



“Live and Work On Purpose” Newsletter

May, 2009

Moving Your Life Forward with Effective Boundaries

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Do any of the following statements ring true for you?

- I feel overworked. There is not enough time in the day.
- I’ll never reach my goal of _____. There are just too many other things (or people) competing for my attention.
- My energy is “zapped” after spending time with John.
- Ian regularly makes comments that hurt my feelings and affect my mood for the rest of the day (or week, or month). I don’t know what to do.

Do you ever feel like another person or situation is holding you back from living your best life? Whether you are pursuing personal goals such as finding peace and happiness in your life or professional goals such as starting a new career, a new business, or becoming a better leader, you want to be successful. We all want to move our lives toward our vision and achievement of our goals. Sometimes, however, this forward movement gets stalled (or at least slowed down) by hurdles that we encounter.

Some of these hurdles are actually gaps, such as a skill, financial, or commitment gap, for which we need to identify a bridge (e.g, training, a financial plan, etc.). ***But often, these hurdles are actually things that distract us (sometimes even paralyze us) from moving our lives forward.*** These distracters might be projects with unreasonable timeframes or the unhealthy behavior of people in our lives. The impact they can have on our lives can range from being a minor inconvenience to being hurtful to paralyzing us as we try to move our personal and professional lives forward.

If you have made statements like the ones above (either “out loud” or internally), your life might be affected by a distracter. So, what do you do? One of the most effective ways to neutralize these distracters in your life is to create healthy and effective boundaries.

Want to know more? Go to www.liveandworkonpurpose.com/learningsupport.html to download my free “Drawing Effective Personal Boundaries” tool. It’s absolutely free for all my subscribers to use and to share with their friends. Start moving your life forward by creating effective boundaries today.

Bradley Davidson is a certified personal & professional coach whose personal mission is to empower people and organizations to lead their lives and worlds with purpose, vision, passion, and integrity by providing individuals life-changing learning, coaching, and support. He may be contacted through his website at www.liveandworkonpurpose.com .