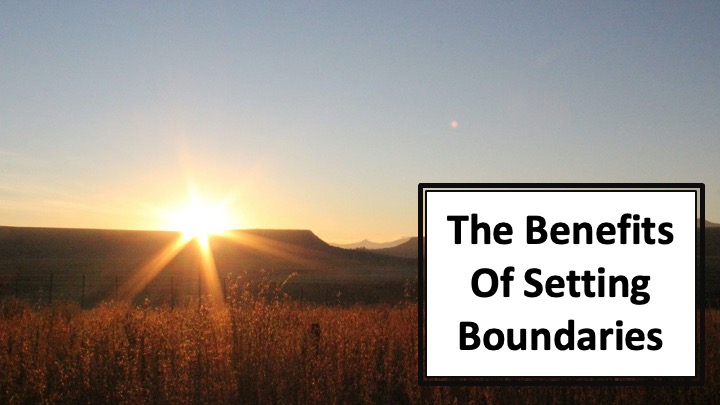
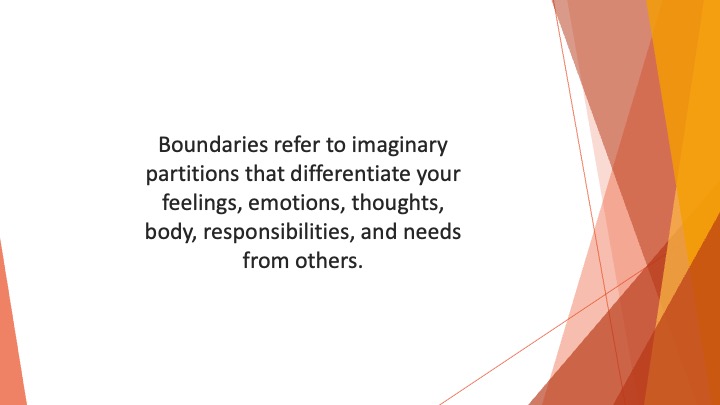
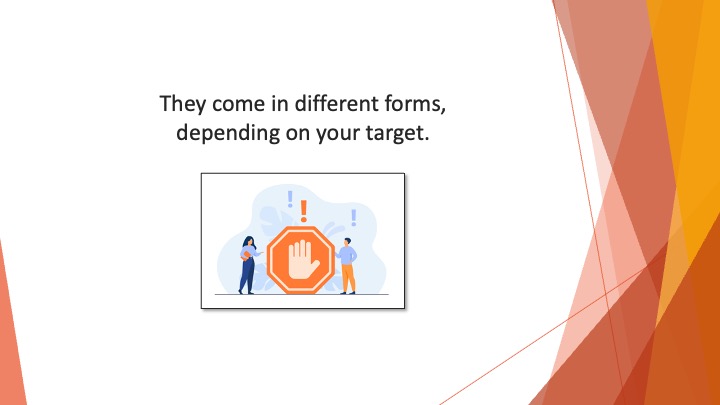
**Chapter 5: The Benefits of Setting Boundaries**

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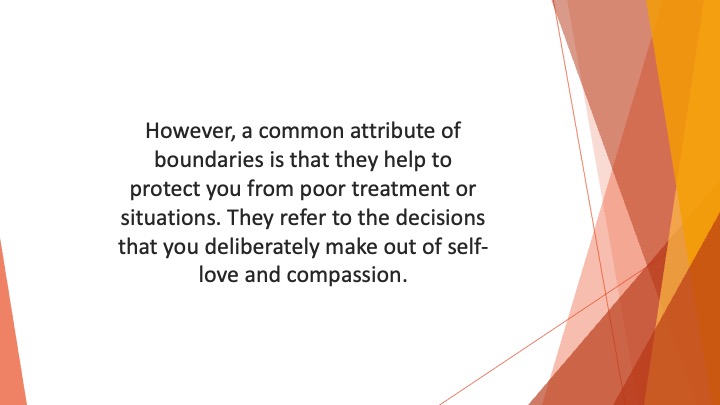
**S1** : In this video, we’ll discover about “The Benefits of Setting Boundaries”



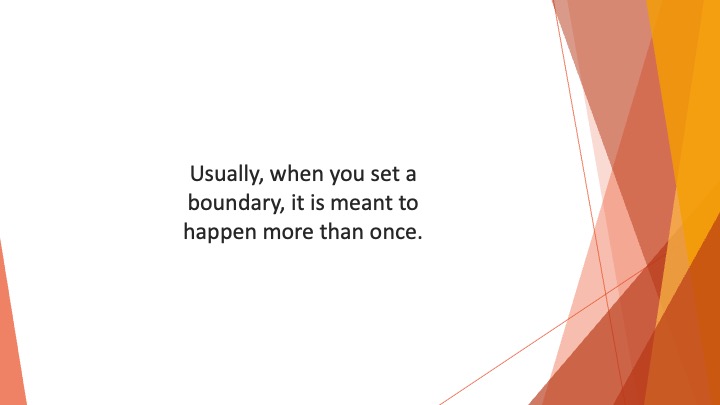
**S2 :** Boundaries refer to imaginary partitions that differentiate your feelings, emotions, thoughts, body, responsibilities, and needs from others.



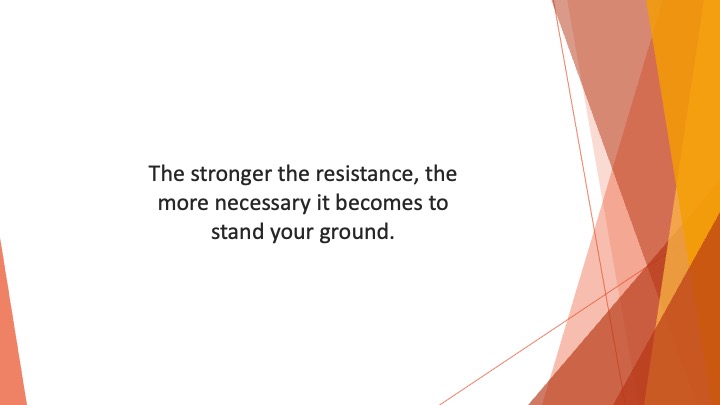
**S3** : They come in different forms, depending on your target.



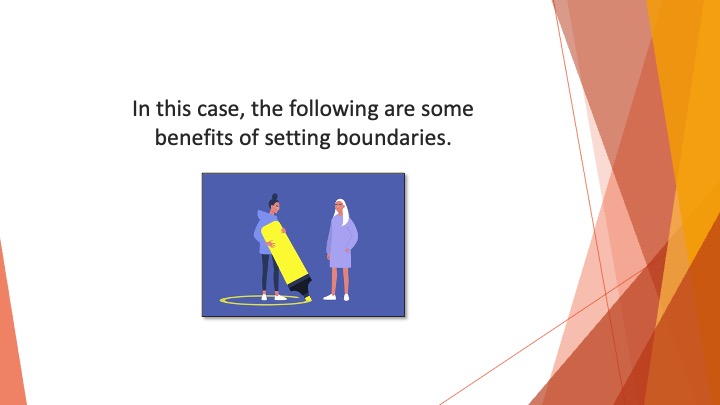
**S4** : However, a common attribute of boundaries is that they help to protect you from poor treatment or situations. To put it in simple terms, it is all about saying “no” or refusing to do something that isn't beneficial or convenient for you. They refer to the decisions that you deliberately make out of self-love and compassion.



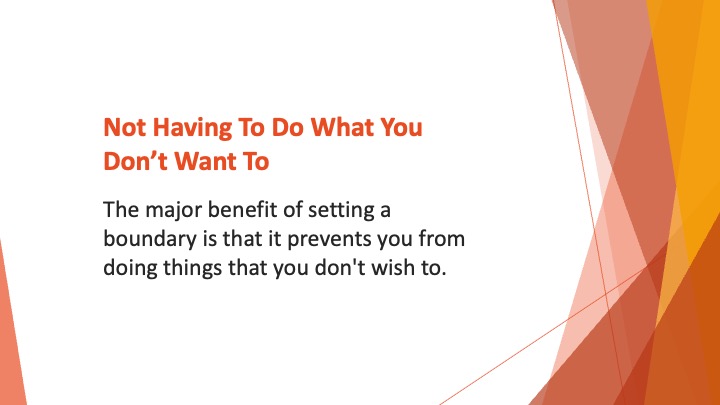
**S5 :** Usually, when you set a boundary, it is meant to happen more than once. So, the best way to know if a healthy boundary has been set is how fiercely people push back.



**S6 :** The stronger the resistance, the more necessary it becomes to stand your ground. Since boundaries are not that easy to set, the benefits and rewards attached make them more than worth the entire back and forth.

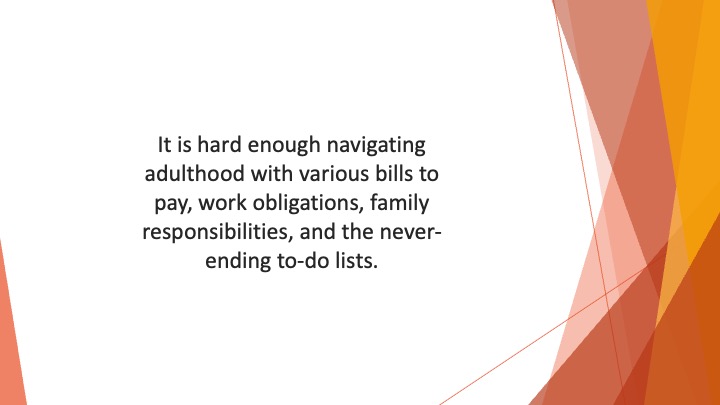


**S7 :** In this case, the following are some benefits of setting boundaries.

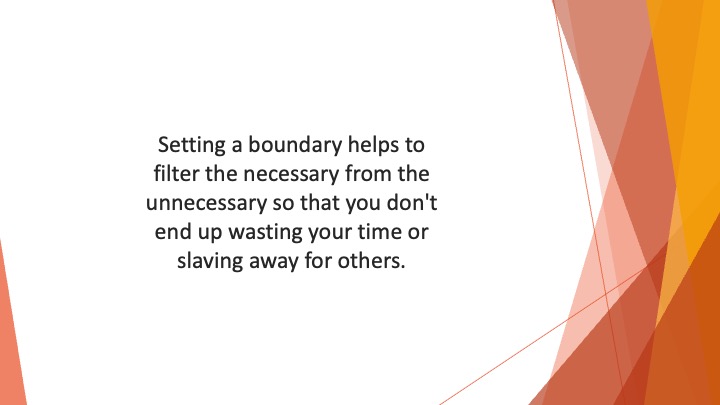


**S8 :** Not Having to Do What You Don’t Want To

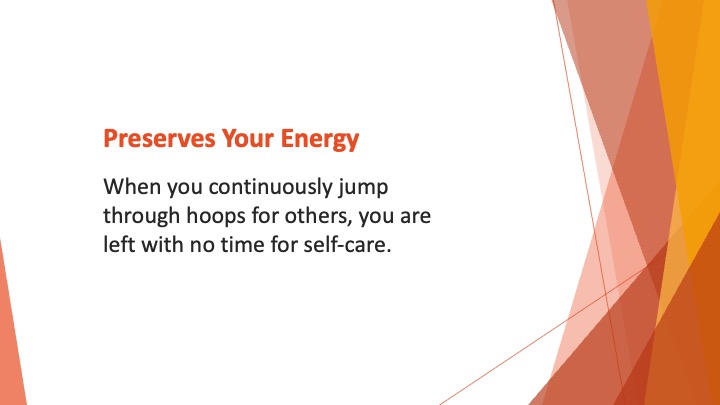
The major benefit of setting a boundary is that it prevents you from doing things that you don't wish to. Even if it means doing nothing entirely.



**S9 :** It is hard enough navigating adulthood with various bills to pay, work obligations, family responsibilities, and the never-ending to-do lists. So, the last thing you would want is to take nonsense from anyone.

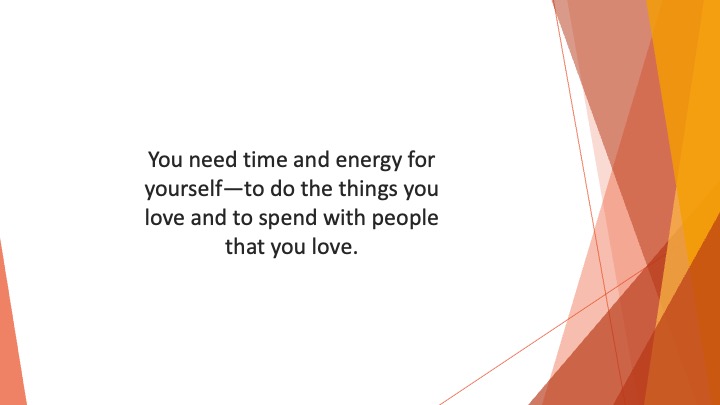


**S10 :** Setting a boundary helps to filter the necessary from the unnecessary so that you don't end up wasting your time or slaving away for others. When setting a boundary, don’t feel too bad ignoring things that don’t concern you, because it is impossible to please everybody.

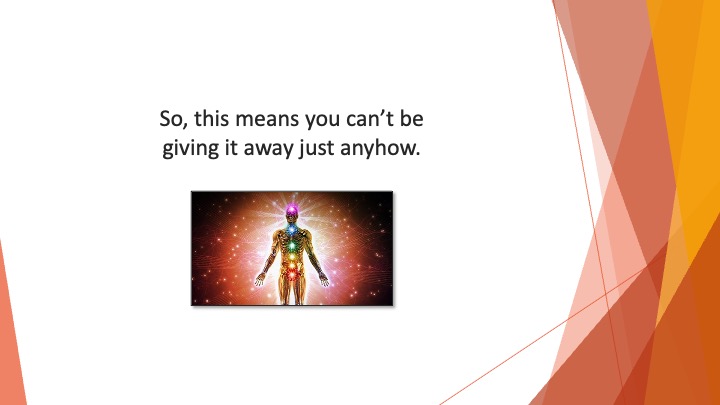
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**S11 :** Preserves Your Energy

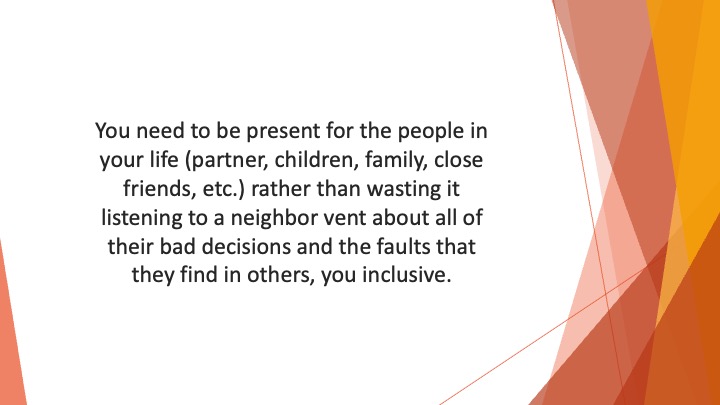
When you continuously jump through hoops for others, you are left with no time for self-care. This is usually because you have exhausted your energy on being productive for others and you place yourself on the back bench.



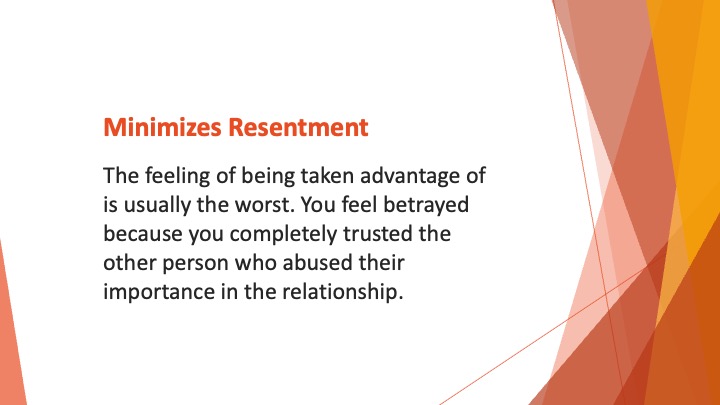
**S12 :** You need time and energy for yourself—to do the things you love and to spend with people that you love. You alone already need a lot of time and energy.



**S13 :** So, this means you can’t be giving it away just anyhow.

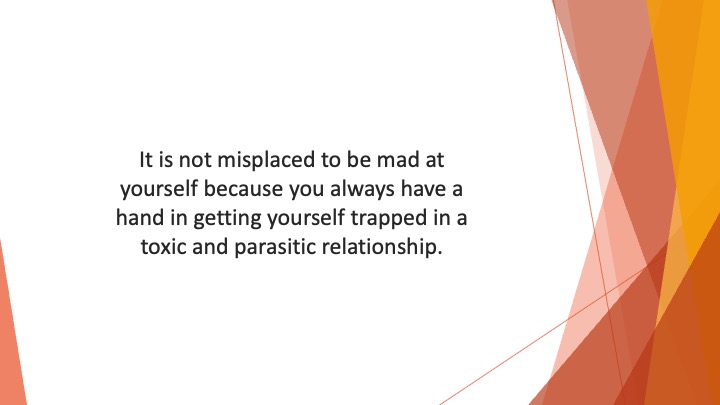


**S14 :** When you create boundaries with others, it protects you from totally wasting your energy before using it up on the things that you need in your life that actually matter. You need to be present for the people in your life (partner, children, family, close friends, etc.) rather than wasting it listening to a neighbor vent about all of their bad decisions and the faults that they find in others, you inclusive.

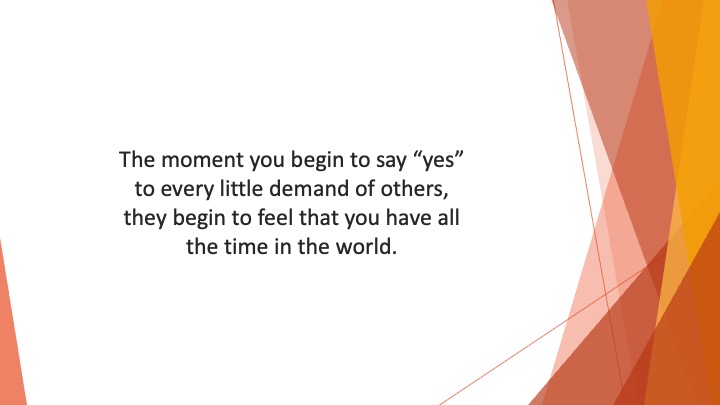


**S15 :** Minimizes Resentment

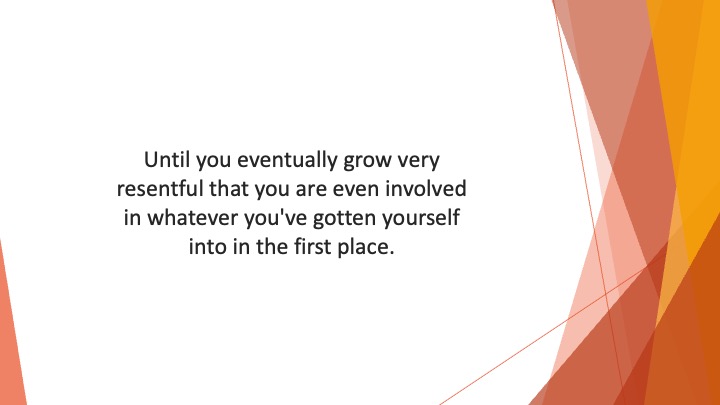
The feeling of being taken advantage of is usually the worst. You feel betrayed because you completely trusted the other person who abused their importance in the relationship. Also, you feel pretty stupid for being gullible enough to land yourself in such a situation.



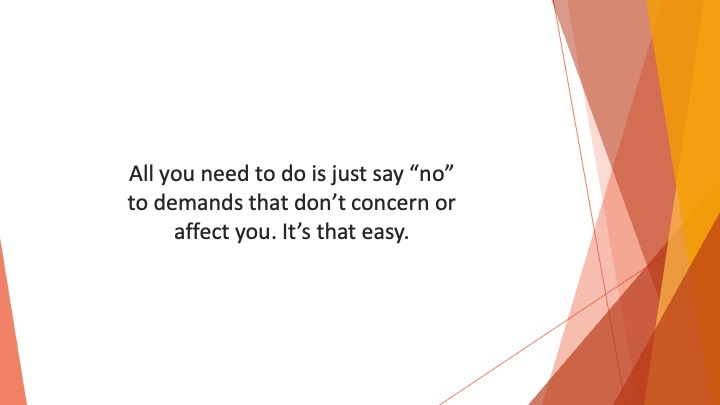
**S16 :** It is not misplaced to be mad at yourself because you always have a hand in getting yourself trapped in a toxic and parasitic relationship. This is because you are responsible for how you spend your time, when to say yes, and who to trust.



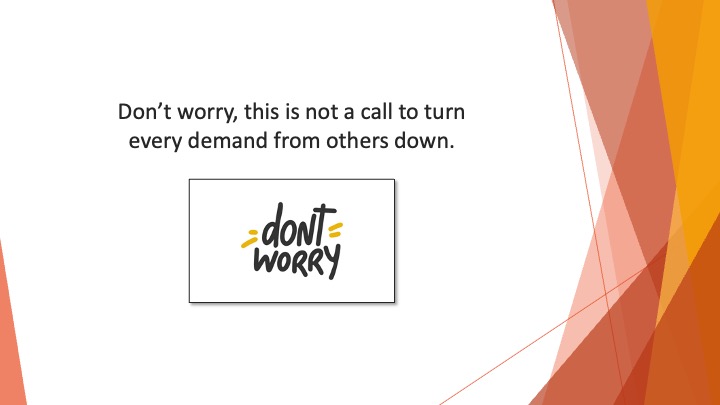
**S17 :** The moment you begin to say “yes” to every little demand of others, they begin to feel that you have all the time in the world.



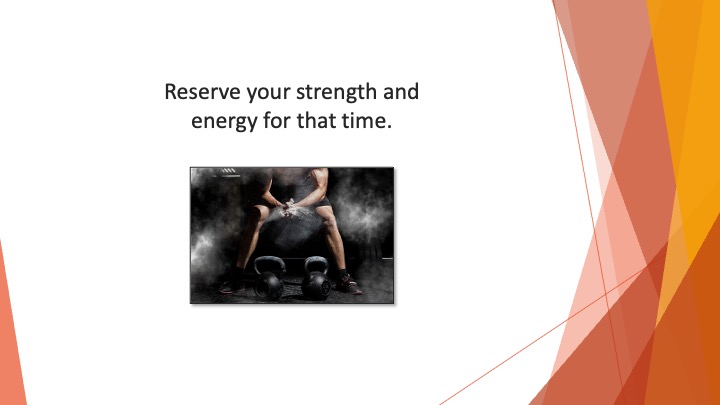
**S18 :** In this case, they keep on piling the requests and even recommending others to do the same. Until you eventually grow very resentful that you are even involved in whatever you've gotten yourself into in the first place. It is very simple to avoid this sort of situation.



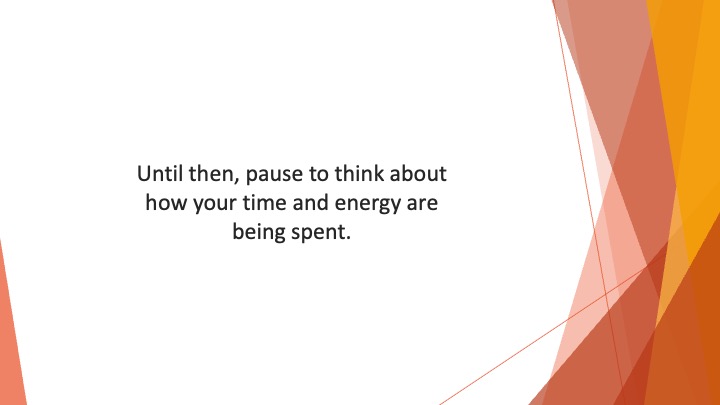
**S19 :** All you need to do is just say “no” to demands that don’t concern or affect you. It’s that easy.



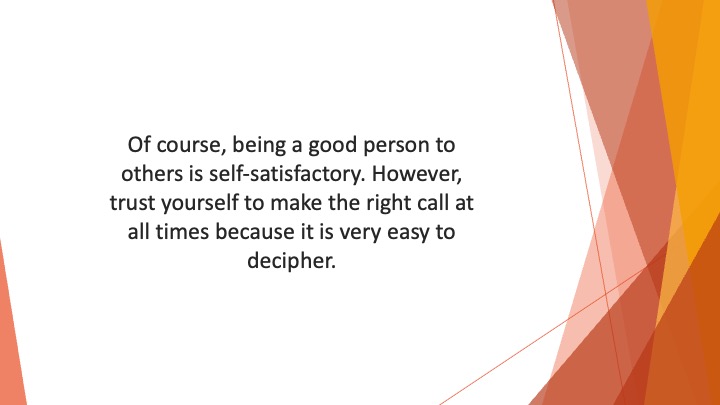
**S20 :** Don’t worry, this is not a call to turn every demand from others down. There are certain people and situations where you’ll actually be needed to help out.

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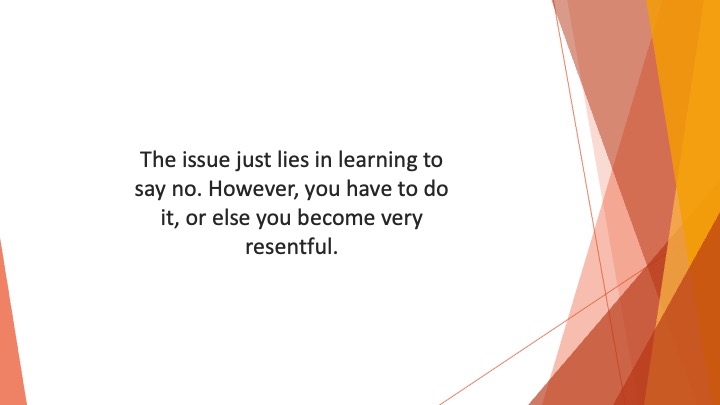
**S21 :** Reserve your strength and energy for that time. Daily, we are surrounded by enough inspirational causes and people that it will truly be an honor rather than a burden to lend your help to.



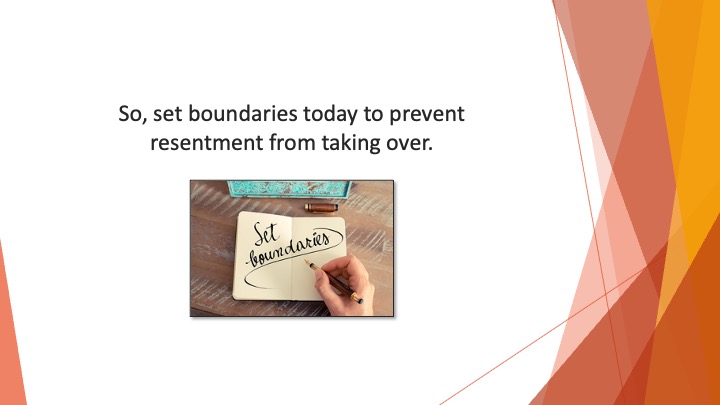
**S22 :** Until then, pause to think about how your time and energy are being spent.



**S23 :** Of course, being a good person to others is self-satisfactory. However, trust yourself to make the right call at all times because it is very easy to decipher.

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**S24 :** The issue just lies in learning to say no. However, you have to do it, or else you become very resentful. Resentment is not a good emotion as it poisons everything in its path, leading to a greater loss than expected.

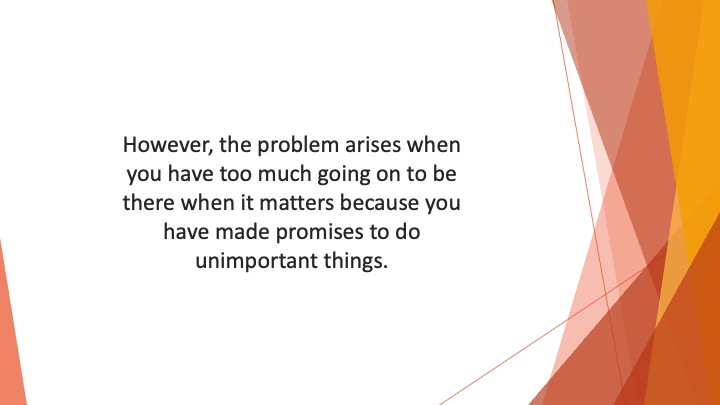
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**S25 :** So, set boundaries today to prevent resentment from taking over.

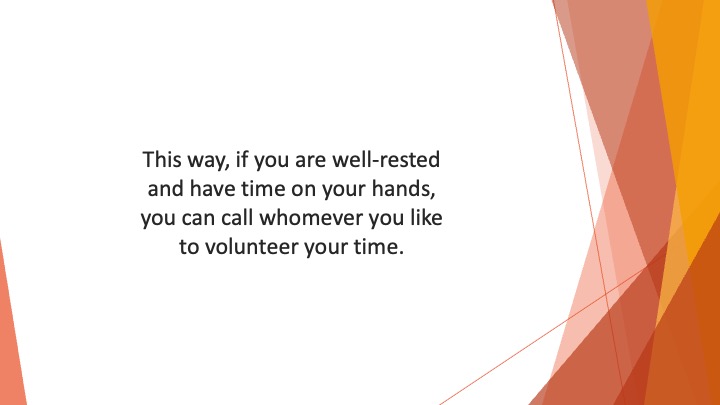
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**S26 :** Lets You Be Present for Those You Care About

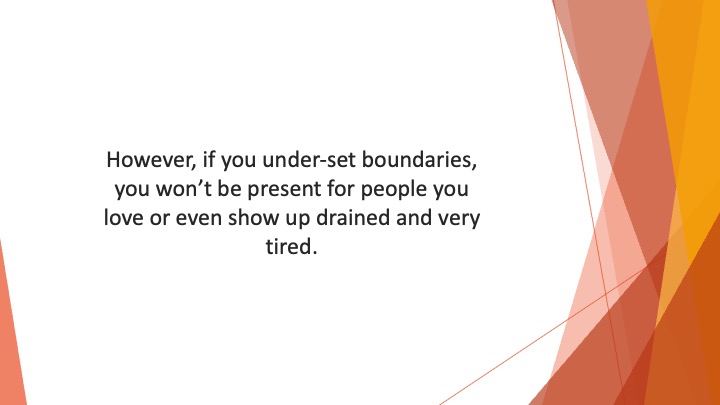
We all have people in our lives we would do anything for. When the opportunity presents itself, you are always excited to show them how much you love them.

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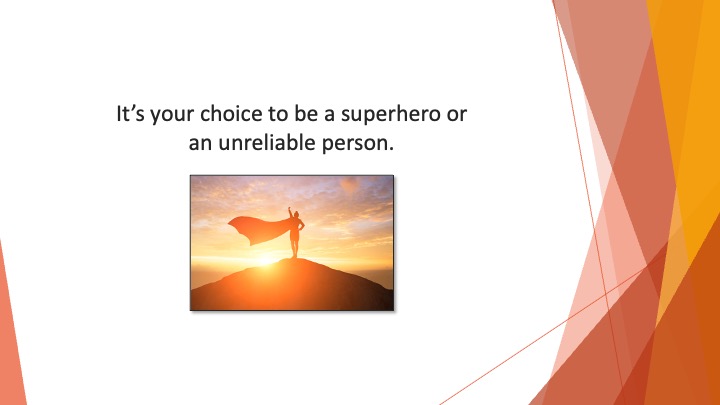
**S27 :** However, the problem arises when you have too much going on to be there when it matters because you have made promises to do unimportant things. To create time and space for the people who actually deserve your time, you need to set all-round boundaries.

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**S28 :** It is better to over-set than under-set boundaries. This way, if you are well-rested and have time on your hands, you can call whomever you like to volunteer your time.

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**S29 :** However, if you under-set boundaries, you won’t be present for people you love or even show up drained and very tired. By over-setting boundaries, you are able to surprise people with your generosity rather than causing extra stress and anxiety when you let them down at the last minute.

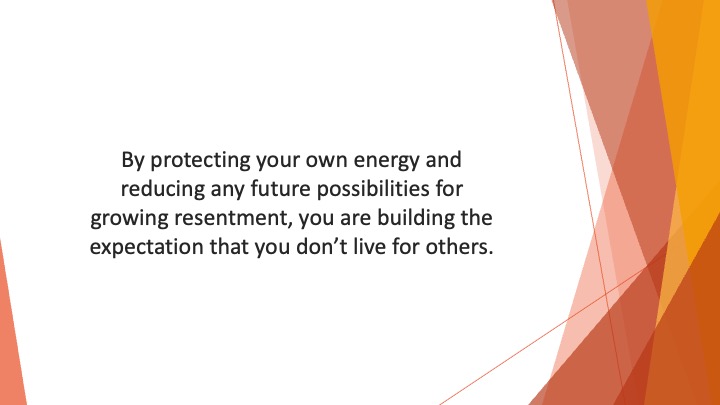
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**S30 :** It’s your choice to be a superhero or an unreliable person.

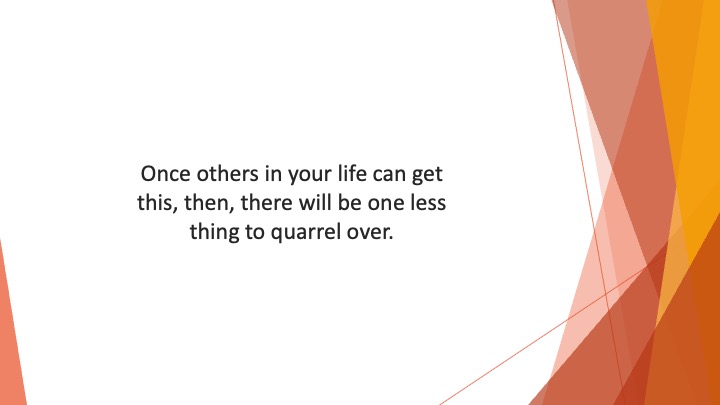
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**S31 :** Increases Relationship Longevity

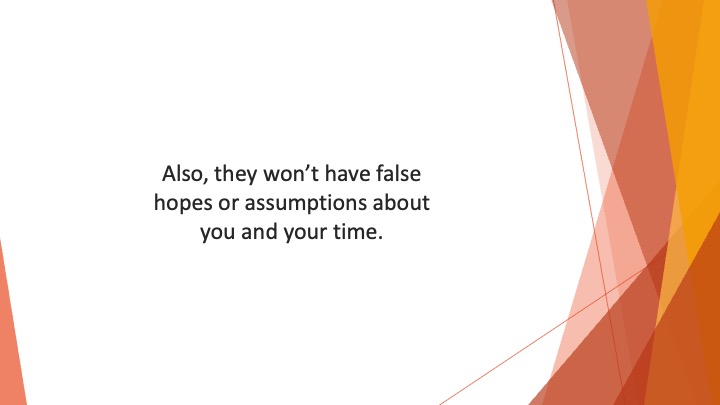
Setting boundaries helps to keep relationships healthy. Without them, relationships become unruly and messy. Boundaries serve as the structure that relationships need to thrive, and you have to be the one to implement them.

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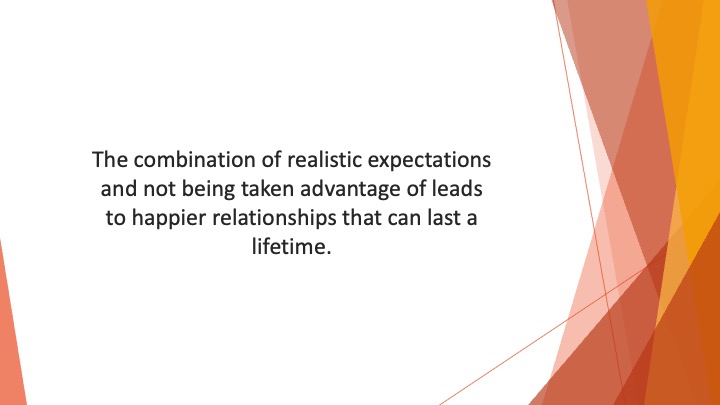
**S32 :** By protecting your own energy and reducing any future possibilities for growing resentment, you are building the expectation that you don’t live for others. You have a life, your own responsibilities, and priorities.

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**S33 :** Once others in your life can get this, then, there will be one less thing to quarrel over.

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**S34 :** Also, they won’t have false hopes or assumptions about you and your time. This way, you won’t be taken advantage of.

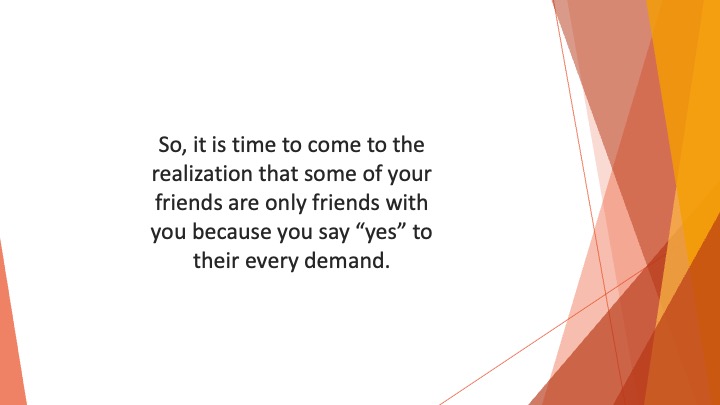
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**S35 :** The combination of realistic expectations and not being taken advantage of leads to happier relationships that can last a lifetime. This is because everyone stays in their lane, supports others when they can, and concentrates on ways to be the best version of themselves.

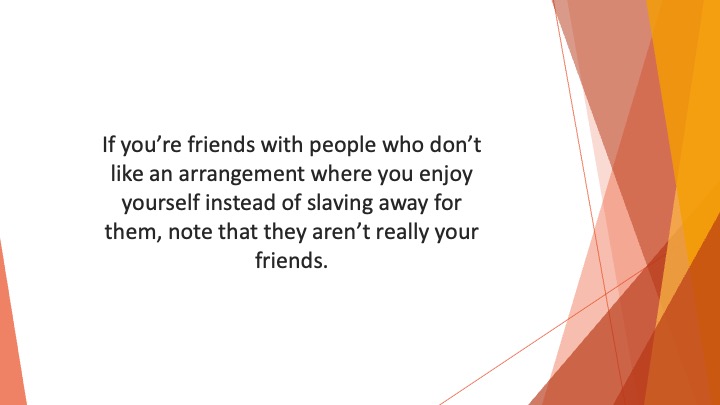
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**S36 :** Weeds Out Toxic Relationships

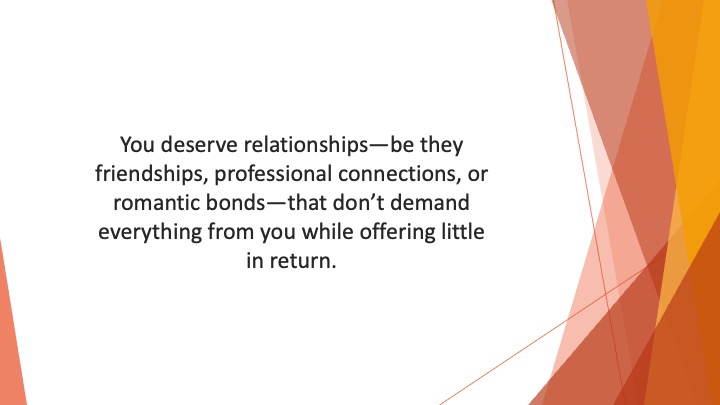
It is important to note that not all of your relationships are going to survive your boundaries. People who like to take advantage of others usually cling to those with weak boundaries.

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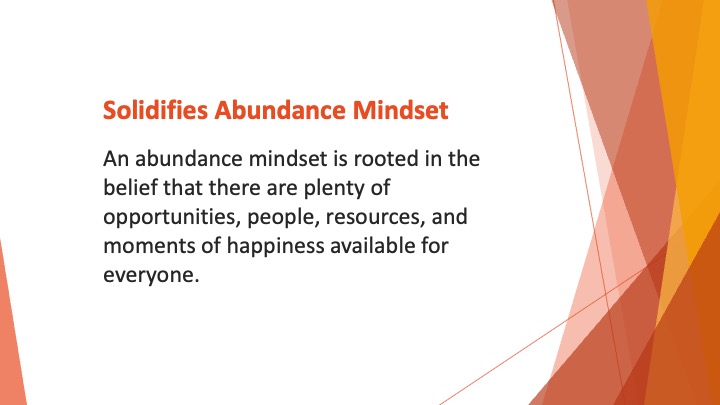
**S37 :** So, it is time to come to the realization that some of your friends are only friends with you because you say “yes” to their every demand. The moment you grow the spine to say “no,” you’ll learn about their true nature.

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**S38 :** If you’re friends with people who don’t like an arrangement where you enjoy yourself instead of slaving away for them, note that they aren’t really your friends. Rather, it sounds like a relationship that should never have been birthed, and if it has, it should be ended instantly.

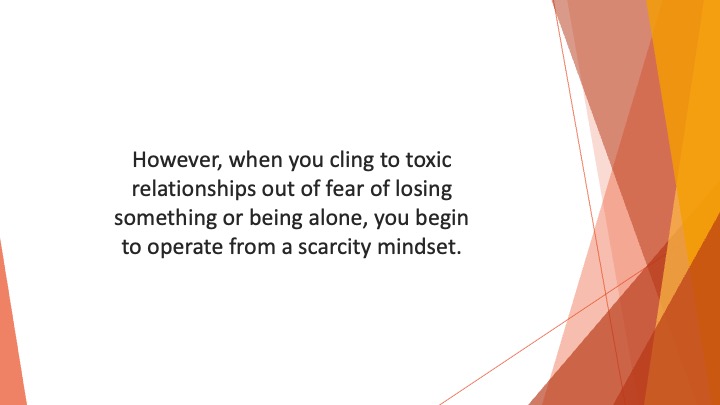
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**S39 :** You deserve relationships—be they friendships, professional connections, or romantic bonds—that don’t demand everything from you while offering little in return.

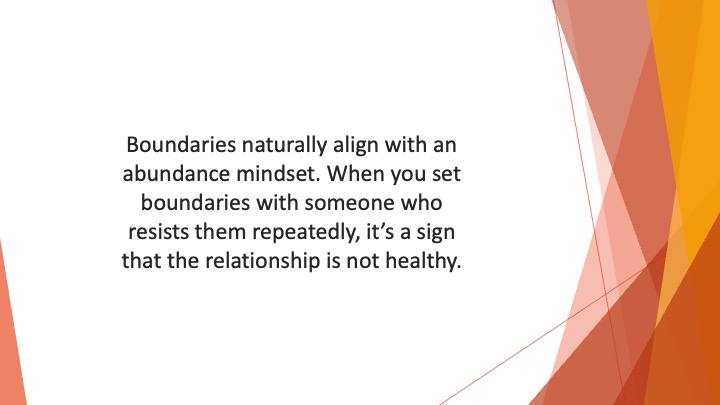
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**S40 :** Solidifies Abundance Mindset

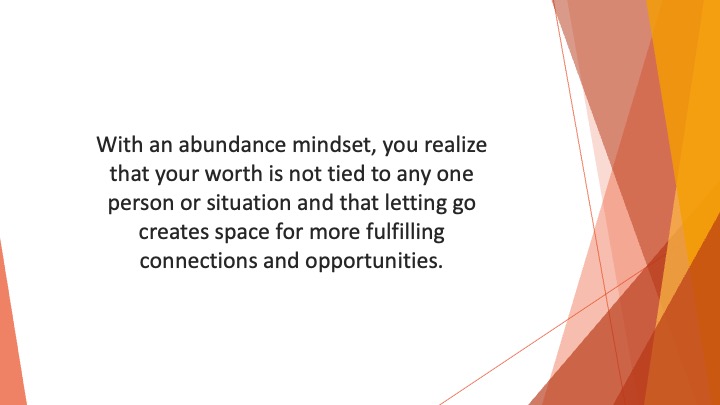
An abundance mindset is rooted in the belief that there are plenty of opportunities, people, resources, and moments of happiness available for everyone.

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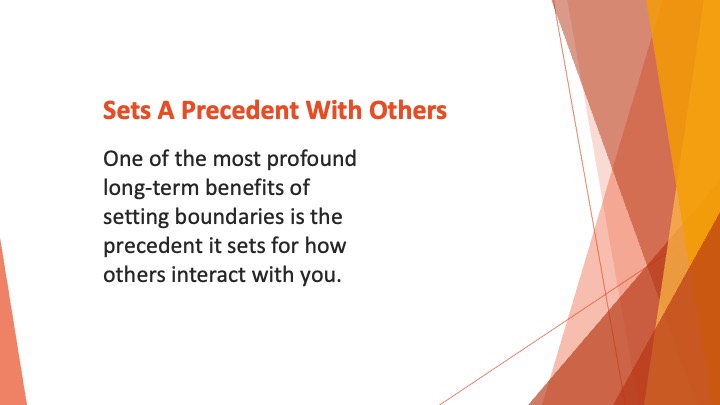
**S41 :** However, when you cling to toxic relationships out of fear of losing something or being alone, you begin to operate from a scarcity mindset. This perspective can trap you in situations that are unhealthy or unfulfilling, convincing you that better alternatives don’t exist.

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**S42 :** Boundaries naturally align with an abundance mindset. When you set boundaries with someone who resists them repeatedly, it’s a sign that the relationship is not healthy. You can confidently walk away, knowing that there are countless others who will respect your boundaries and value you for who you truly are.

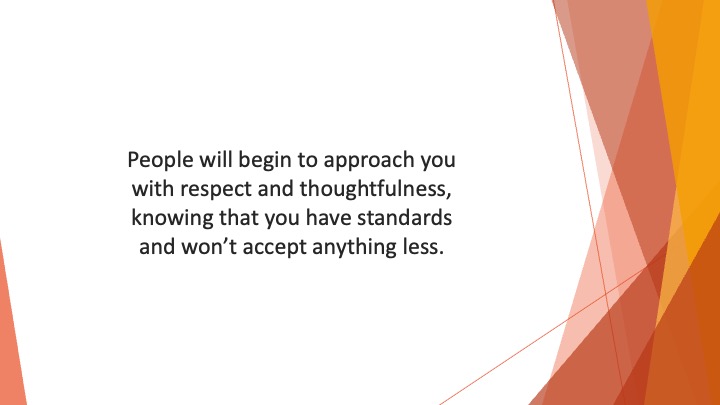
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**S43 :** With an abundance mindset, you realize that your worth is not tied to any one person or situation and that letting go creates space for more fulfilling connections and opportunities.

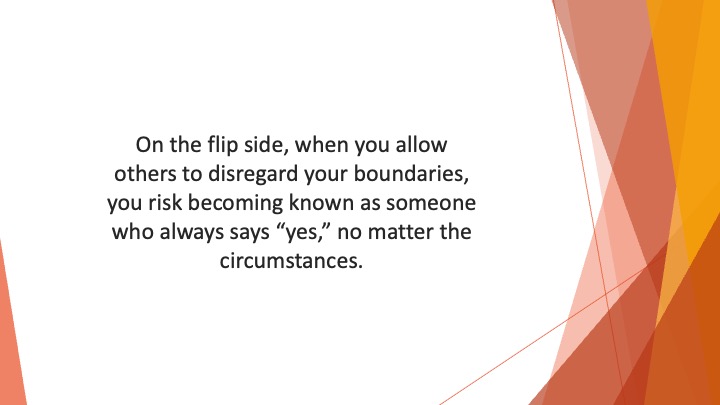
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**S44 :** Sets a Precedent With Others

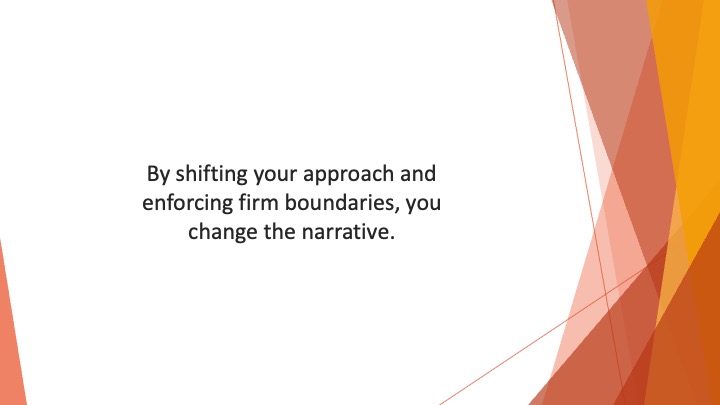
One of the most profound long-term benefits of setting boundaries is the precedent it sets for how others interact with you. When you consistently uphold your boundaries, you send a clear message that you value your time, energy, and well-being.

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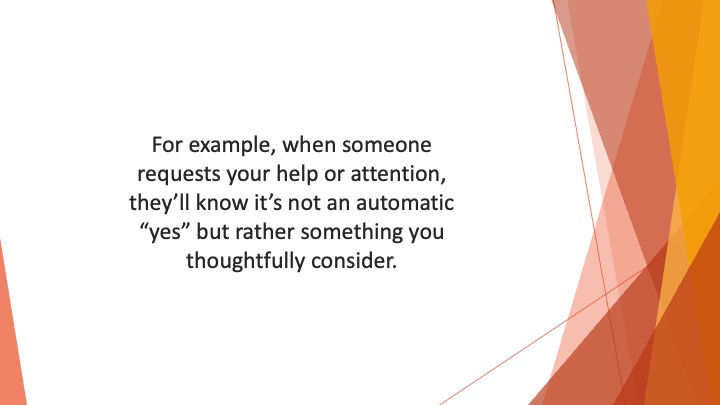
**S45 :** People will begin to approach you with respect and thoughtfulness, knowing that you have standards and won’t accept anything less.

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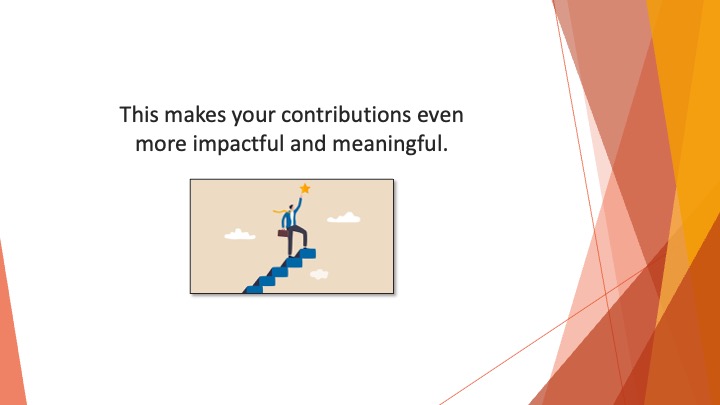
**S46 :** On the flip side, when you allow others to disregard your boundaries, you risk becoming known as someone who always says “yes,” no matter the circumstances. This can lead to more and more people taking advantage of you, further draining your energy and resources.

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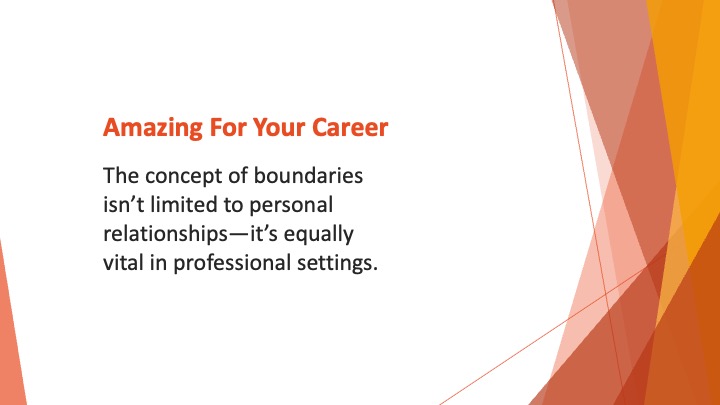
**S47 :** By shifting your approach and enforcing firm boundaries, you change the narrative. You become someone who values intentionality and who carefully evaluates where to invest time and effort.

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**S48 :** For example, when someone requests your help or attention, they’ll know it’s not an automatic “yes” but rather something you thoughtfully consider. This shift doesn’t just protect your energy; it also ensures that when you do say “yes,” it’s because the opportunity aligns with your values and goals.

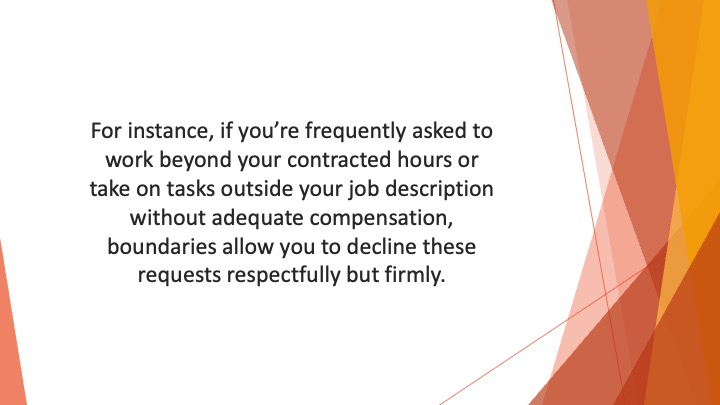
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**S49 :** This makes your contributions even more impactful and meaningful.

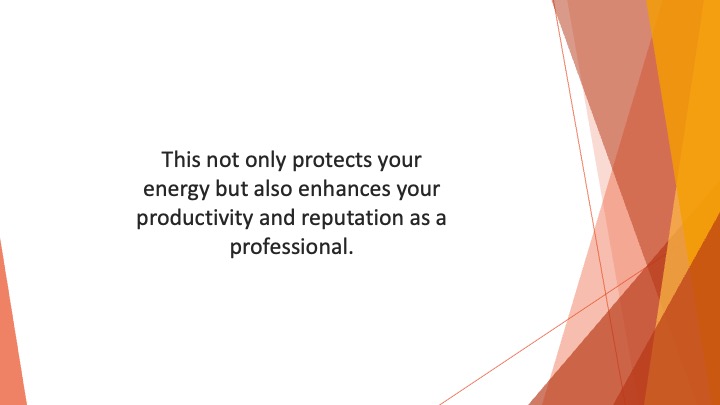
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**S50 :** Amazing for Your Career

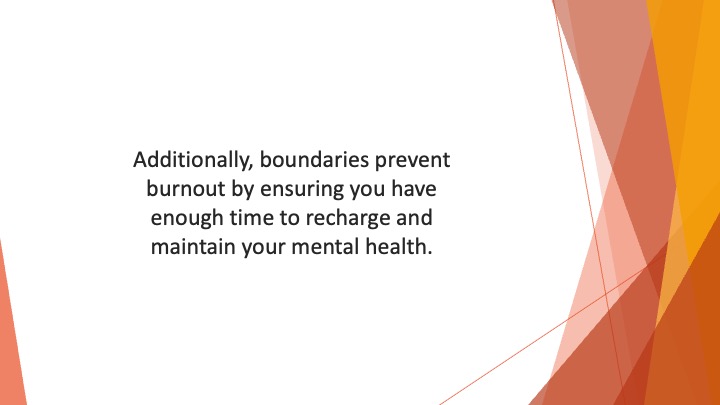
The concept of boundaries isn’t limited to personal relationships—it’s equally vital in professional settings. Boundaries in the workplace help maintain a healthy balance between your professional and personal life, ensuring you don’t sacrifice your well-being in pursuit of career goals.

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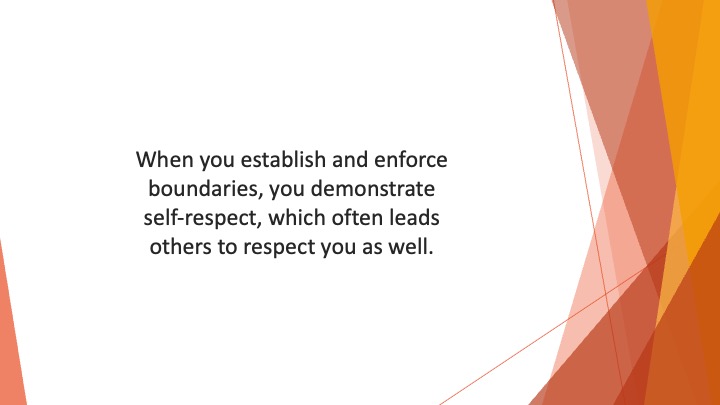
**S51 :** For instance, if you’re frequently asked to work beyond your contracted hours or take on tasks outside your job description without adequate compensation, boundaries allow you to decline these requests respectfully but firmly. Instead of overextending yourself, you can focus on delivering high-quality work within your designated responsibilities.

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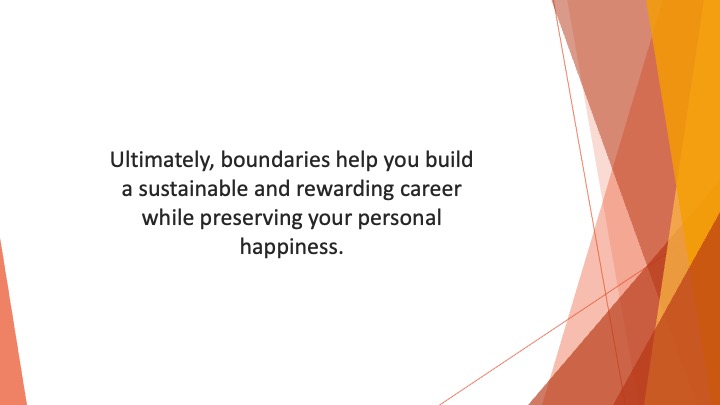
**S52 :** This not only protects your energy but also enhances your productivity and reputation as a professional.

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**S53 :** Additionally, boundaries prevent burnout by ensuring you have enough time to recharge and maintain your mental health. They also set a standard for how colleagues and employers treat you.

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**S54 :** When you establish and enforce boundaries, you demonstrate self-respect, which often leads others to respect you as well.

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**S55 :** Ultimately, boundaries help you build a sustainable and rewarding career while preserving your personal happiness.