

CHECK MY BOUNDARIES



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Queen of the Boundary Queens

Gene Keys Guide

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Welcome Beautiful Woman,

Frustrated because the boundaries you put up don't seem to work?

Still lie awake worrying, 'OMG! Maybe I was too hard, and now they think I'm a bitch?'

You're exhausted (and secretly resentful), and, to be honest, you don't really know what you're doing, do you?

IT'S TIME to learn **how to confidently set healthy boundaries so you can feel happy and in control of your life** (*even if putting yourself first makes you feel selfish!*)

AND I'M HERE TO HELP!

WHO AM I?

I'm Nat, and my ministry is to artfully and **rapidly** guide courageous, conscious, spiritual female leaders to become **A FREE WOMAN**, so they can ***feel happy, real & relaxed; create loving, healthy relationships; and BE the authentic female role model they were born to be***

I offer you a **feminine & spiritual pathway** to transform ***from feeling like a scared, hurt, or angry little girl inside, to becoming a confident, whole woman who is comfortable in her own skin*** (*all while saving you tons of time, money and suffering in the process!*)

WHY ME?

I've freed myself from the disempowering effects of childhood abuse and trauma, domestic violence, co-dependent patterns, and sex & love addiction, **and now have a healthy relationship with myself and everyone in my life.**

I've also worked for 25 years in mental health, therapy, trauma recovery, and feminine empowerment fields and have helped 100's of women to overcome dysfunctional childhood and adult relationships, ***by firstly mastering their boundaries!***

I'm known for truly '**walking my talk**', as I know first-hand the suffering of not being in my power as a woman, and the joy of now being free.

HOW DO I HELP?

The steps I guide my brave clients through to become a 'Free Woman' are:

REVEAL - Identify your struggles & dreams, *so you know what needs to be fixed, remember why it matters, and feel inspired to do the work (even if you're feeling scared)*

REMEMBER - See, own & dissolve your victim/ego/shadows/conditioning, *so you can recover who you really are, raise your vibration, and be authentic in relationships*

RECLAIM - Embody sovereign, healthy boundaries and become a Boundary Queen, *so you can honour yourself & others, live aligned to your soul, and dissolve drama in your life (even if putting yourself first still feels selfish)*

RESET - Resolve chronic, generational emotional/mental baggage, *so you can feel free, whole & present, move on from your past, and take a quantum leap forward in your evolution.*

REBIRTH - Change your external world to match your internal changes, *so you feel aligned and in integrity with yourself; create the life and relationships you desire; and live without regrets*

What order you take these steps is unique to your journey, **and today I invite you to take a first step towards becoming a Boundary Queen!**

YOUR NEXT STEP

I've prepared this brief boundary self-assessment to help you become aware of your current boundary strengths and challenges, **so you can start to make positive changes right now.**

INSTRUCTIONS:

1. Download and save the checklist now.
2. Print the checklist.
3. Take a couple of minutes to read the checklist and choose a rating for each suggested boundary. Put a tick in the correct rating column.
4. Don't rush, or conversely, over-think it. Trust your gut on the correct rating for you right now.

Rating Scale:



= **Lady in Waiting** (I've just become aware of this)






= **Princess** (I've been working toward this for some time)









= **Boundary Queen** (I have fully embodied this boundary)

5. Notice which column has the most ticks (or add them up if you want too)
6. Read the assessment results and find out your next step.
7. Have fun with this!

TODAY'S DATE: _____

EXAMPLES OF HEALTHY BOUNDARIES	 Lady in Waiting	 Princess	 Boundary Queen
1. PHYSICAL BOUNDARIES			
a) I decide who touches me and my personal belongings.			
b) I “help” only when I’ve been invited, and if I feel willing and able to do so.			
c) I care for my body and prioritise the sleep, exercise, rest, and nutritional food I need.			
2. EMOTIONAL BOUNDARIES			
a) I take full responsibility for what I think, how I feel, react, and behave and for getting my needs met in healthy ways.			
b) I face, address, and resolve my emotional problems and do not allow my feelings to control my life.			
c) I don’t ‘take on’ responsibility for other people’s behaviours, problems, and feelings.			
3. MENTAL BOUNDARIES			
a) I think for myself and give myself permission to change my mind and my beliefs.			
b) I don’t expect other people to ‘read my mind’. I clearly and openly share my thoughts, opinions & feelings and ask for what I need and want.			
c) I don’t go against my personal values or rights to please others.			
4. SEXUAL BOUNDARIES			
a) I don’t act on first sexual impulse. I take my time to get to know a person first.			
b) I accept that sex is not love. Sex is sex. Love is love. They don’t automatically go together.			

EXAMPLES OF HEALTHY BOUNDARIES	 Lady in Waiting	 Princess	 Boundary Queen
c) I only participate in sexual acts I feel comfortable and safe with and have clearly consented to.			
5. RELATIONSHIP BOUNDARIES			
a) I resolve problems quickly and directly with the person I have an issue with, instead of complaining to myself, my family, or friends.			
b) I retain my own personal identity & interests separate to my relationship and support my partner to do the same			
c) I focus on what I can do to improve my relationship, instead of trying to change the other person.			
6. FINANCIAL BOUNDARIES			
a) I don't work for free unless I'm in an official volunteer role.			
b) I don't pay other people's bills or expenses for them, especially when I don't want to or can't afford it.			
c) I don't expect family or friends to solve my money problems for me.			
7. TIME BOUNDARIES			
a) I value my time and consciously spend it doing what's most important to me.			
b) I graciously say NO to things I don't want to do or realistically don't have the time or energy to do.			
c) I take holidays regularly.			
8. SPIRITUAL BOUNDARIES			
a) I honour my spiritual beliefs and respect other people's different beliefs			
b) I can be vulnerable and ask for help and support when I need it			

EXAMPLES OF HEALTHY BOUNDARIES	 Lady in Waiting	 Princess	 Boundary Queen
c) I can 'detach with love' (e.g.: I care about others but don't fall into their dramas/pain with them.)			
9. WORK BOUNDARIES			
a) I feel I have balance between my work and personal life.			
b) I don't do other people's work for them or take responsibility for their outcomes.			
c) I take all allocated breaks and get paid for the hours I work.			
10. TECHNOLOGY BOUNDARIES			
a) I limit my time on the internet & Social Media to what feels good to me.			
b) I refrain from posting about others without their permission.			
c) I can set and keep healthy limits on my mobile phone usage.			
11. BUSINESS BOUNDARIES (if applicable)			
a) I see myself and my self-worth as separate from the success my business.			
b) I don't 'take on' my client's energy or problems.			
c) I charge what I feel I my service is worth and expect payment upfront or on time.			
OPTIONAL: ADD UP YOUR SCORES IN EACH OF THE 3 COLUMNS HERE			

Woo Hoo! Well done! Keep reading to find your next step....

Congratulations for being so honest with yourself babe!

You've got the courage to transform into a woman who can graciously speak up, stand up and show up as who you really are, so you can enjoy life & relationships.

If your results were not as high as you hoped, **please be kind to yourself**.

Becoming a Boundary Queen is a journey and indeed an **artform** that takes time to learn.

The truth is you cannot master boundaries by just reading books or talking to your therapist or best friend.

You must turn knowledge into **WISDOM** and that starts by becoming aware of how you are **BEING** when you set the boundary.

If your energy is OFF, then the boundary will inevitably fail.

However, it's often hard to see and know what needs to change (*because you're IN your problems, right?*).

So, I invite you to take the next step by watching my free, 5-part video masterclass series – 5 Reasons Why It's Hard To Stick To Your Boundaries (And Tips To Help You Get Better At It).

WATCH HERE: <https://www.natalieannemurray.com/5-reasons-why-its-hard-to-stick-to-your-boundaries/>

****This information is key to instantly improving your boundaries, so I invite you to put 45-50 minutes aside in your diary to watch the series, or watch 1 x 10 minute video a day over the next 5 days****

WATCH HERE: <https://www.natalieannemurray.com/5-reasons-why-its-hard-to-stick-to-your-boundaries/>

Enjoy!

Love,

Nat x

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