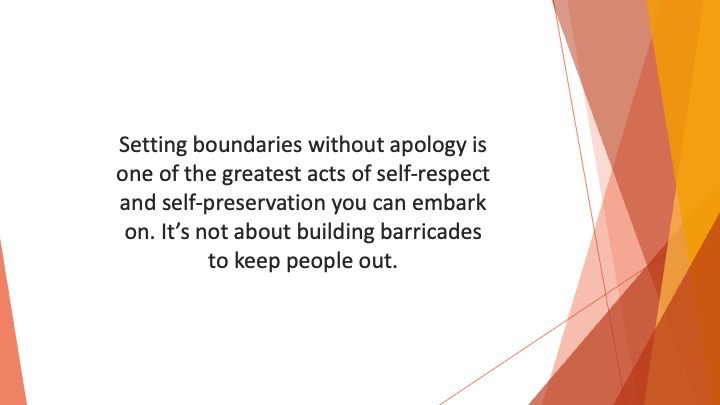
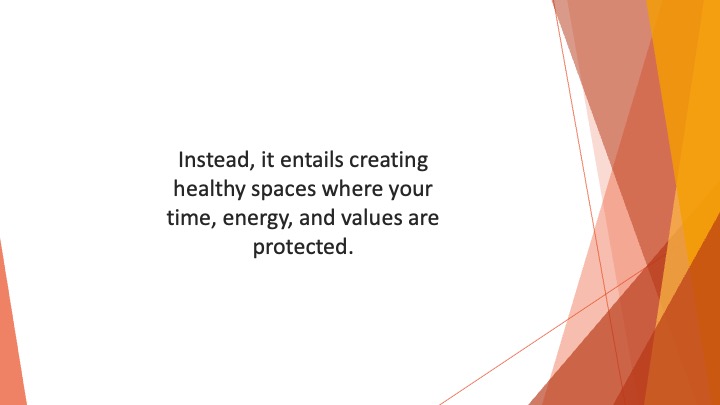
**Conclusion**

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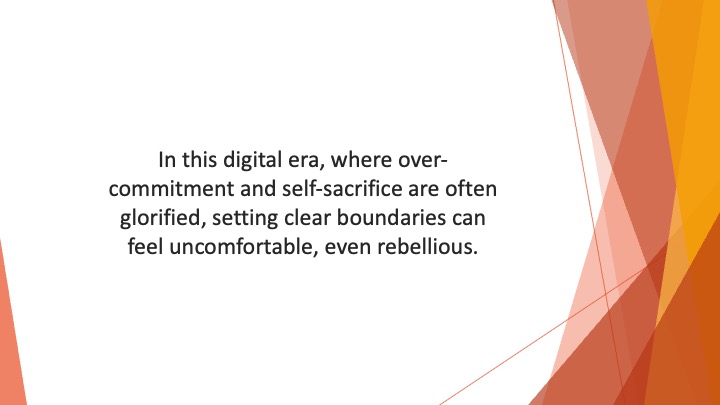
**S1** : Pause for 2 seconds



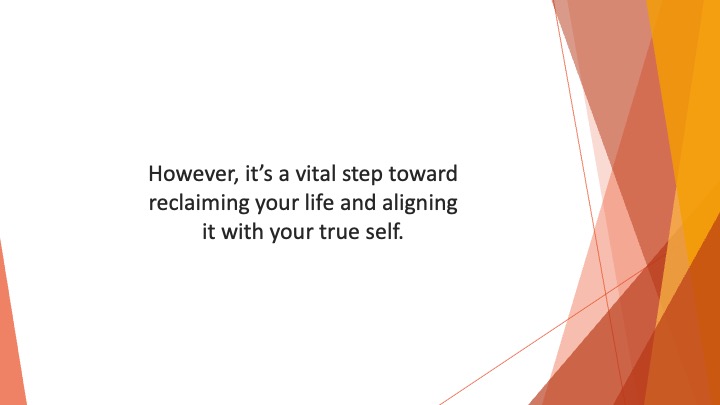
**S2 :** Setting boundaries without apology is one of the greatest acts of self-respect and self-preservation you can embark on. It’s not about building barricades to keep people out.



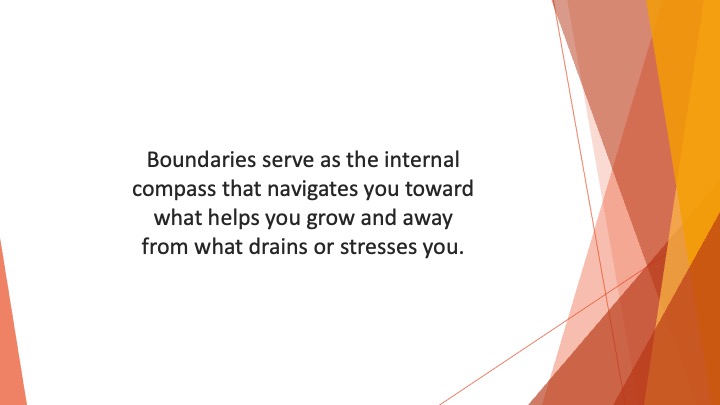
**S3** : Instead, it entails creating healthy spaces where your time, energy, and values are protected.



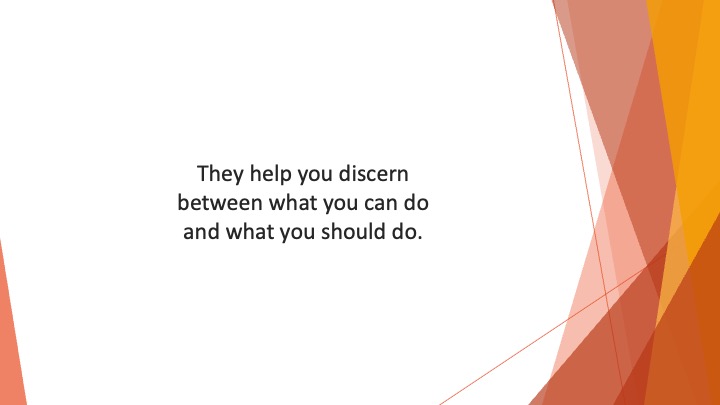
**S4** : In this digital era, where over-commitment and self-sacrifice are often glorified, setting clear boundaries can feel uncomfortable, even rebellious.



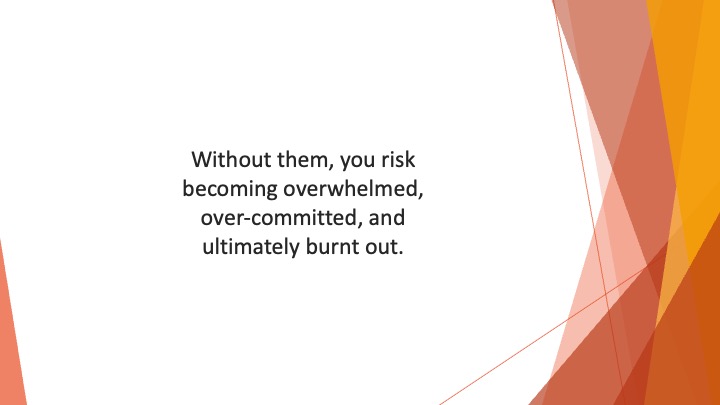
**S5 :** However, it’s a vital step toward reclaiming your life and aligning it with your true self.



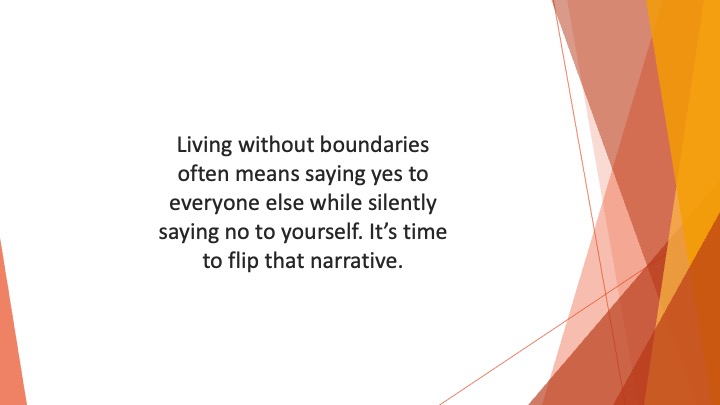
**S6 :** Boundaries serve as the internal compass that navigates you toward what helps you grow and away from what drains or stresses you.



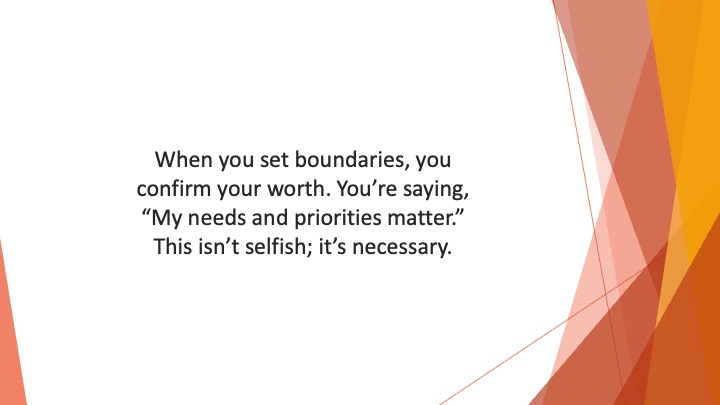
**S7 :** They help you discern between what you can do and what you should do.



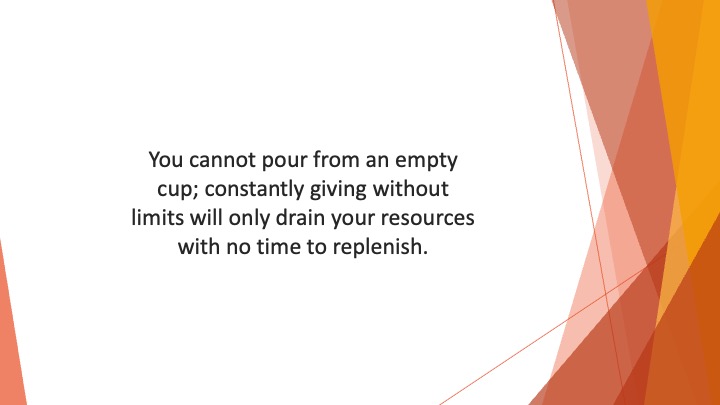
**S8 :** Without them, you risk becoming overwhelmed, over-committed, and ultimately burnt out.



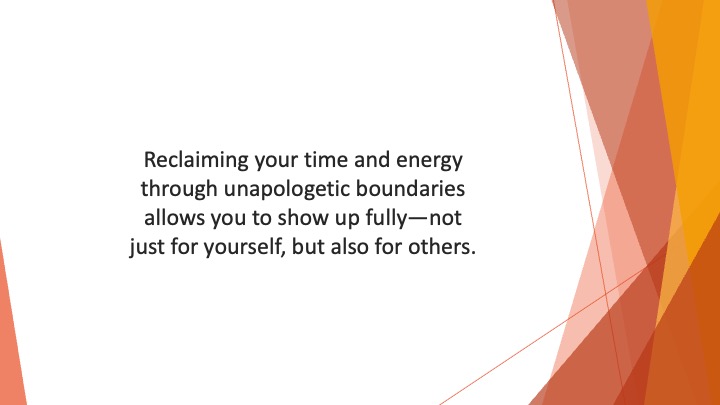
**S9 :** Living without boundaries often means saying yes to everyone else while silently saying no to yourself. It’s time to flip that narrative.



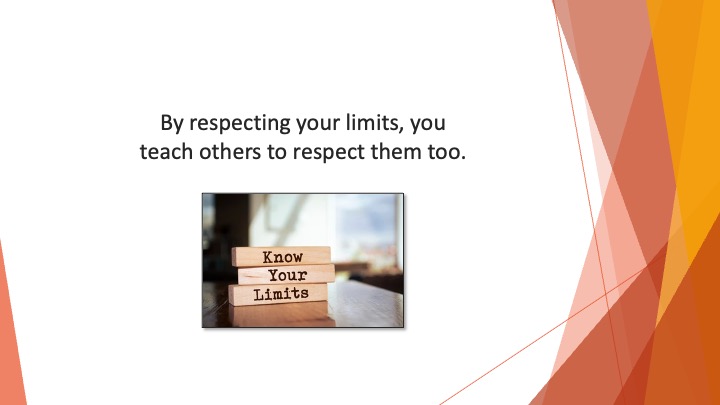
**S10 :** When you set boundaries, you confirm your worth. You’re saying, “My needs and priorities matter.” This isn’t selfish; it’s necessary.



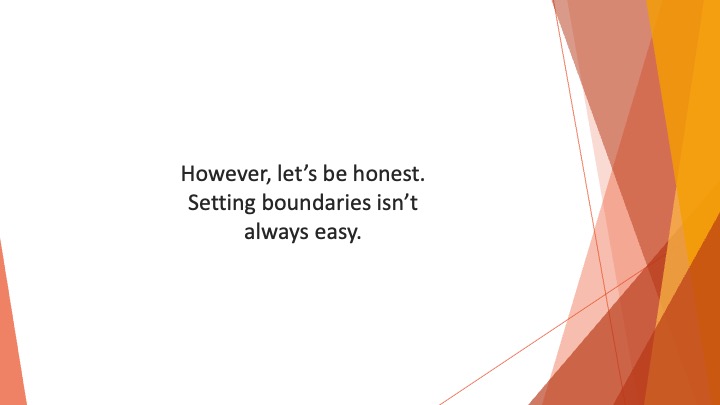
**S11 :** You cannot pour from an empty cup; constantly giving without limits will only drain your resources with no time to replenish.



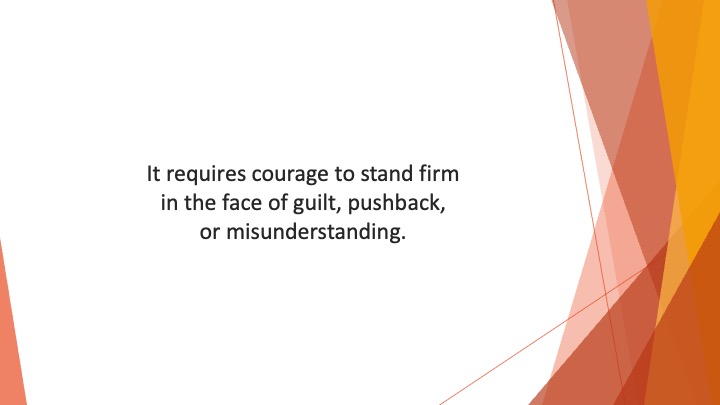
**S12 :** Reclaiming your time and energy through unapologetic boundaries allows you to show up fully—not just for yourself, but also for others.



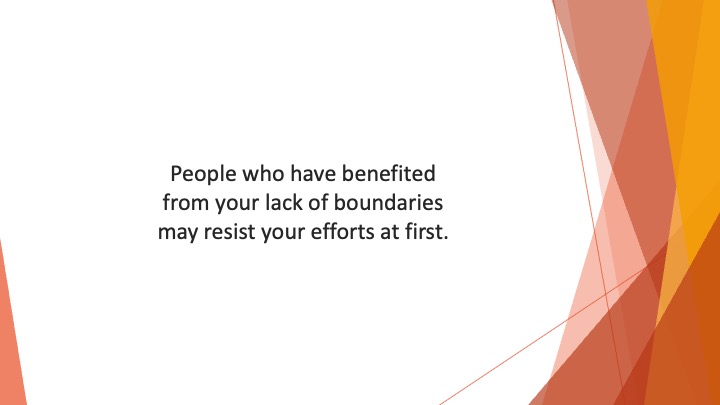
**S13 :** By respecting your limits, you teach others to respect them too.



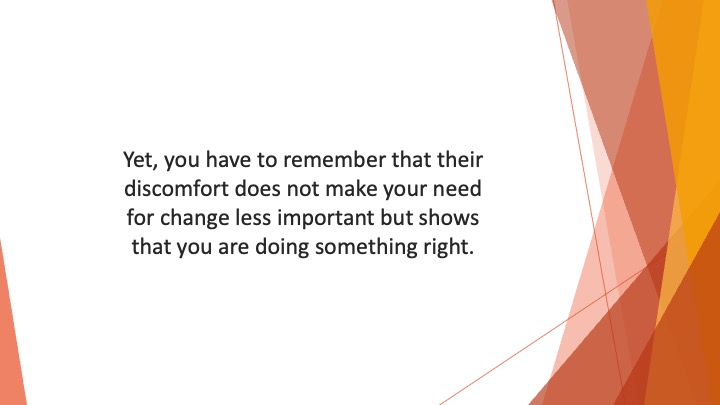
**S14 :** However, let’s be honest. Setting boundaries isn’t always easy.



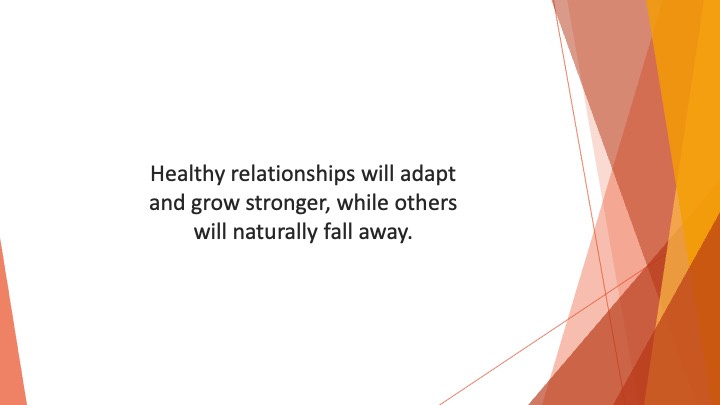
**S15 :** It requires courage to stand firm in the face of guilt, pushback, or misunderstanding.



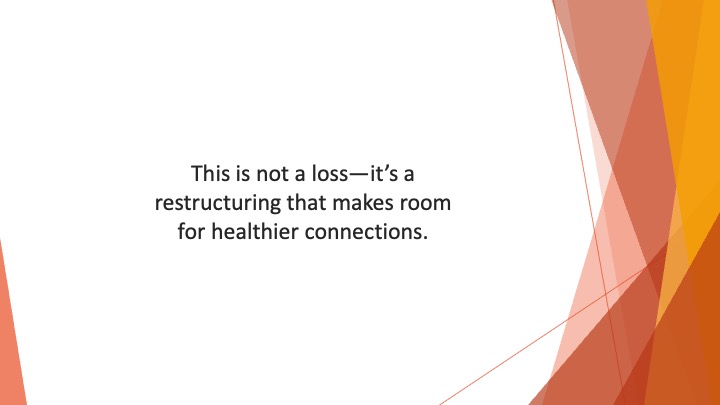
**S16 :** People who have benefited from your lack of boundaries may resist your efforts at first.



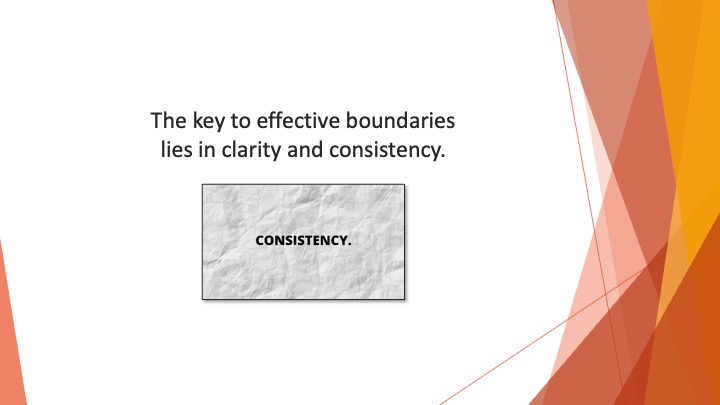
**S17 :** Yet, you have to remember that their discomfort does not make your need for change less important but shows that you are doing something right.



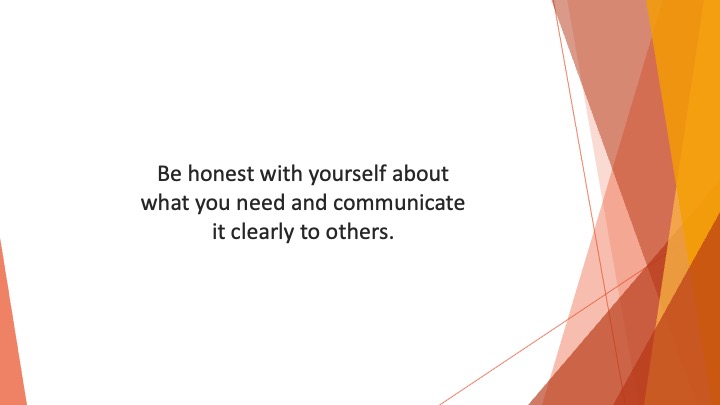
**S18 :** Healthy relationships will adapt and grow stronger, while others will naturally fall away.



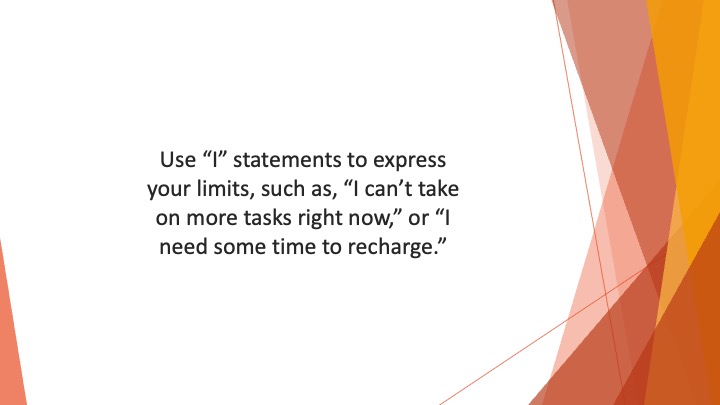
**S19 :** This is not a loss—it’s a restructuring that makes room for healthier connections.



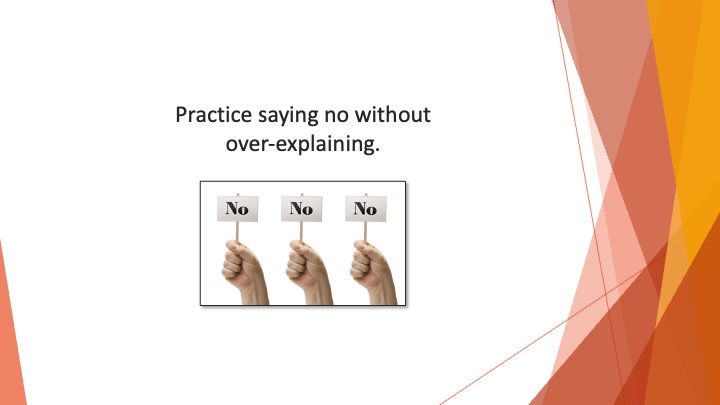
**S20 :** The key to effective boundaries lies in clarity and consistency.



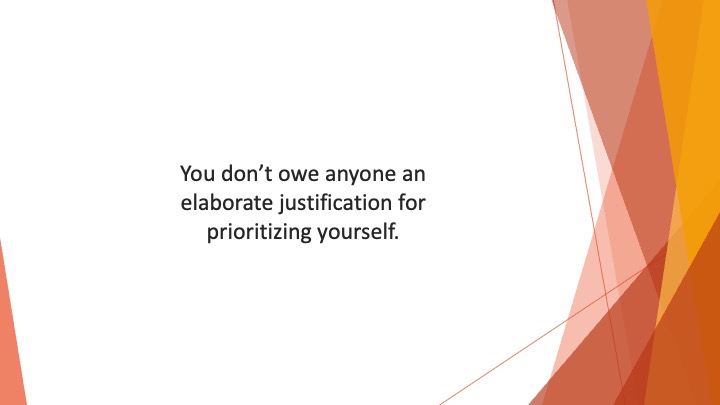
**S21 :** Be honest with yourself about what you need and communicate it clearly to others.



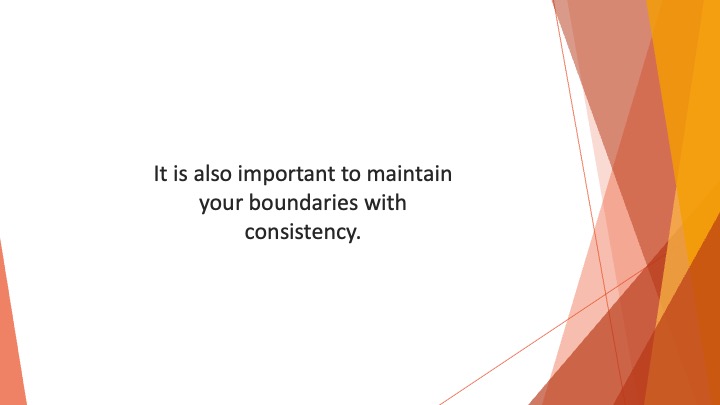
**S22 :** Use “I” statements to express your limits, such as, “I can’t take on more tasks right now,” or “I need some time to recharge.”



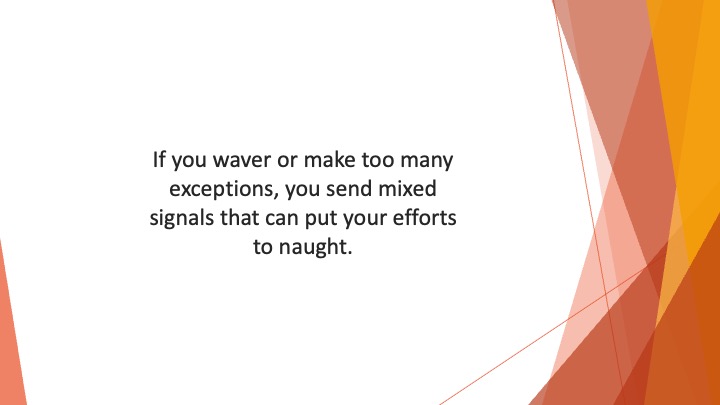
**S23 :** Practice saying no without over-explaining.



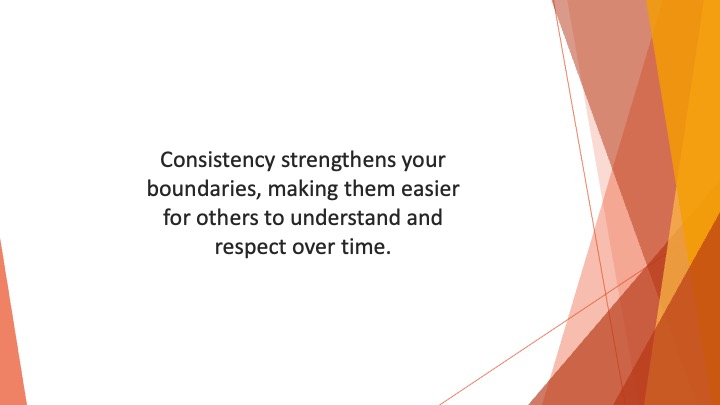
**S24 :** You don’t owe anyone an elaborate justification for prioritizing yourself.



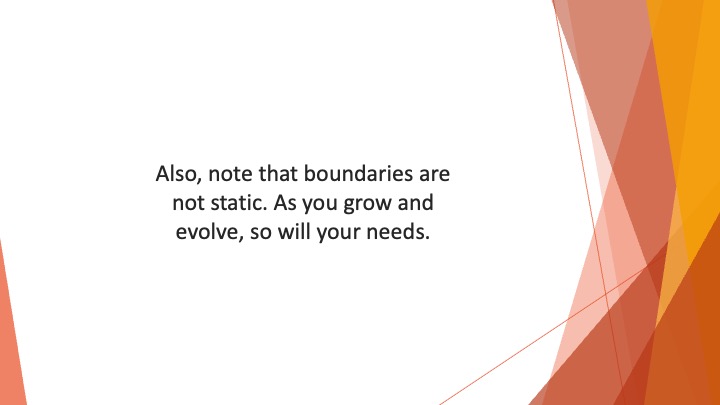
**S25 :** It is also important to maintain your boundaries with consistency.



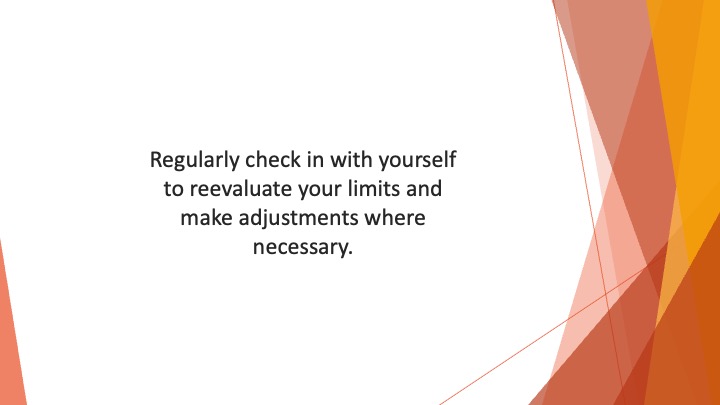
**S26 :** If you waver or make too many exceptions, you send mixed signals that can put your efforts to naught.



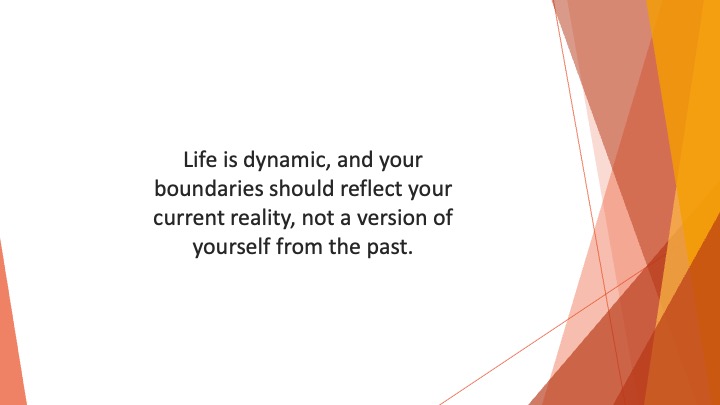
**S27 :** Consistency strengthens your boundaries, making them easier for others to understand and respect over time.



**S28 :** Also, note that boundaries are not static. As you grow and evolve, so will your needs.



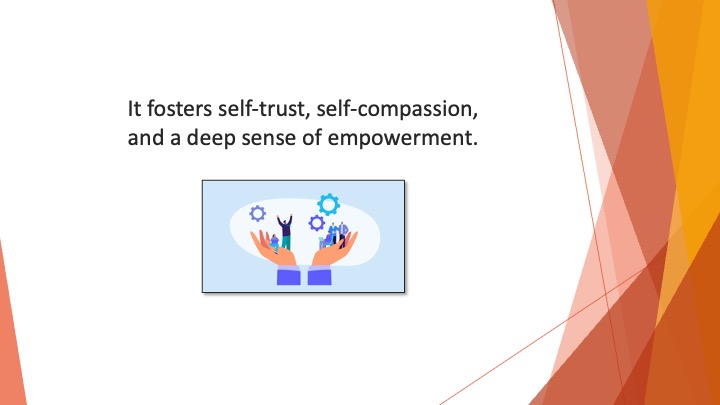
**S29 :** Regularly check in with yourself to reevaluate your limits and make adjustments where necessary.



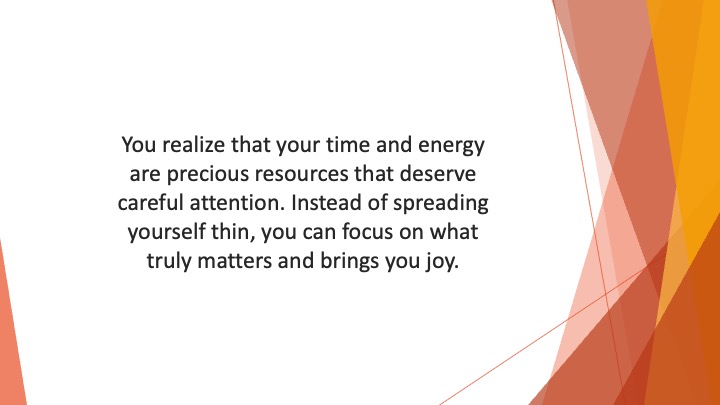
**S30 :** Life is dynamic, and your boundaries should reflect your current reality, not a version of yourself from the past.



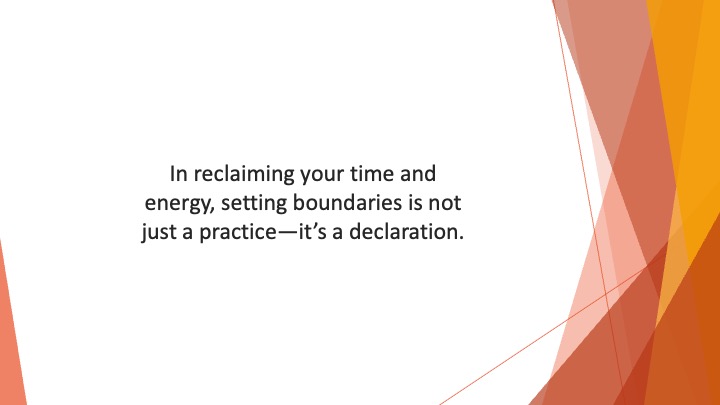
**S31 :** Living with unapologetic boundaries transforms your relationships with others and your relationship with yourself.



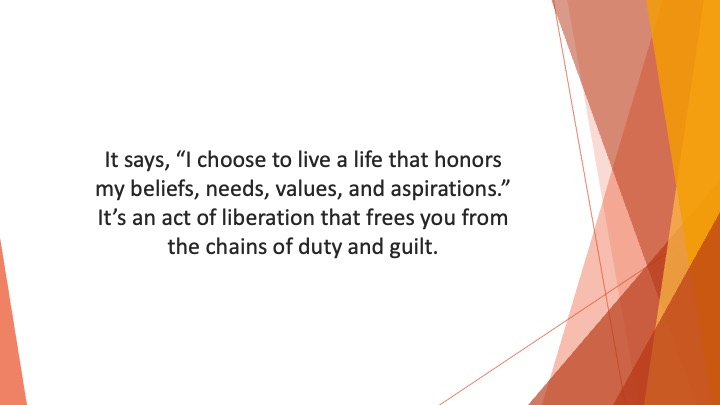
**S32 :** It fosters self-trust, self-compassion, and a deep sense of empowerment.



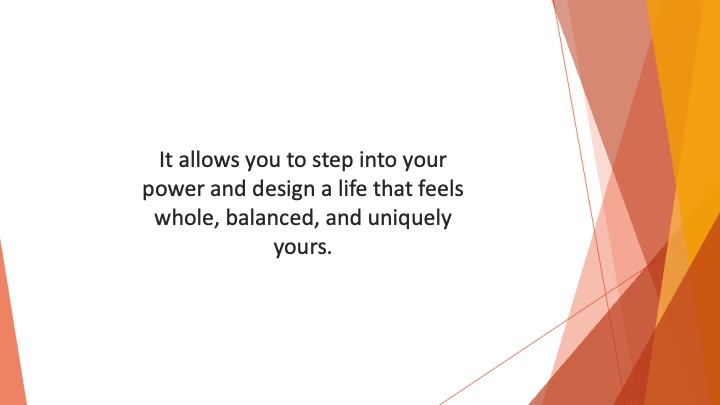
**S33 :** You realize that your time and energy are precious resources that deserve careful attention. Instead of spreading yourself thin, you can focus on what truly matters and brings you joy.



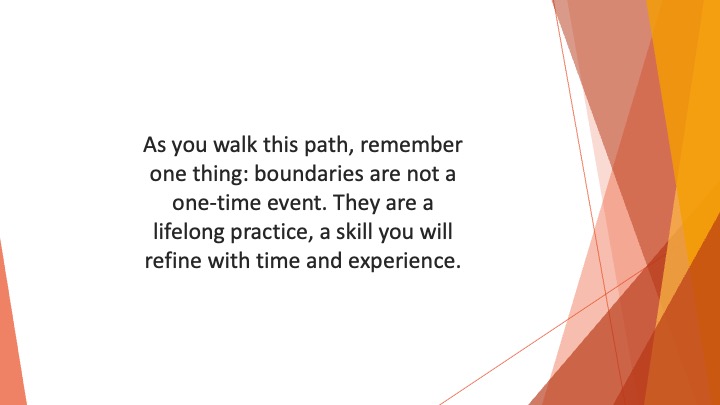
**S34 :** In reclaiming your time and energy, setting boundaries is not just a practice—it’s a declaration.



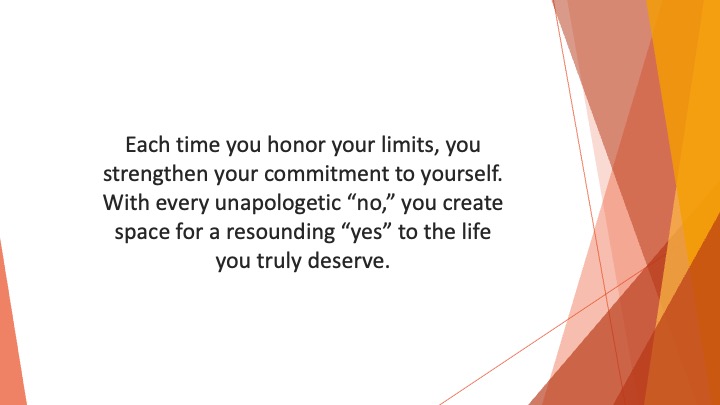
**S35 :** It says, “I choose to live a life that honors my beliefs, needs, values, and aspirations.” It’s an act of liberation that frees you from the chains of duty and guilt.



**S36 :** It allows you to step into your power and design a life that feels whole, balanced, and uniquely yours.



**S37 :** As you walk this path, remember one thing: boundaries are not a one-time event. They are a lifelong practice, a skill you will refine with time and experience.



**S38 :** Each time you honor your limits, you strengthen your commitment to yourself. With every unapologetic “no,” you create space for a resounding “yes” to the life you truly deserve.