

STELLAR *Life*

Hosted by *Orion*

How to Set Healthy Boundaries

10 Point Checklist

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Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Define your boundaries. Analyze the factors that contribute to your boundaries. Decide what's tolerable and where to draw the line. Remember, boundaries are for protection and to grow healthy relationships, not to control or harm others.
- Be assertive in setting boundaries. This involves taking responsibility for your life, freeing yourself from a victim mentality, and standing firm when your boundaries are challenged.
- Prioritize your needs. Setting boundaries can be stressful — it's vital to put your needs first. Self-care includes activities that reduce stress, promote relaxation, and increase your overall well-being.
- Recognize your triggers when your boundaries are crossed. These may include physical discomfort, emotional distress, or feeling trapped.
- Be careful with your inner dialogue. Stop yourself immediately when you notice you're talking to yourself unkindly. Keep your words encouraging and full of positive affirmations.
- Clearly and directly communicate boundaries. This ensures that your boundaries are respected. Using "I" statements to convey personal needs and limitations without blaming or accusing the other person is important.
- Seek support from like-minded people. They can provide encouragement, guidance, and feedback on setting healthy boundaries.
- Regulate social media and TV consumption. Knowing when to set boundaries of what you consume online. Commit to occasional detoxes to create positive cognitive performance and avoid mental health issues.
- Avoid codependency to ensure self-growth. People who co-depend on others cannot grow. It's important to find your own strengths.
- Visit Orion's [website](#) for the latest podcast episodes. Join Orion's Facebook group, [Stellar Life: A Community of Extraordinary Women](#), to join a strong female community.