

Take Back Your Power - Unleash Your Inner Warrior®



Quiz - How adept are you at setting boundaries?

Boundaries get crossed in many ways.

It can be when someone else wants something OF us, FROM us, or WITH us that's not what we want. Or when we do or give something we wished we hadn't. (To answer these questions think in terms of "most" of the time. No one's grading you, so there's no right or wrong answer.)

1. Do you often find yourself saying "yes" to things (or people) when you wish you could say "no"? Yes No
2. Do you struggle with conflict, often feeling like you don't know how to bring something uncomfortable up? Yes No
3. Do you often feel like you are eager to please, or to play "nice", and have you felt "taken advantage of" in the past? Yes No
4. Do you ever feel like you say "yes" because you don't want to be accused of (or have been accused of) being selfish? Yes No
5. Are you often exhausted or drained? Yes No
6. Are there certain people in your life that you continually have difficulty with? Yes No
7. Have you ever been accused of being overly aggressive or hurtful? Yes No
8. Do you ever blame issues (or overwhelm) in your life on other people or outside circumstances? Yes No
9. Do you worry about hurting other people's feelings (if you say "no") or worry that you've said or done something wrong? Yes No

10. Do you often feel like you don't have the time or energy to pursue the things that you'd like to do or your wants or needs come last on your "to do" list? Yes No
11. Did you grow up with healthy role models in the area of boundaries? Yes No
12. Did you feel like it was OK to say what you didn't like when you were growing up, without fearing the consequences? Yes No
13. Have you ever been told you were too angry, OR have you waited until you "couldn't take it anymore" and reacted harshly to someone? Yes No
14. Have you ever been in a relationship that you would describe as toxic or abusive in any way? Yes No
15. Are you comfortable saying "no" to people? Yes No
16. Do you ever wonder what you'd do in a potentially defensive situation? Yes No

These questions are about having healthy boundaries. It's up to you to choose a powerful YES or NO to taking this online course.

Choose YES if:

- ✓you're ready to learn about your own needs and wants and simple ways to ASK for what you want.
- ✓you're ready to have happy practices that you set for yourself.
- ✓you know you need to learn about boundaries, and you're ready, but you didn't know where to go until now!

Boundaries aren't only the thing we set to keep the "bad guy" out, they can also be practices we set so that we have amazing on-purpose lives.

"Boundaries: They keep the yukky stuff out, and they keep YOUR great stuff IN!"

Click here: [Take Back Your Power - 5 Steps To Unleash Your Inner Warrior \(2 payment option\)](#)

OR

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