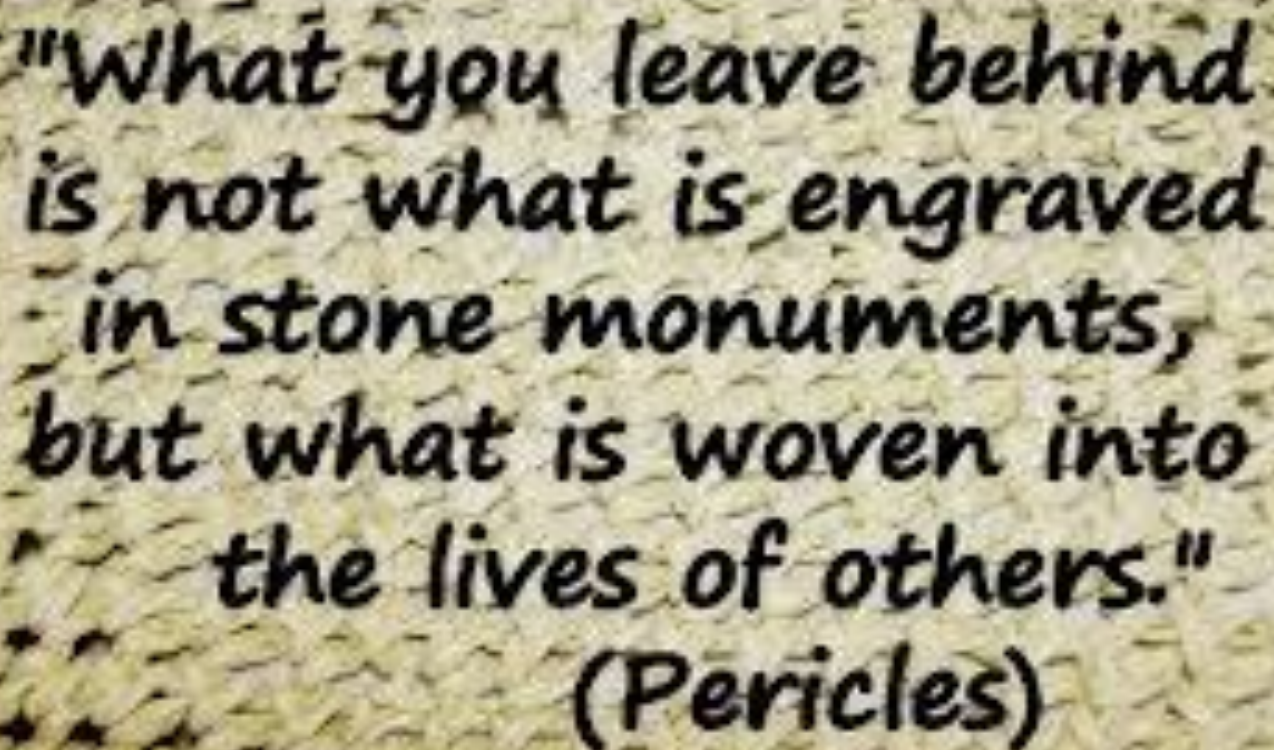

*CONTROLL*

*if I focus my energy on these things,*

*That’s where I’ll make the difference!”*

*“Whether you will or not  
you will leave this world  
And when you are gone ,  
not the same place it was*

*Mark what you leave”*



"What you leave behind  
is not what is engraved  
in stone monuments,  
but what is woven into  
the lives of others."  
(Pericles)

*We must recognize whether something is in our Circle of Control or our Circle of Influence.*

This will help us to make the **long transition from DEPENDENCE to INTERDEPENDENCE.**

**We must learn to focus our time and resources where we can make a difference:.**

The **emotional pain and frustration** associated with trying to effect change in things we **have NO control over drains us** and we have no energy to deal with the issues we can and should be dealing with as **change agents.**



“Practicing these boundaries and finding what fits where, requires **diligence and practice every second of every day**”

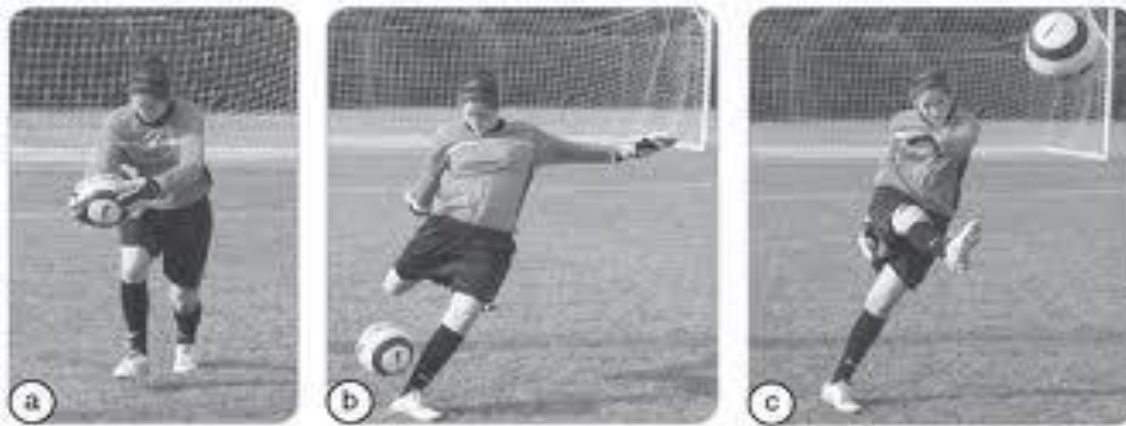


Figure 6.2 Proper technique for the drop kick.

*The drop kick method*

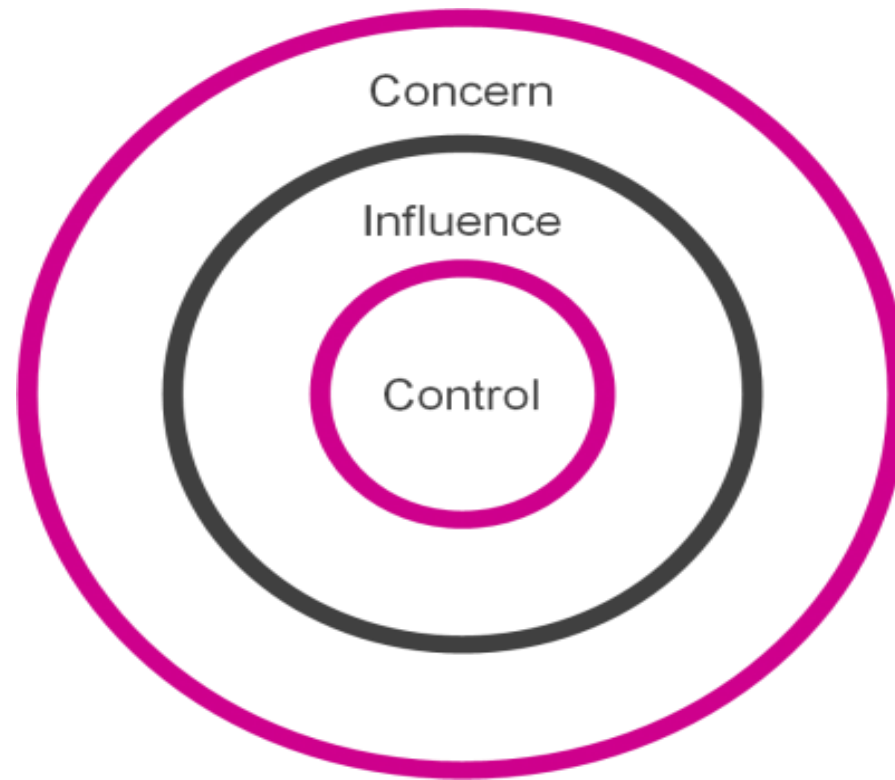


Practice  
Practice  
Practice  
Practice  
Practice  
Practice.

Practice  
Practice  
Practice  
Practice  
Practice  
Practice.



# Boundaries explored Futher





**Skills that make setting personal boundaries easier include**

- I) **the ability to outline basic beliefs and values**
- II) **personal goal setting..**



# Boundaries as an Individual

To help us set boundaries of any kind, **we have to know who we are as an individual.**

?

What is **important** to me?

What **thoughts and feelings** are worth **protecting**?





**Who am I, REALLY?**

# Self image

- A self-image or **clear** sense of identity should be the first outlining step to **maintain boundaries**.
- We worked on this in knowing and naming yourself.
- BUT having a relationship with yourself is like any other relationship

**It needs to be worked at, on a**

**daily basis.**



# Values also define us and make us who we are

## They are our foundations


- A value is **a belief, a mission, or a philosophy** that is meaningful.
- Whether we are consciously aware of them or not, **every individual has a core set of personal values.**
- Values can range from the **commonplace**, such as the belief in hard work and punctuality,
- To the more **psychological**, such as self-reliance, concern for others, and harmony of purpose.



Values also **define** us and make us **who we are**  
They are our foundations

**NOW**  
“List the beliefs  
and, values  
that are most  
important to  
you.”





# Examples of beliefs and values

Happiness Beauty Integrity Intelligence Intensity Justice Kindness

Knowledge Leadership Love Romance Loyalty Meaning Merit

Money Oneness Openness Other's point of view Inputs Patriotism

Peace Non-violence Perfection Calm Peace Challenge Change

Human-centered.

Perseverance Improvement Competition

Concern for others

Individuality Innovation Cleanliness Order

Integrity Intelligence Communication Harmony

Practicality Self Preservation Justice Kindness

Pleasure Honour Independence Personal Growth

Health Power Self Control



*What are my limits?*

*What is the point beyond which I will not go?*



**How far would you go to defend your values? How easy would it be for someone to talk you out of them?**



# Defining goals

- A **goal** is a desired result that is **envisioned by someone**.
- The person is **committed** to achieve the desired result.
- Similar to **purpose or aim**,
- the desired result **guides actions**
- It is an end, either a physical object or an abstract object, that has intrinsic value





**WHAT IF I TOLD  
YOU**

**THE PURPOSE OF GOAL SETTING IS NOT TO SEE  
HOW MANY FACEBOOK LIKES IT GETS**

meme-generator.net

# What Is the Importance of Goal Setting?



- *Without goals you live your life **blindly** and you will lack visual understanding.*
- *If you cannot **articulate what you want for yourself**, you will end up with nothing.*
- ***BUT** when you have **clearly defined and visualized** your goals, **you have a recipe to reach your destination.***



- *Goals are important because they provide a sense of connection **between you and what you want to accomplish.***
- *Goals embody **your values, passion, and direction** you have for yourself.*
- *Goals allow you to **visually see the purpose behind all of the hard work, discipline, and frustration.***

# The golden rules of goal setting



"IN THE LONG  
RUN MEN HIT  
ONLY WHAT  
THEY AIM AT."

- HENRY DAVID THOREAU

## 1) Set Goals that Motivate you

- This means making sure that they are important to you.
- Motivation is key to achieving goals.
- Set goals that relate to **the high priorities and values you have just identified.**
- You need to feel a sense of urgency and have an **"I must do this" attitude.**
- **NOT a "I can't do anything" frame of mind.**

### Tip:

To make sure your goal is motivating, write down **why** it's valuable and important to you. **Ask yourself, "If I were to share my goal with others, what would I tell them to convince them it was a worthwhile goal?"**



## 2) Set SMART Goals



### Set Specific Goals

- Your goals must be clear and well defined.
- Vague goals are unhelpful because they **don't provide sufficient direction.**
- Make it as easy as you can to get where you want to **go by defining precisely where you want to end up.**



## Set measurable goal

- Include **precise amounts, dates**, in your goals so you can measure your degree of success.
- Without a way to **measure** your success you miss out on the **celebration that comes with knowing you have actually achieved something.**

## Set Attainable Goals



- Make sure **that it's possible** to achieve the goals you set.
- If you have **no way** of achieving a goal **you will end up frustrated and hopeless.**
- **But** don't set goals that are too **easy. Goals must be realistic AND challenging.**
  - In this way you get the **greatest personal satisfaction.**

## Set Relevant Goals



- Goals should be relevant to the direction you want your life and career to take.
- Goals should match up with your values.
- By setting **widely scattered and inconsistent** goals, **you'll fritter your time – and your life – away.**
- By keeping goals **relevant**, **you'll develop the focus you need to get ahead and do what you want.**



## Set Time-Bound Goals

- Your goals must have a **deadline.**
- When you are working on a deadline, your sense of urgency increases and **achievement will come quicker.**

### 3) Identify your short, medium and long term goals



## 4) Put your goals in writing or on a vision board

Goals

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



# Goal /vision board



“A picture paints a thousand words”

This is a very effective way to achieve SMART goals, When seeing your aims graphically you retain them in your visual memory thereby keeping **motivated and directed.**





**Get cutting and pasting!!!!**

