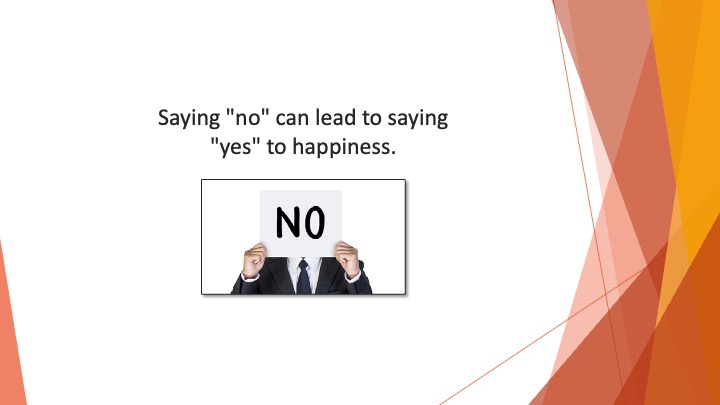
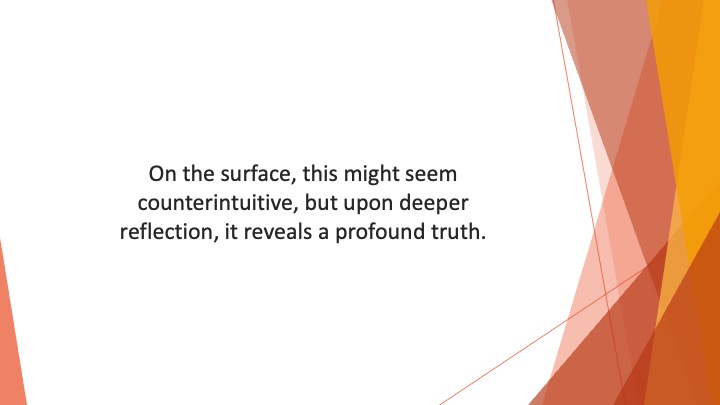
**Introduction**

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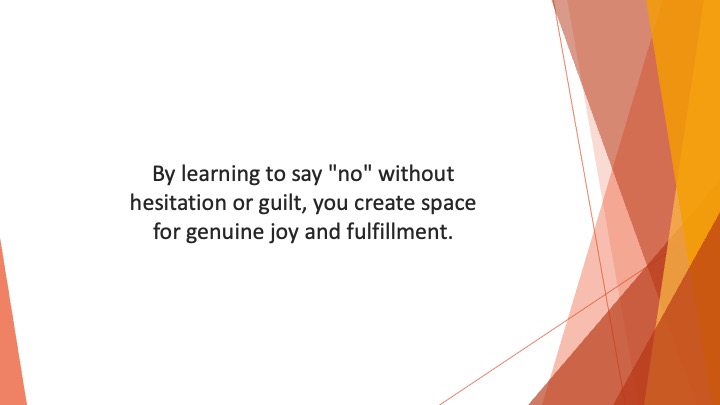
**S1** : Pause for 2 seconds



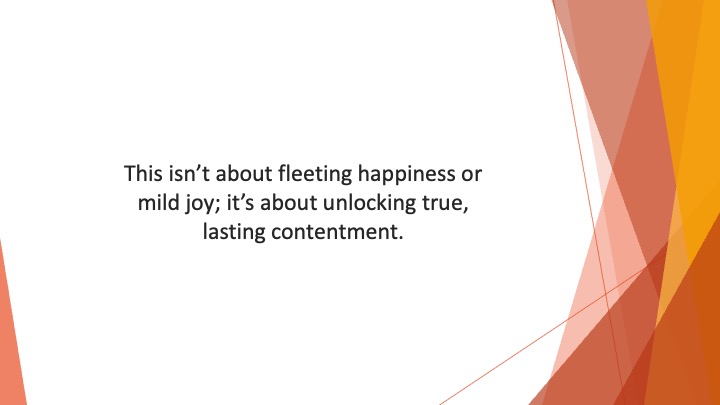
**S2 :** Saying "no" can lead to saying "yes" to happiness.



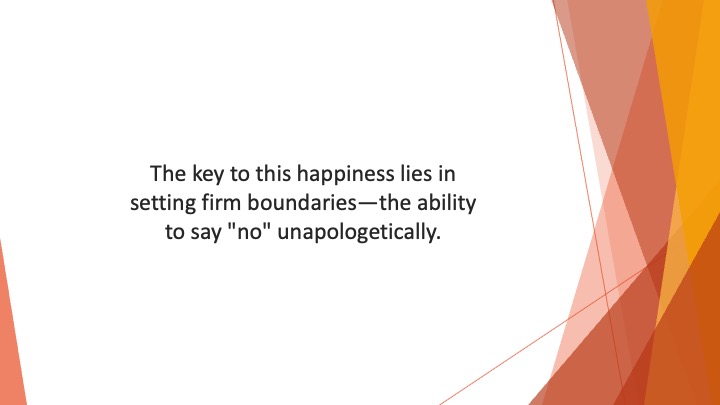
**S3** : On the surface, this might seem counterintuitive, but upon deeper reflection, it reveals a profound truth.



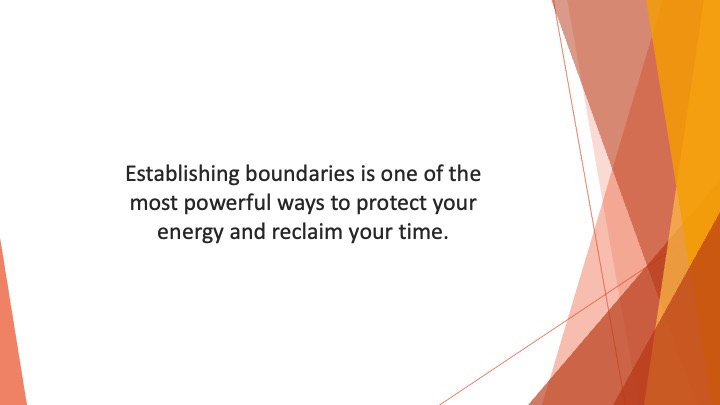
**S4** : By learning to say "no" without hesitation or guilt, you create space for genuine joy and fulfillment.



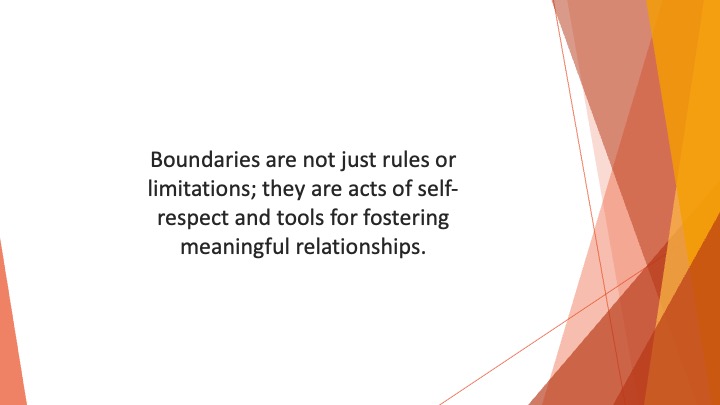
**S5 :** This isn’t about fleeting happiness or mild joy; it’s about unlocking true, lasting contentment.



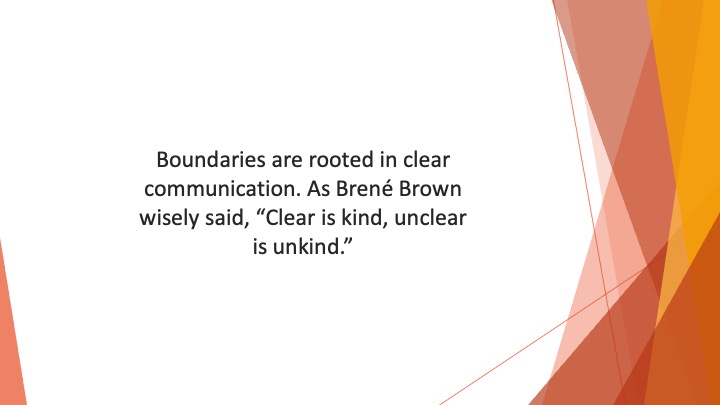
**S6 :** The key to this happiness lies in setting firm boundaries—the ability to say "no" unapologetically.



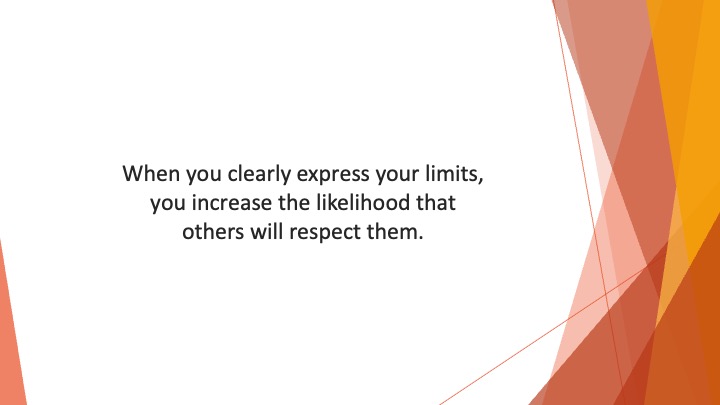
**S7 :** Establishing boundaries is one of the most powerful ways to protect your energy and reclaim your time.



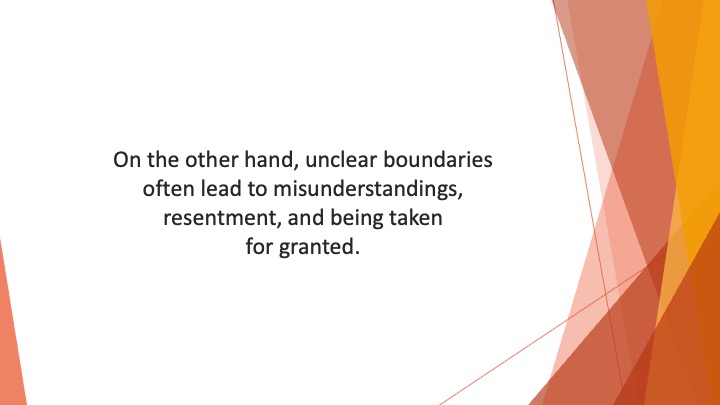
**S8 :** Boundaries are not just rules or limitations; they are acts of self-respect and tools for fostering meaningful relationships.



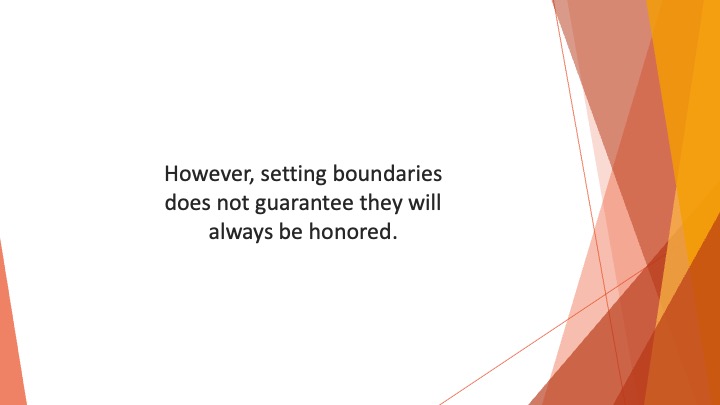
**S9 :** Boundaries are rooted in clear communication. As Brené Brown wisely said, “Clear is kind, unclear is unkind.”



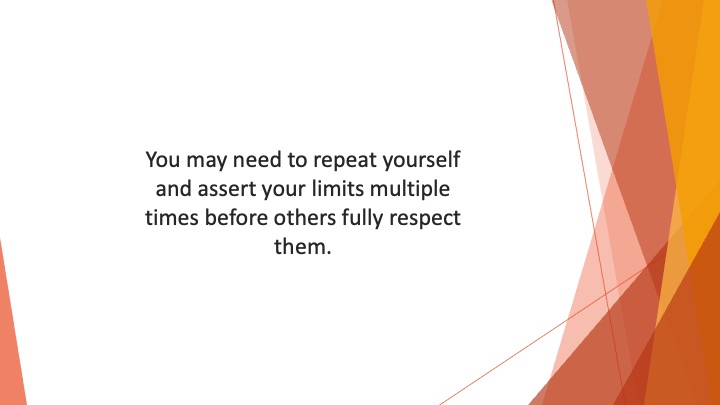
**S10 :** When you clearly express your limits, you increase the likelihood that others will respect them.



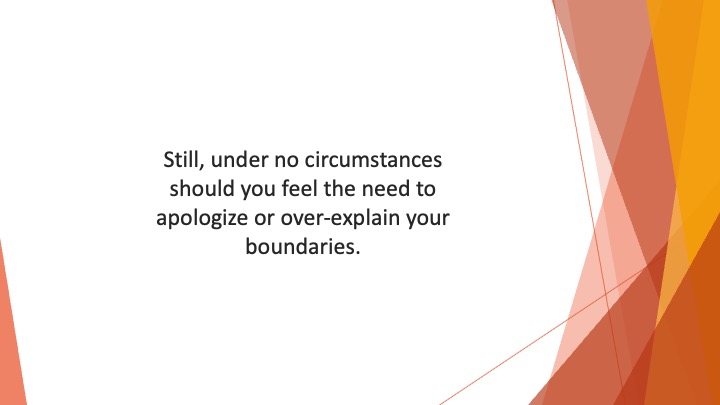
**S11 :** On the other hand, unclear boundaries often lead to misunderstandings, resentment, and being taken for granted.



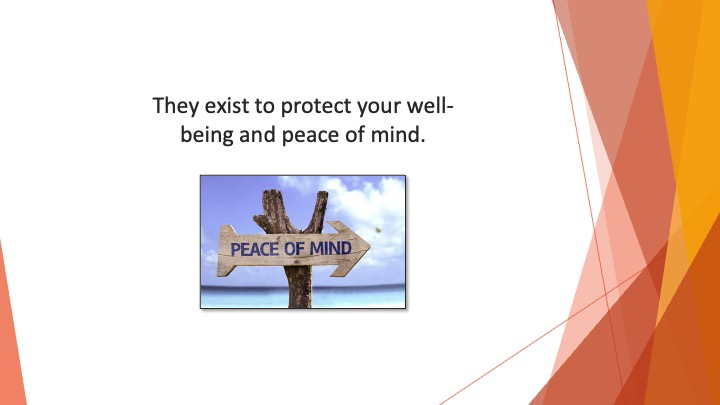
**S12 :** However, setting boundaries does not guarantee they will always be honored.



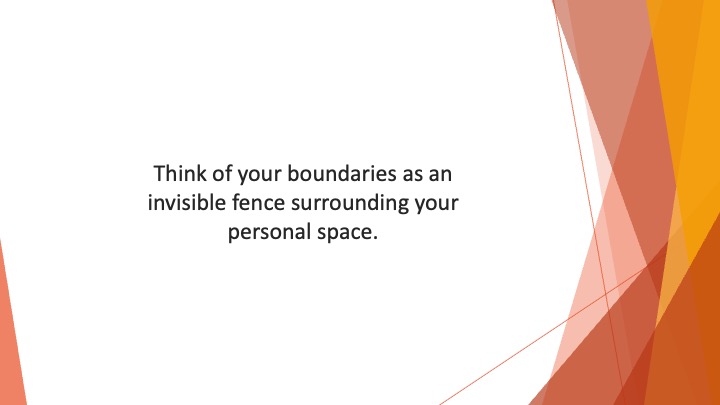
**S13 :** You may need to repeat yourself and assert your limits multiple times before others fully respect them.



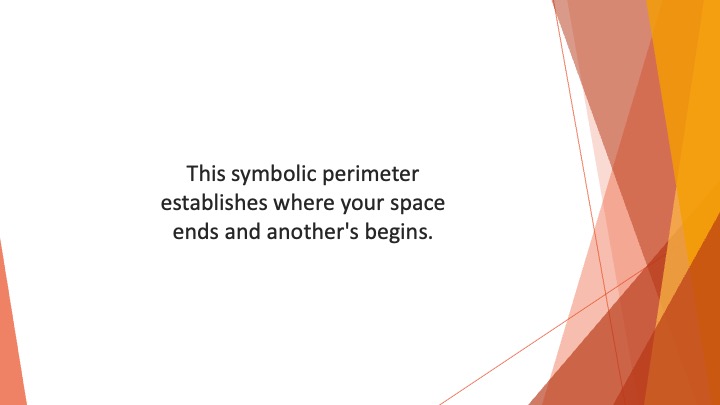
**S14 :** Still, under no circumstances should you feel the need to apologize or over-explain your boundaries.



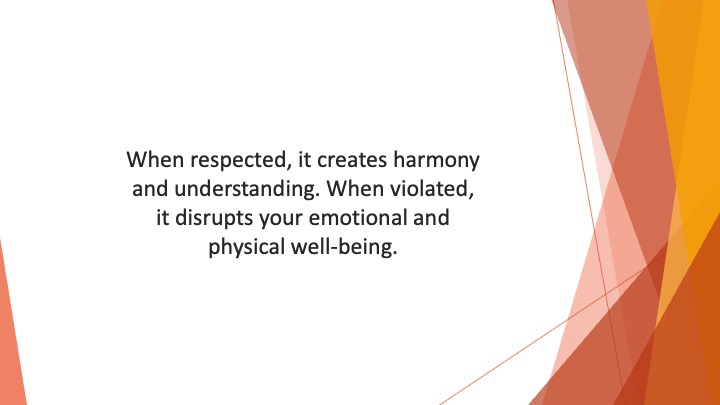
**S15 :** They exist to protect your well-being and peace of mind.



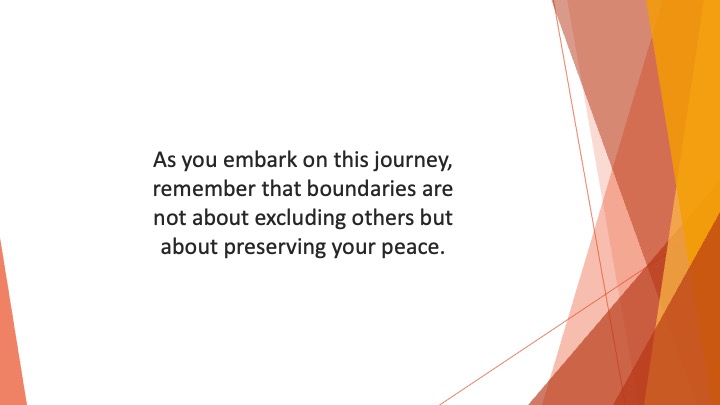
**S16 :** Think of your boundaries as an invisible fence surrounding your personal space.



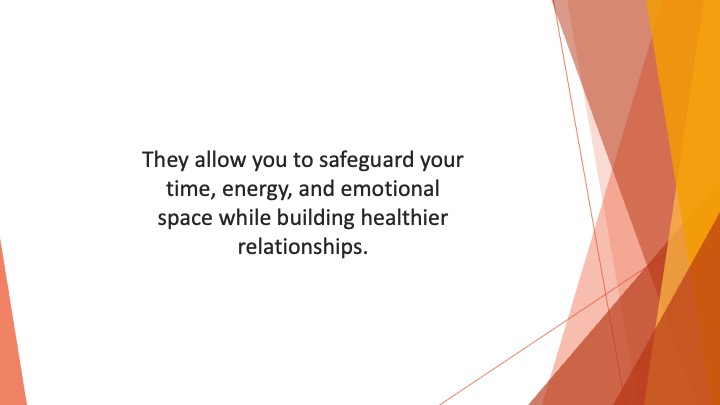
**S17 :** This symbolic perimeter establishes where your space ends and another's begins.



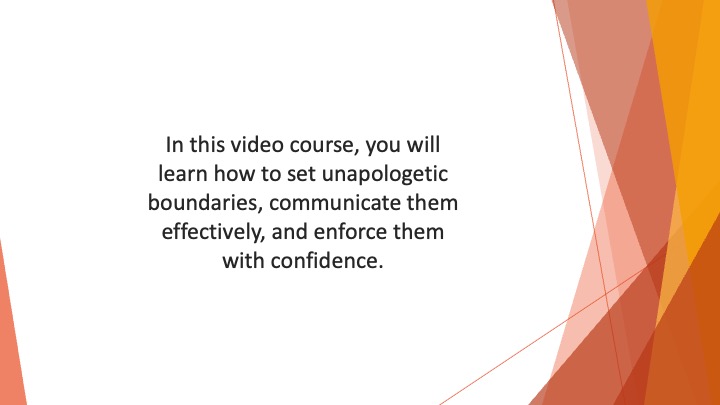
**S18 :** When respected, it creates harmony and understanding. When violated, it disrupts your emotional and physical well-being.



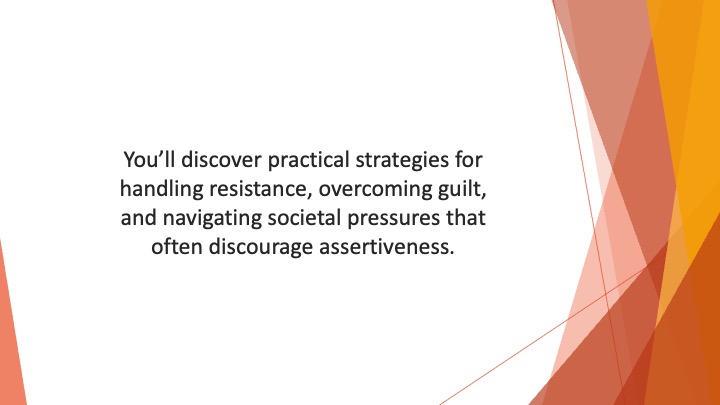
**S19 :** As you embark on this journey, remember that boundaries are not about excluding others but about preserving your peace.



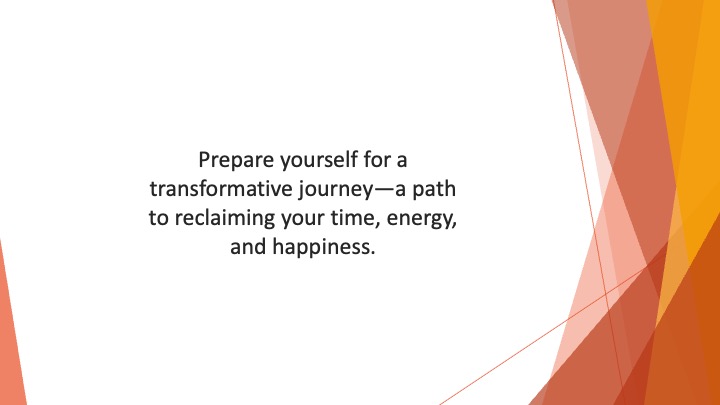
**S20 :** They allow you to safeguard your time, energy, and emotional space while building healthier relationships.



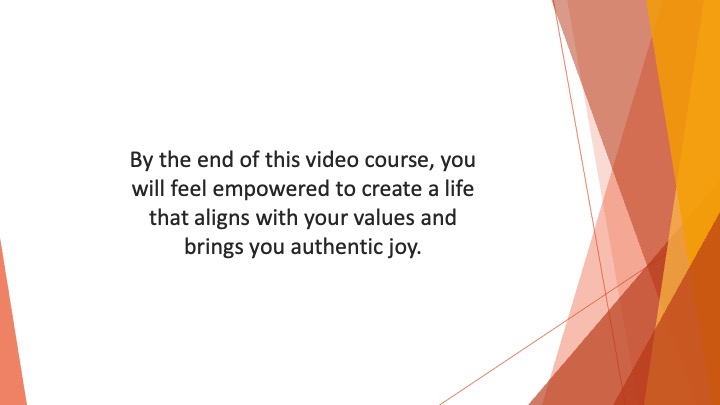
**S21 :** In this video course, you will learn how to set unapologetic boundaries, communicate them effectively, and enforce them with confidence.



**S22 :** You’ll discover practical strategies for handling resistance, overcoming guilt, and navigating societal pressures that often discourage assertiveness.



**S23 :** Prepare yourself for a transformative journey—a path to reclaiming your time, energy, and happiness.



**S24 :** By the end of this video course, you will feel empowered to create a life that aligns with your values and brings you authentic joy.