

Moxie Moment: Hey, Boundary!



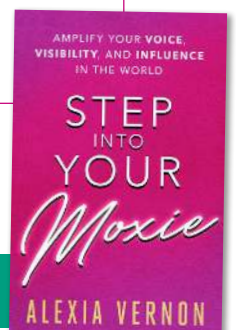
You're a self-aware lady (or lad), so I'm confident that as you cruised through this chapter you spotted busted boundaries of yours left, right, and diagonally. In this Moxie Moment, I'm sharing with you an exercise I've cultivated to repair and rearticulate boundaries, my own and others'.

Directions:

Please answer the following questions to (re)create your most pressing boundary, and then share it with the relevant people in your life. Please use the preceding hypothetical example as inspiration (and permission) to say what you know, at your core, you are aching to say.

1. In what area of your life are you not showing up from a place of moxie?

2. What boundary needs to be created (or reaffirmed) for you to show up, and speak up, with more moxie, grace, and ease?



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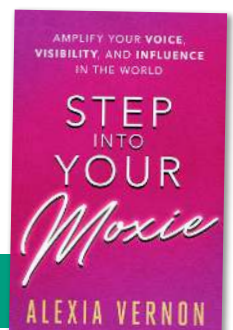
3. Who do you need to communicate this boundary to?

4. How can you articulate the boundary with moxie?

Here are some tips for answering number 4: Speak the boundary as a statement of fact (versus as a question), say it with confidence (rather than as an apology), and make clear (and with compassion — for yourself and others) how you will uphold it.

Sample Responses

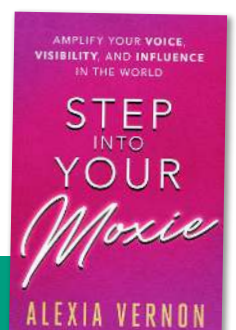
1. In what's area of your life are you not showing up from a place of moxie?
Client communication
2. What boundary needs to be created (or reaffirmed) for you to show up, and speak up, with more moxie, grace, and ease? **I need my clients to stop text messaging me, especially over the weekends.**



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3. Who do you need to communicate this boundary to? **Each of my ten retainer clients.**
4. How can you articulate the boundary with moxie? **Hey, client, I know my cell phone number is on my business card. And during the workweek, between nine and five, it's totally cool, if I'm not at my desk, to try my cell phone number. If you do call it, and I don't pick up, please leave a voicemail or send an email. I prefer to use text messaging only with family and friends. Thanks for your understanding.**



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Questions for Reflection

What will be the payoff for communicating the boundary above (and other boundaries for which you use this process)?

What's it costing you not to set or uphold your boundaries through your communication — or to second-guess the boundaries you have?

How might your moxie (as it pertains to boundaries) empower the people in your life to define, communicate, and maintain their boundaries as well?

As you make a habit of creating and maintaining your boundaries, how does your perception of your moxie, your energy, and your overall personal and professional satisfaction evolve?

