

If you struggle with, over-giving not being able to say no, or just plain acting like a doormat when it comes to your business and the things that are happening in your world, you're going to want to stick around for today's episode. I'm going to be talking about how to set boundaries in your business. There's a whole world out there of people that need you to serve them. You are now investing your time and your energy, and you are stepping up to be that person and that woman who makes investments like who takes her business seriously, who's willing to go all in, who is driven, who is ambitious, who is going to make happen no matter what this is meant for millions. Here's your host Jenna face. Hello, and welcome to met millions. The podcast for online entrepreneurs who want to create wealth and freedom with their business, you are in the right place.

If you're looking for the mindset and strategy to get seen, known and paid online, I am your host, Jennifer success and mindset strategist for entrepreneurs to want to leave a legacy and build a wildly profitable business. Make sure that you join us each and every week where you'll get a short 18 to 20 minute audio training on how to build wealth from the inside out. There is absolutely no fluff here. You'll get a little bit of strategy, a whole lot of mindset and a healthy dose of tough love with 100% authentic, raw and real advice on how to navigate the crazy world of entrepreneurship. So in today's episode, I'm excited to talk about this because this is something that I see so many amazing loving, caring entrepreneurs and coaches struggle with, and that is setting boundaries in their business. Whether it's setting boundaries with clients, setting boundaries, with family members, setting boundaries with team members and really understanding their roles, but stepping up as the leader.

So we're diving into how to set boundaries in your business. Today, let's go ahead and do this. It is so crucial. I can't tell you how many business owners I talk to on a regular basis who are drowning in sheds and Johnny introduce because they have not set clear boundaries in their lives and in their business. And I know this is hard, especially as someone who is, you know, compassionate and a lot of us as coaches, like we just want to help people. We just want to serve people. We really want to come from a place of love and heart and soul, and that is beautiful. And that is perfect. And that is fine. And you can still do that with boundaries. So, you know, one of the things is just very simply setting your boundaries within your work time. So this is something that I have been really, really, really passionate about over the last year, because my first two years of business, I was head down, hustling my butt off.

I, you know, lost relationships because of it. I stopped talking to people in my family. I stopped talking to friends. I was just so involved in my business that now, you know, looking back, I feel like, wow, I really wish I would've had those boundaries before. I really wished that I would've had my time. I really wish that I would have celebrated. I really wished that I would have, you know, even set money aside for me to, you know, take care of myself. I mean, the whole reason that many of us started this business because of freedom, whether that's time, freedom, whether that's doing whatever we want, whether that's money, freedom, whether that's not having to work. So we really have to shut these boundaries. So I'm going to talk about three, maybe four major things in the next eight minutes that I think you should have boundaries around in your business.

So the first one is going to be how much, and when you work on your business, okay, you do not have to be working 24 seven. That is a myth. That is something that people are perpetuating out there just because you're not hustling 24 seven, and you're not working 24 seven does not mean that you're not going to be successful. You just have to use your time wisely. And that's a lot of the stuff that I've been teaching you guys about productivity day, blocking time, blocking all of that stuff. So as long as you're productive and as long as you're focused, you can get a lot more done than someone who's hustling. 24, seven unfocused, just Willy nilly, doing whatever the heck they want. So if you're super focused, you know, the outcome, you know your goals and you put that forth, you can get a lot more done with a lot less hustle.

So putting those boundaries around the times, are you going to work on weekends? Are you going to work on nights? What if a client has an emergency? How do you handle that? I really want you to think about how you're going to put these things in place in your business now, because like I said, maybe you're not busy yet. And you're like, Oh, maybe I'll take this client call on the weekend or, Oh, maybe I'll take this client call at night, but really you want to set that boundary now because when you get busy, it's going to be hard to set that boundary in place after it's already not been there. So do it now, are you going to work on weekends, your family time? So time boundaries is one of the things that I want you to define in your life and in your business.

It's really, really going to be helpful. One of the things that I did right off the bat that helped me because I didn't want to do it. Right. I just want, Oh, people are going to think whatever, if I'm not working 24 seven, if I don't answer this email right away. So one of the first things I did and you can do was to set an autoresponder on my email. So now when people get my email, I mean, if you've emailed me, you'll see that they get an auto responder that says, you know, I only work Monday through Friday 10 to 5:00 PM. If you're emailing me after 5:00 PM, or if you're emailing me on the weekend, don't expect to hear from me for 24 hours. So really just putting that in place helped so much. It helped relieve the pain because I didn't have to tell anybody, no, they were getting an automatic response that said, Hey, Jen, I'm not working right now.

The second thing is setting boundaries around what you do for your clients and how you deliver. Now, I am an advocate of over-delivery like crazy, but you also want to have boundaries because you don't want to instill this codependency with your clients. You don't want to instill fact that you're there for them 24 seven, because you can't be right. Especially if you're doing your time boundaries from the first step. So really understanding like what your limits are when it comes to clients, what your responsibility is, what are the things that you're going to give? How much of yourself are you going to give? Also remember that you don't just have one client, right? Like you might now, but when you get busy, you might have two or three or 10 or 15 clients. So how are you going to manage that? How are you going to be in a place where it feels good for you to give to all of these people?

So that is the other thing I want you to think about your boundaries with clients. Can they text you? Can they reach out to you on messenger? Are they allowed to email you at 10 o'clock and expect a response within 30 seconds? So really set those boundaries as well with your clients and set those expectations. And let me tell you something, your clients are not going to be mad at you. Your clients are going to see as a leader for setting those boundaries in place. Now, when you have a client that's taking advantage and texting you all the time and expecting fast responses, you know, you will start to feel overwhelmed and drained by that. So set yourself forth as a leader by setting these boundaries. Okay, nobody's going to look at you and say, Oh, this person's a because they're setting boundaries for themselves.

You know, they're going to look at you as a leader. If you don't send those boundaries, they're going to look at you as a doormat. So this goes with every relationship probably in your life, but specifically with clients as well. So, first one is your time boundaries. When are you going to work? When are you not going to work? What does that space you're going to give to yourself, to your clients, to your family. Number two is your client boundaries. What are you willing to give? And how much are you willing to give? And what are the expectations between client and coach? The third thing that I want to talk about when it comes to boundaries is really just knowing without a doubt, the things that you are willing to do and not do in your business. This is again, something that I'm really, really passionate about because I feel that in the past I have done things that just didn't feel good.

You know, I felt like I had to do it, or it was expected of me. So I did it and I didn't really like it. And the results weren't really that stellar because of that. So always, always, always stand by the feel-good philosophy and only do things in your business that feel good to you. It's okay to change your mind. So if

you decided, Hey, I'm going to do this. I'm going to do an event or I'm going to run this program and you decide this doesn't feel good anymore. You have the ability to change your mind, your business, your rules, your business, your rules, your life, your rules, you are allowed to change your mind and do not do anything in your business. That doesn't feel good. That isn't a hell. Yes, that isn't a hundred percent because it's going to show and people are going to feel that.

So those are my tips for you around boundaries. I also would love to have a conversation about this. Where do you struggle with boundaries? Where are you struggling to say no? And let's talk it through. Let's see how we can solve this so that you are actually building and creating a life and a business that you love that you enjoy. And that feels amazing set up for today's show on boundaries. So I really hope that this helps and, you know, it's so easy for us to get caught in this trap of wanting to just do so much and please people. And you know, sometimes that comes at the expense of ourselves, of our business, of losing parts of ourselves. So I really hope this was helpful in terms of creating something, creating those boundaries, creating these things in your business, that just are going to set you up for success that are going to feel good.

That are going to position you as someone to be respected, to position you as someone who is a leader. So if you are loving the show, make sure you subscribe to the podcast. So you don't miss an episode. And please do not forget to leave us a positive review on iTunes. This will help us get in front of more amazing entrepreneurs, just like you, who are committed to creating incredible change and transformation in the world. Make sure that you come back next week or you'll get another quick bite training episode on how to build your wealth from the inside out. I think you're going to love next week's episode. We're going to be talking productivity hacks for online entrepreneurs, how I get so much done and so little time, and I'm able to really only work about four or five hours a week. You're not going to want to miss that one.

Let's keep this conversation going to join us in the private discussion group. The ambitious babe, where ambitious driven online entrepreneurs go to get the mindset and strategy to grow and scale their online empires. Join the ambitious babe at [Jen scalia.com/tribe](https://jen-scalia.com/tribe).

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