



Lead with Intention: Mastering Boundaries and Self-Care for Leadership Success

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About Me...

- WOMENS COACH FOR 20+ YEARS:
HEALTH/WELLNESS ON MINDSET, PERSONAL
GROWTH AND BUSINESS+DIVORCE
- MOM OF 2 GROWN DAUGHTERS- SURPRISE
GRAMMY IN 2023
- CHANGED JOB/MARITAL
STATUS/HOME/CITY/LOCATION IN UNDER 4
YEARS- CHANGE EXPERT
- SPECIALIZE IN COMMUNICATIONS, BOUNDARY
SETTING, SELF-CARE AND SELF-WORTH MIDLIFE

Focus For Today:

- Building Resilience for both Work and Life
- Setting Boundries (art of saying NO)
- Understanding YOUR Core Values
- Self-Care (what Is this and how do we prioritize?)

Core Values

Change as we Age

Help us discern what is a priority

Allows us to set and maintain boundaries

Use my worksheet to get in touch with YOURS

Values lead to Boundries

- New Skill for many women
- Essential to prevent resentment, burnout,
Illness
- NO Is a Complete Sentance
- Work though the Discomfort

Your Boundries are a reflection of how willing
you are to advocate for the life you WANT...

-Dr. Poole Lakshman

Boundries

- Builds confidence;
- Promotes Self-Love and Self-Worth;
- People around you Show up differently;
- Like any muscle It gets easier with Time;
- Ebbs Into all Parts of your Life

How to Start?

- Start Slow
- Practice with “B” people In your life
 - - Holidays are a great time to set boundaries ! 🤪
- Set a Goal to set one new boundary weekly

LISTEN TO YOURSELF

Mindfulness

What is Mindfulness?

The practice of being fully present and aware of the current moment without judgment

Benefits of Mindfulness

- Able to listen to yourself
- Discern what the next right step is
- Self-Validation vs. needing external validation
- Better Able to Set Boundaries and Prioritize
YOURSELF

How to Start?

- 5 Minutes of Quiet Daily
- Walk In Nature
- NO PHONE or Social Media
- JOURNAL– best way to self-reflect

My Morning Routine

- 15– minutes of journal time
- Walking meditation In Nature
- Mid–day breaks to be In Nature
- Walk with no phone
- Social Media Breaks

Self Love as Priority

- Self-Compassion– treat yourself as your best friend
- Go back to Values– are you In alignment with them?
- Think about loving yourself all day– food, drink, exercise, sleep
- Switch from “have to” to “get to”

Podcasts I recommend

We can do Hard Things (Glennon Doyle, Abby Wambach)

Your pa[https://open.spotify.com/episode/0wmCHhjon9FjYtu8U2EQPt?](https://open.spotify.com/episode/0wmCHhjon9FjYtu8U2EQPt?si=cRgq00rtRS-eDPaLzxUyiQ&context=spotify%3Ashow%3A0eFL5HJejQHZrdgAFdPnOm)
[si=cRgq00rtRS-](https://open.spotify.com/episode/0wmCHhjon9FjYtu8U2EQPt?si=cRgq00rtRS-eDPaLzxUyiQ&context=spotify%3Ashow%3A0eFL5HJejQHZrdgAFdPnOm)
[eDPaLzxUyiQ&context=spotify%3Ashow%3A0eFL5HJejQHZrdgAFdPnOm](https://open.spotify.com/episode/0wmCHhjon9FjYtu8U2EQPt?si=cRgq00rtRS-eDPaLzxUyiQ&context=spotify%3Ashow%3A0eFL5HJejQHZrdgAFdPnOm)

Gabby Bernstein and Lewis Howes

[https://open.spotify.com/episode/1ycPSHalwIm7IKDbDLpG9v?](https://open.spotify.com/episode/1ycPSHalwIm7IKDbDLpG9v?si=y_vch4SyRtOQZlzoWoA_rQ)
[si=y_vch4SyRtOQZlzoWoA_rQ](https://open.spotify.com/episode/1ycPSHalwIm7IKDbDLpG9v?si=y_vch4SyRtOQZlzoWoA_rQ)

Boundaries with Jay Shetty

[https://open.spotify.com/episode/1cDhq1KfVmZFOLgmQkeVPj?](https://open.spotify.com/episode/1cDhq1KfVmZFOLgmQkeVPj?si=wldepOMgRu6E5JaUliRx_g)
[si=wldepOMgRu6E5JaUliRx_g](https://open.spotify.com/episode/1cDhq1KfVmZFOLgmQkeVPj?si=wldepOMgRu6E5JaUliRx_g)

Vision

- Have a vision for what you long for
- Know what your Values are
- Pay attention to what lights you up
- Keep a bucket list.....
- Think about what you WANT vs. what you DONT want...

Final Thoughts

- Take steps every day to set (and re-set boundaries)
- Knowing what is impt. to you will make your 'yes's or 'no's' easier...
- Focusing on YOUR needs as a priority will result in more respect, admiration and abundance in all areas of life!
- Take Small Steps Daily... celebrate your PROGRESS!

Feel free to Reach Out!

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