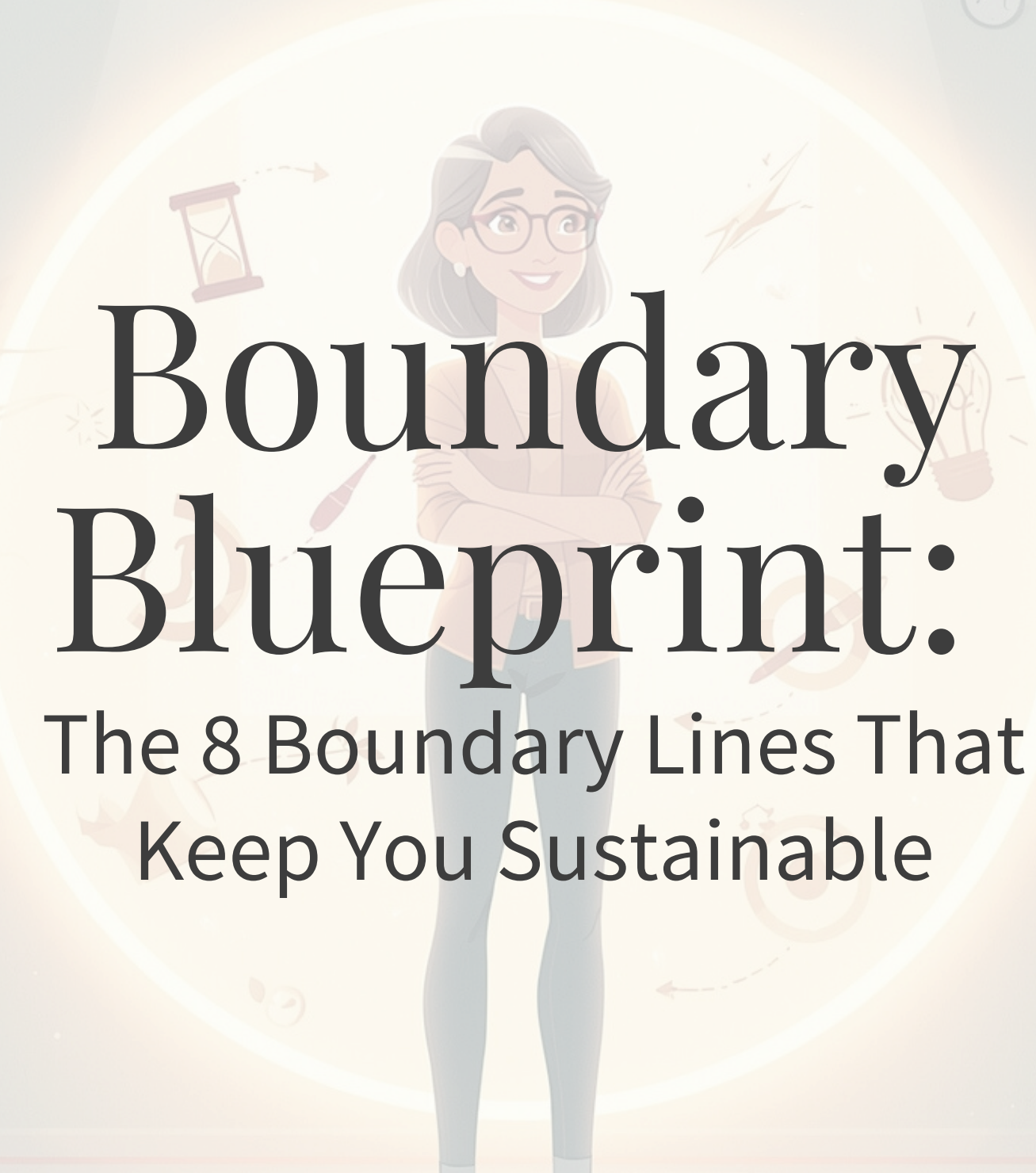




Boundary Blueprint:

The 8 Boundary Lines That Keep You Sustainable



The Framework for Staying Sane, Paid, and Inspired

Boundaries aren't fences;
they're floor plans. They tell
your work where it lives and
where it doesn't.

Without them, you end up
camping in chaos, wondering
why you're exhausted and
resentful.

Let's fix that.



1. Time — Guard the Hours That Guard You

People will take every hour you don't protect. Block off your creative time and your downtime like appointments with your future self. And yes, white space on your calendar counts as work. That's when your brain quietly solves everything.



2. Energy — Protect Your Spark

Some work fills your tank; some pokes a hole in it. Start noticing which is which. Do your best work when your energy's high, not when everyone else demands it. And stop giving your prime hours to people who drain you faster than bad Wi-Fi.



3. Scope — The “Can You Just...” Trap

Every “just” adds a brick to the wall of burnout. If it's outside the agreement, it's a new project. You're not being difficult — you're being clear. Clarity is kindness (and billable).



4. Tech — Silence Isn't Neglect

Your phone's not your boss.

Turn off notifications.

Use business tools for business talk and keep your personal life where it belongs — in your personal apps.

Constant availability isn't professionalism; it's people-pleasing in disguise.



5. Emotional — Compassion, Not Contagion

You can care without carrying.

Your client's panic doesn't need a guest room in your head.

Repeat after me: Their urgency is not my emergency.

Empathy is powerful — until it turns into unpaid emotional labor.



6. Health — Your Body's the Real CEO

Running on caffeine and adrenaline is not a personality trait.

Take the walk. Stretch. Eat something that didn't come from a vending machine.

If you burn out, so does your business. Listen before your body starts shouting.



7. Financial — Money Is a Boundary Too

Discounting your rates to “be nice” teaches people your time’s flexible. It’s not.

Quote confidently, invoice on time, and remember that a deposit isn’t awkward — it’s respect in numeric form.

You’re not greedy for wanting to get paid. You’re professional.



8. Creative — Joy Feeds Everything

Not every spark has to earn its keep.

Do something creative that no one’s paying for: paint, bake, collage, make a mess.

Joy work keeps client work from hollowing you out.



9. Identity — You Are Not the Job

You’re a full human who sometimes naps, swears at her inbox, and forgets what day it is.

Your worth doesn’t vanish when you log off.

Let your business serve your life — not the other way around.

Self-Check

Which boundary feels the weakest right now — time, energy, or emotional?

Don't overthink it. Pick one and patch the leak this week.

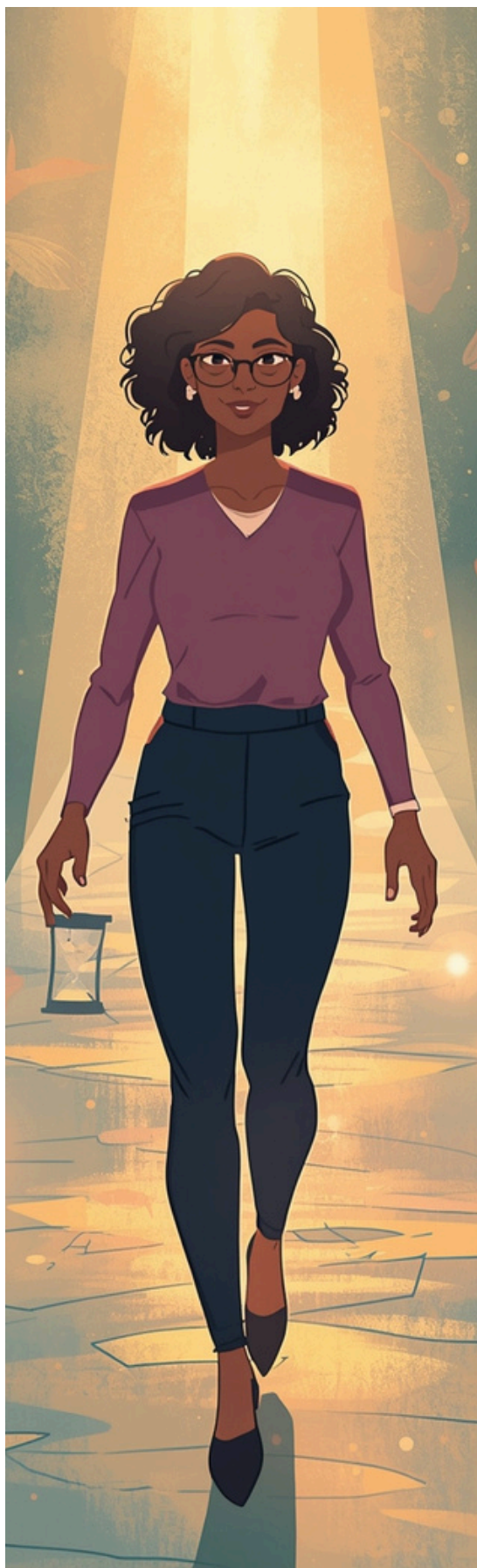
Maybe that means setting clearer email hours.

Maybe it's not answering messages after dinner.

Maybe it's finally removing that one client's number from your phone.

Small fixes now beat full meltdowns later





Keep Building Better Boundaries

Want more no-nonsense
frameworks like this?

Check out Shift Notes, my
free weekly letter on working
or running a business without
running yourself into the
ground.

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