



TERRI COLE'S 10 DAY

CRUSH BOUNDARY BLOCKS



EXPERIENCE

A WELCOME NOTE

I created the **10 Day Crush Your Boundary Blocks Experience** to teach you how to make some small yet powerful changes that will lead to breakthroughs in your boundaries and relationships because EVERYTHING changes when you do!

Here's how it's going to go:

Over the next 10 days we are going to tackle one boundary block a day

Each day we'll spend about 10 minutes together and focus on one topic to raise your awareness and your boundary literacy. Awareness is always the first step.

Real Transformation is created by small, consistent changes - and you can't make changes without being aware of what the issue is.

Each session has a simple doable daily mindful action that we'll do together during our time together.

If you stay committed to doing these 10 days you will experience more self awareness about why your boundaries are the way they are right now which is the first step to changing what's not working.



You can use this journal or your own to jot down each day's mindful action, and make any notes about the thoughts and feelings that arise for you.

You can type your notes directly into the fields in the PDF, and then save it to your computer. Or you can print the PDF out and handwrite your notes (There can be great power in the act of physically writing something down).

My hope is that you'll learn valuable information about yourself and raise your awareness about why your boundaries are the way they are right now and that you can use that awareness to improve your communication and relationships. I'm here to create a sacred space for your expansion and to cheer you on!

Love, Terri

CRUSH BOUNDARY BLOCKS EXPERIENCE

DAY 1 - SETTING BOUNDARIES

We all know we need to set boundaries. But in the moment summoning the courage to say no or state a preference can be challenging. This session is all about why it might be hard for you to set boundaries, and how raising your awareness makes it easier to actually set them.

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DAILY ACTION



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DAY 2 - BOUNDARY MYTHS

Do you ever worry about how you will be perceived if you speak up, express a limit, disagree, or simply say, no? Do you fear being misunderstood or labeled a drama queen, moody, or selfish? In today's session, we'll cover the top boundary myths that might be keeping you stuck in an old familiar boundary pattern.

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DAILY ACTION



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DAY 3 - BOUNDARY VIOLATIONS

Your body is constantly sending you signals. Whether it is that gut feeling, heart racing, or even a headache, your body's reactions hold the answers to your mind's questions. Today's session focuses on how your body alerts you when someone crosses your boundaries.

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DAILY ACTION



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DAY 4 - BOUNDARY BULLIES

Today's session focuses on raising your awareness about those around you who are violating your boundaries. Knowing who your biggest offenders are and bringing mindful awareness to the issue when you're not in the heat of the moment is a great place to start building your boundary resilience.

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DAILY ACTION



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DAY 5 - YOUR VIP SECTION

Imagine that your life has a VIP section like a club or venue. You are in charge of that area, create the guest list, and are the only bouncer. Today's session is about raising your awareness of who is in the VIP section and why not everyone should be admitted. The more you understand the underlying reasons for allowing entitled or misguided people to take up important space in your life, the easier it will be to draw needed boundaries.

NOTES

DAILY ACTION



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DAY 6 - OVER-GIVING & OVER-FUNCTIONING

Over-functioning refers to doing more than your share and being unclear about what IS your responsibility and what's NOT. The focus of today's session is to raise your awareness about where you might be over-giving, over-functioning or over-doing and ideas of what to do instead.

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DAILY ACTION



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DAY 7 - AUTO-ADVICE GIVING

When someone is talking about a problem they're having, do you feel immediately compelled to give your thoughts, opinions or previous experience knowledge to help FIX their problem? It is so tempting to give and accept unsolicited advice. In this session, we're covering why auto-advice giving is a boundary block and what you might say instead.

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DAILY ACTION



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DAY 8 - BOUNDARIES + DENIAL

Do you find yourself making excuses for other people who cross boundaries in your relationships? Or are you too understanding of other people's unacceptable behavior? In today's session, we will be uncovering the lies you tell yourself to avoid conflict, discomfort or setting a boundary you really need to make.

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DAILY ACTION



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DAY 9 - BOUNDARY SCRIPT-STARTERS

Do you ever fumble around with the words when you know you need to set a boundary? Implementing boundaries is so much easier when you have the right language. Today's session will give you practical script starters and language to set limits so that in the moment you'll have the words and know what to say.

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DAILY ACTION



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DAY 10 - THE ULTIMATE BOUNDARY – SELF CARE

Do you think that self-care is selfish? Self-care is about replenishing your resources without depleting someone else's. And setting healthy boundaries regularly is a radical act of self-care and self-love. It is a powerful way to protect yourself from emotional harm, keep your personal dignity intact, and strengthen the relationship you have with yourself. In today's session, we'll cover real self-care ideas including better boundaries!

NOTES

DAILY ACTION



reflection

REFLECTION

Please use the journal prompts below to expand on your desire
to be a **more empowered Boundary Boss**
in all of your relationships through journaling and visualization:

1. Imagine what your life would look like if you were able to naturally and calmly verbalize your desires, preferences and needs early and often in relationships?

2. How might this change your level of contribution to your family, love relationships, yourself, your community and the world?

3. How will your life change as you become more centered and confident in your ability to negotiate for your wants, needs, desires and preferences?

4. What is the one thing you can do right now that is aligned with your desire for better boundaries?

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When we fail to set boundaries and hold people accountable, we feel used and mistreated. This is why we sometimes attack who they are, which is far more hurtful than addressing a behavior or a choice.

Brené Brown,
The Gifts of Imperfection

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Terri Cole is a licensed psychotherapist, global relationship and empowerment expert, and the author of *Boundary Boss-The Essential Guide to Talk True, Be Seen and (Finally) Live Free*.

For over two decades, Terri has worked with a diverse group of clients that includes everyone from stay-at-home moms to celebrities and Fortune 500 CEOs.

She has a gift for making complex psychological concepts accessible and actionable so that clients and students achieve sustainable change.

She inspires hundreds of thousands of people weekly through her blog, social media platform, signature courses, and her popular podcast, The Terri Cole Show. For more, see terricole.com

with love, Terri

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