

# 7 TYPES OF BOUNDARIES

Boundaries help us and others understand how we want to be treated. They help us live healthy lives, improve our relationships and avoid negative outcomes like burning out, overstepping and not being authentic to ourselves.

Every relationship that you have, be it personal or professional, has the below boundaries. The 'line' changes depending on the person.

Have a think about your boundaries, which ones need tweaking, which ones don't exist and how they can improve your wellbeing.

