



Boundary and Purpose Are Nearly the Same Thing

If you know who you are:

- You know how you help.
- You know who you help.
- You know how to engage and gain energy rather than lose energy, because you are feeling like you “have to”.

Pre-Framing vs. Re-Framing & Pre-Qualifying

An ounce of pre-frame is worth a pound of re-frame.

Pre-frame in: agreements, first conversations.

“This is going to be hard. You’re going to want to quit. You might dislike me sometimes.”

Pre-framing is also pre-qualifying, so by having boundaries you are making it more possible for someone to have success working with you.