



EDUCATIONAL RESOURCES



Setting and Maintaining Boundaries

Laura Suttin, MD

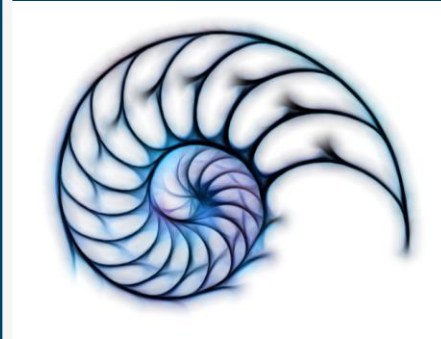
Purposeful MD

About Me

- Mom, Wife, Bonus Mom, Dog Mom, Daughter, Sister, Friend, Aunt
- Family Physician
- Certified Coach, Entrepreneur, Author
- Runner, Triathlete



Overview



Why Boundaries Matter



Find your Why



Get into Action



Why Boundaries Matter





What is a Boundary?

“A boundary is something you say you will do, and it requires the other person to do nothing.”

Dr. Becky Kennedy



Why is it so hard to
set boundaries?

- We don't know how
- We are afraid of hurting others
- Change is hard





Find Your Why



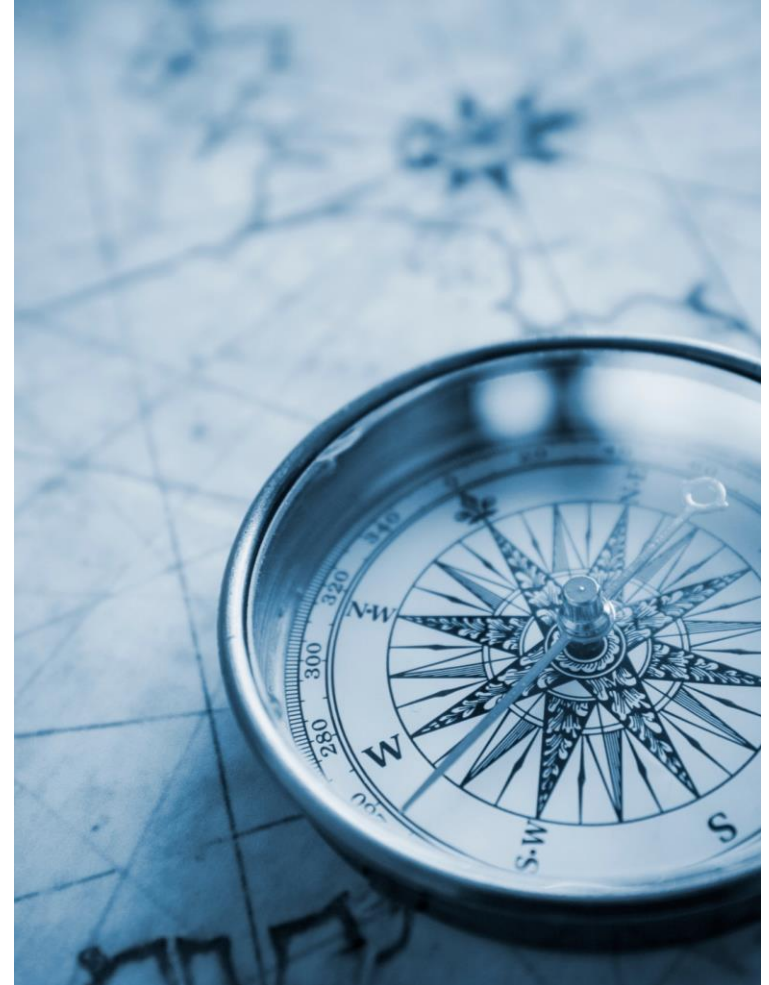
- Authenticity
- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Beauty
- Boldness
- Compassion
- Challenge
- Citizenship
- Community
- Competency
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Faith
- Fame
- Friendships
- Fun
- Growth
- Happiness
- Honesty
- Humor
- Influence
- Inner Harmony
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaningful Work
- Openness
- Optimism
- Peace
- Pleasure
- Poise
- Popularity
- Recognition
- Religion
- Reputation
- Respect
- Responsibility
- Security
- Self-Respect
- Service
- Spirituality
- Stability
- Success
- Status
- Trustworthiness
- Wealth
- Wisdom

Source: jamesclear.com

Core Values

- Choose 10 Values
- Rank them in the order of 1-10, 1 being the highest ranked value
- For each value, rate on a scale from 1-5 how highly aligned you are living out each value

(5 = very aligned; 1 = not at all aligned)







One Small Step



Quote Of The Day

“Every action you take is a vote for the type of person you wish to become”

-James Clear, Atomic Habits.

Let's get into action



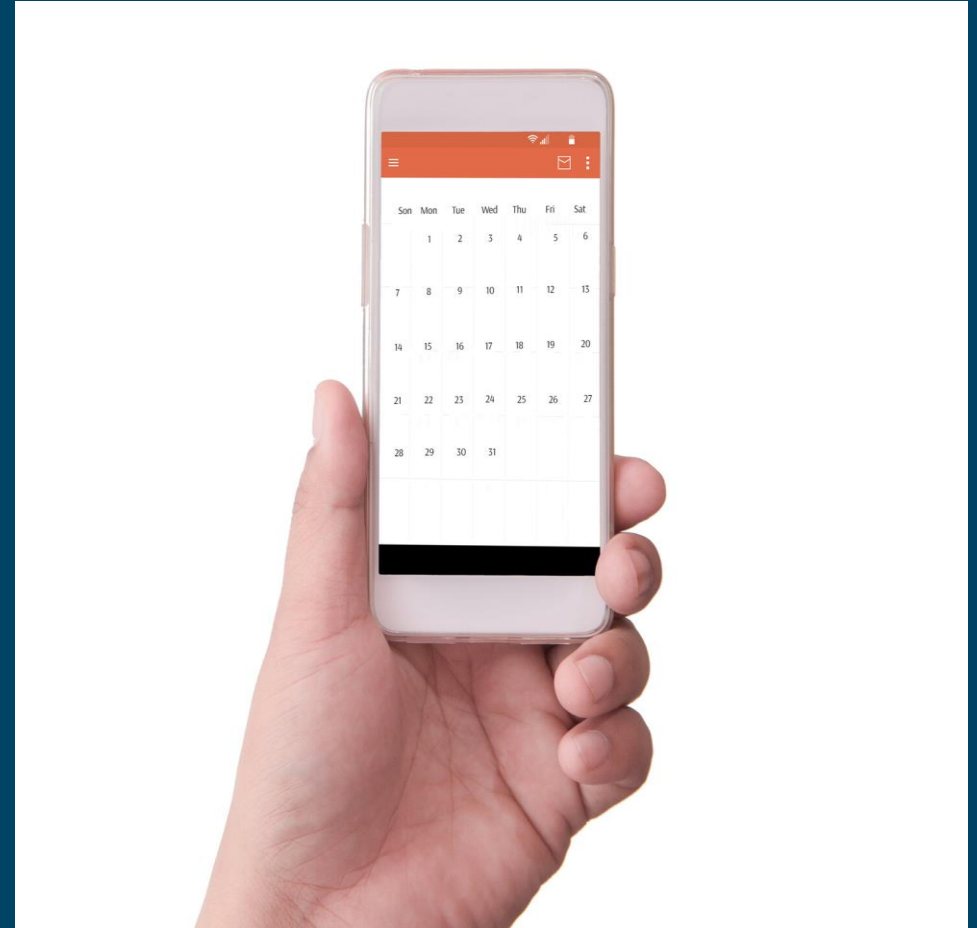
Action

- What's one boundary you can set, this week?
- As you think about setting this boundary, what thoughts come up?
- What permission do you need to give yourself to set this boundary?



Decide when you will take
this action.

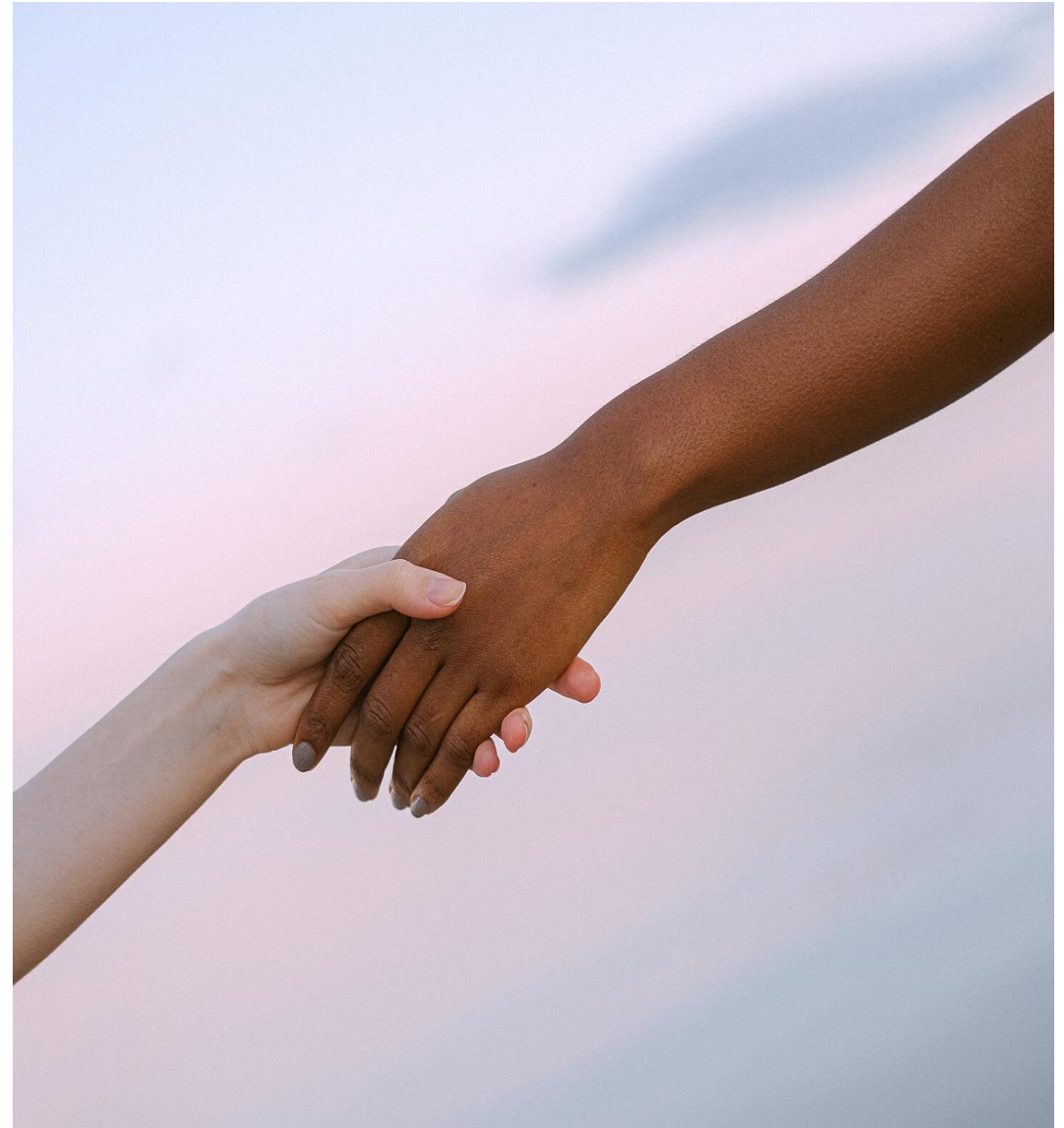
Put it on your calendar!



Self Compassion

- Treating yourself the way you would treat a loved one.

self-compassion.org





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Thank you

Laura Suttin, MD

Purposeful MD

www.thepurposefulmd.com

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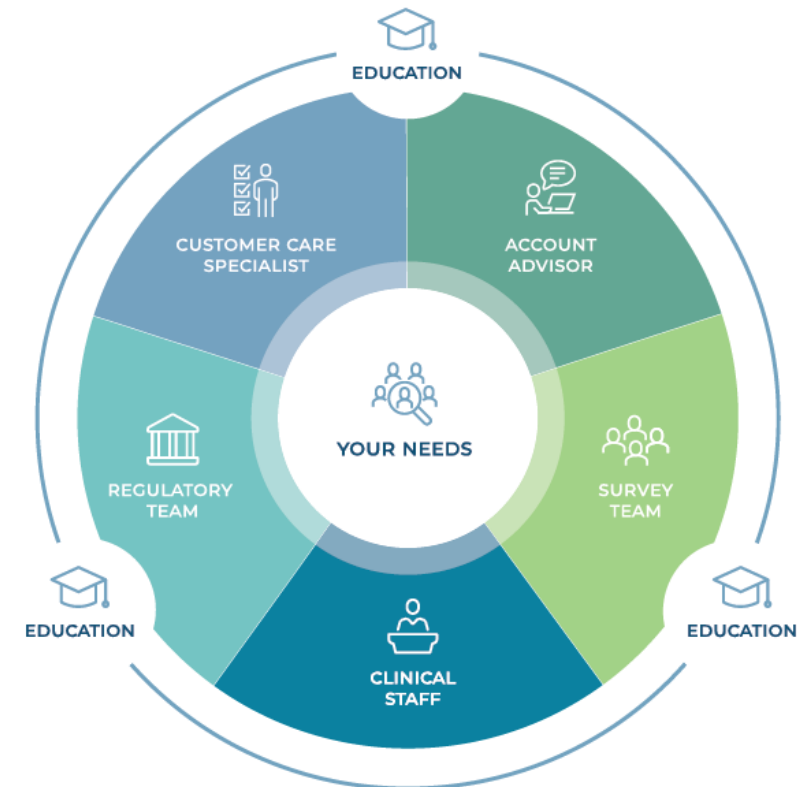


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