



Boundaries Made Simple: 5 Rules to Protect Your Energy (Without the Drama)

1 Know Your Non-Negotiables

- If it's not a hell yes, it's a nervous system no.
- Get crystal clear on your priorities... whether it's guilt-free me-time, Taco Tuesday with friends, or finally watching that Netflix series.
- Ask yourself: "Does this spark peace, or will it drain me like a cracked iPhone battery?"

2 Guard Your Time Like It's A Front Row Ticket to Your Favorite Band

- Your time is sacred. Not everyone gets backstage access.
- If it is not a priority, it doesn't get your presence.
- "Can we just squeeze in a quick call?" Nope. My schedule is fully booked with peace and recovery.

3 Say "NO" Like a Pro

- Forget the awkward excuses. Here's your power script:
 - "Thanks, but I'll have to pass on this one."
 - "That's not going to work for me, but I appreciate you asking!"
- Pro Tip: "No" is a full sentence. Repeat after me: NO. Period.

4 Communicate Like a Boss (Kind, Clear, No Apologies)

- Here's your cheat sheet for boundary-setting in style:
 - "I'd love to help, but I'm maxed out right now."
 - "I'll get back to you after [insert your actual availability, not their deadline]."
- Warning: You're not responsible for their feelings. You're responsible for protecting your peace.

Bonus: Keri's Energy Arsenal for High-Functioning Humans on the Edge

- Put your phone on Do Not Disturb. It's not ghosting. It's resurrection..
- Visualize a glittery boundary bubble if it helps. If not? Just picture a damn moat.
- Music, movement, and deep breathing aren't optional. They're your survival tools.
- Regulate → Rest → Respond. That's the new productivity model.

5 Enforce Like a Rebel

- When someone pushes back, channel your inner badass:
 - "I'm honored you thought of me, but I can't commit."
 - "That's a no from me, but I hope it works out for you!"
- Boundaries aren't just cute. They're nervous system regulation in action. If they don't get it? That's not your job. It's your signal to protect your peace harder.

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