

A woman with long brown hair and a black and white striped shirt is lying on her back in a field of pink flowers. She is looking directly at the camera with a slight smile. The background is filled with green foliage and pink flowers, creating a soft, natural setting.

ANTONIA MEDEIROS

FINDING YOURSELF AGAIN

5 SIGNS YOU ARE **STRUGGLING WITH SAYING NO**
AND HOW YOU CAN **PRIORITIZE YOURSELF AGAIN**



A Little Note from Me to You

Making yourself a priority and saying no to whoever (or whatever) comes your way can be very challenging for some people. It usually comes with guilt, sometimes shame and it leaves you with a feeling that you don't matter. From kids, to partners, to work or to self care, if you feel that you are lacking some 'me' time, chances are you might be struggling with setting boundaries.

This guide will help you with that : you will learn about 5 different types of boundaries and how to master them. By implementing these strategies, you will finally start experiencing true freedom and learn to love yourself again.

Time to set things straight and finally begin to put YOU first !

Coaching is an empowering tool that can take you anywhere you want.

It has endless possibilities and it works in a very organic way because it's based on what is right for YOU.

Whether it's business related or more personal, there is always a solution to your challenges.

If you can imagine it, then it's possible and it's already happening.

Antonia Medeiros
Life and Feminine Empowerment
Coach

Boundary
ONE

The Hourglass

You are feeling like time is running through your fingers, leaving you anxious about never getting anything done or finished. The days seem to fly by without you being able to explain what you did. You can't seem to find the energy you need to tackle anything and you are trapped in a wheel. Sounds familiar ?

Time boundaries can be challenging and how we manage them can make a world of difference. Here are some simple tips to get started.

1

Take some time to have a honest look at your agenda and how you are filling your days.

2

Pick one thing you can remove, (yes it is possible!) - you just need to identify one simple and easy thing. Pick something that looks more like a **should** than a **must**, and replace it with something for yourself that brings you joy or energy.

3

Then make it a regular habit every week. This means that everyday you intentionally remove it or delegate it and replace it with 'me' time. Make sure to do one change at a time so it's set inside your schedule before doing another one.

You will notice how your levels of anxiety will shift and you will have more energy and efficiency.

Boundary
TWO

The People Pleaser

Your biggest struggle ? Saying no. You value helping others and making them happy but it often feels like a one-way road that leaves you resentful, sometimes exhausted and with this uncomfortable feeling that this is what is expected of you and there is no turning back. The simple idea of saying no makes you feel guilty and anxious but at the same time, everyone else seem to matter more than you. It's time to be heard for who you are but how?

For people pleasers, what starts with a fantastic quality (*I love helping others*) ends up with a lot of stress from doing too much for others and a lonely feeling that you have lost yourself along the way (mothers out there, you know what I am talking about here!) Here is how to begin the change :



"At a time of great uncertainty, Antonia's clarity, empathy and ability to support and gently challenge me were key. Together, we worked on a set of principles that now help me confidently make decisions based on my values, strengths and dreams. Antonia held a space that encouraged me to be honest with myself and allowed me to pair reflection with action in different aspects of my life. As I plan for next steps – both big and small– I continuously refer back to our conversations and cherish the sessions we had."

1

Next time you are about to say yes, ask yourself: "When I say yes to that, what do I say no to?" If it involves less time for yourself, or more stress for you, it's ok to say no.

2

Write that question on a paper or post it on your screen to remind yourself about it. You will quickly notice that there are many occasions during the day when you get to choose which things you want to say no to.

3

Every time you find the courage to set a boundary, do something just for you and celebrate being brave. It doesn't have to be a big thing, it's just about getting into the habit of prioritizing you.

By focusing on you, and filling **YOUR** cup, it will allow you to show up better for others and really be that person you want to be, but on your terms.



Boundary
THREE

The Selfless Carer

You can't remember the last time you took a break, slept properly and fully relaxed. You may be a busy-bee, but you are overwhelmed with everything and nothing. Self care seems like a ludicrous idea but the truth is you don't even know how you can begin to insert it in your agenda. Let alone how to make it sustainable.

Self-care is at the center of our well-being. As much as we are good at taking care of others, self care is the first thing we remove from our agenda when we are crunched for time.

The big myth behind this is that the busier we are, the more value we have. But the truth is, if you don't care for yourself, you will not be able to care for others. So where should you start ?



1

Start with sleep! It's a big piece of the puzzle and an easy one to implement because, well, we all need to sleep. It affects our mood, our energy, our skin and our brains : a non negotiable, if you ask me...

2

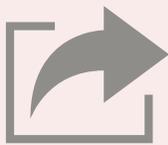
Start by going to bed 30 minutes earlier than you currently do (which means you might be removing something from your evening ritual - watch one less episode of your favourite show maybe?)

3

If you want to take it to the next level, remove your phone and invest in an alarm clock so when it's time for bed, you are disconnecting and focusing on you.

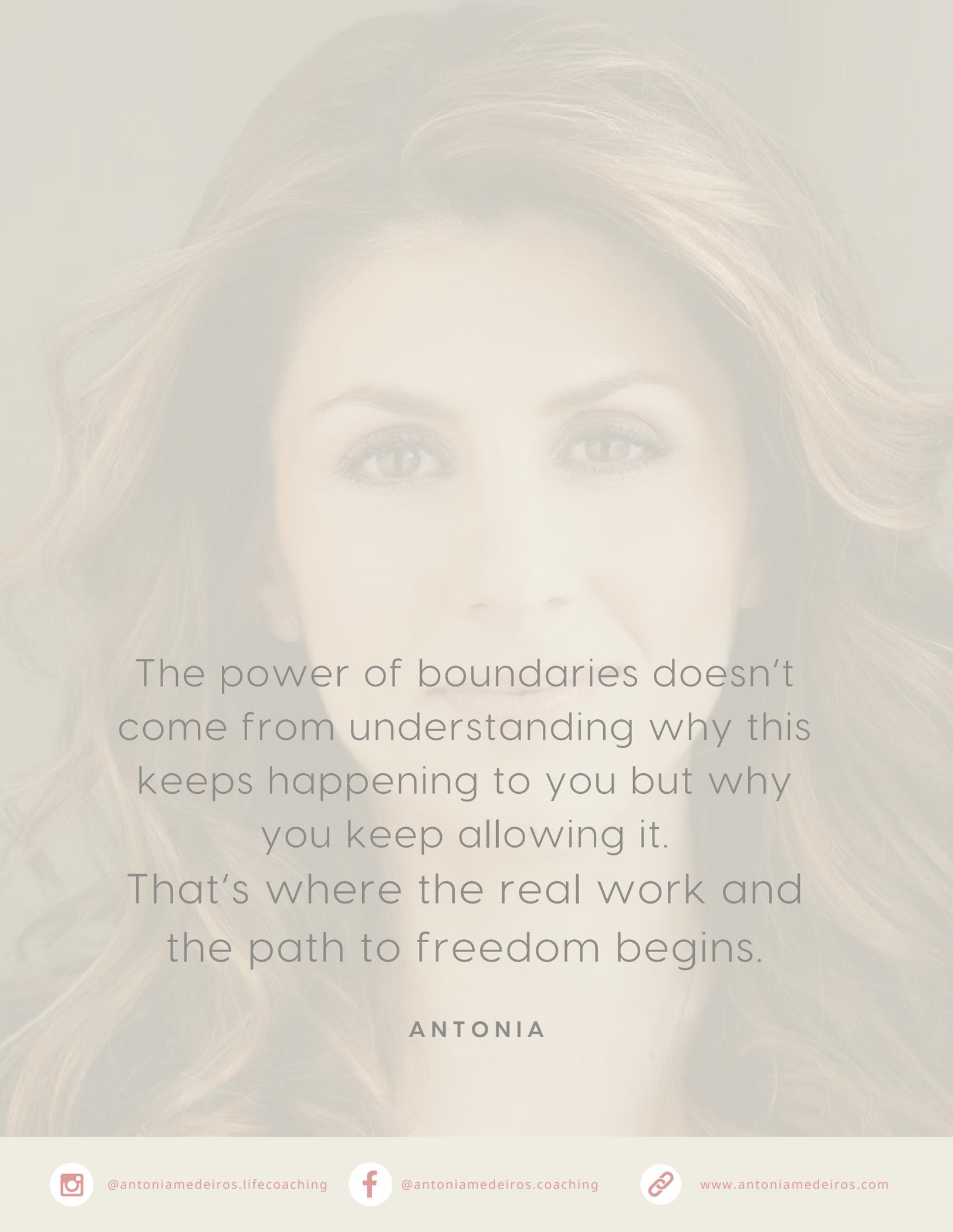
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Repeat this for at least 10 days to start to make it a habit and take note every day of something you notice that is different about you.



Share your win with me antonia@antoniamedeiros.com or with someone you care about.

An empty well cannot provide water for others. When we take care of ourselves, we show up better for others, we give more intensely without compromising who we are.



The power of boundaries doesn't
come from understanding why this
keeps happening to you but why
you keep allowing it.
That's where the real work and
the path to freedom begins.

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Boundary
FOUR

Great Expectations

Every time you do something, you feel you need others to validate what you do or what you say. You have great expectations from others, but so little when it comes to you. You struggle with thinking that your opinion and beliefs matter and you are guilty of comparing yourself to others, which leaves you feeling like you are not good enough. The fear of disappointing for not being like others or doing what others expect you to do has one simple outcome : you are never being truly yourself and you don't know who you are anymore.

The expectations we set for ourselves should be our measure of success. When we search for outside validation, chances are we are going to be disappointed because we are not basing our needs and beliefs on what matters to us. So how can we find ourselves again while living with others ?



"Antonia helped me focus on what my true goals were and figure out where my life was blocking. She helped me put a plan in place which involved simple, small changes for things I wanted to change, accept or be grateful for. Antonia is a wonderful listener and really understood how to guide me in peeling back the layers that held me back."



Identify an area where you find you struggle more with other people's expectations or opinions. Parents and partners can be a big influence here. There often is a gap between what they think you should be or do and what you really want.



Make a list of what matters to you in that specific area : not just your beliefs, but also, in that particular situation, all the things that you really think or want.



Choose one statement or element you feel strongly about and practice saying it out loud to yourself.



When the situation arises again, although it might feel weird, say it from a place of love. Others might be surprised or upset, but hold your ground. This is about you.

Standing up for yourself and not allowing others to crush you is an important step to reconnect with yourself and gain that self love you need to feel free again.

Boundary
FIVE

The To Doer

Your to-do list is endless but who else will do all these jobs if you don't? That loneliness in the face of the obligations feels heavy at times but you don't even know where to begin to make a change. Your to-do list is this never-ending nightmare that keeps you up at night and although you promised yourself you will take time for you after you finish it, you very well know the end of that list doesn't really exist.

We have this belief that we should be doing everything ourselves for it to be rewarding and valuable. The myth of the to-do list is one that keeps us away from what is really important and keeps others around us expecting us to carry the weight of everything. Instead, start letting go of that and enjoy sharing.





Choose one simple task in your to-do list that you particularly dislike or that drains you. One that was a big one for me was emptying the dishwasher sometimes twice a day : with a family of five eating like monsters, I felt I spent my time having conversations with it...

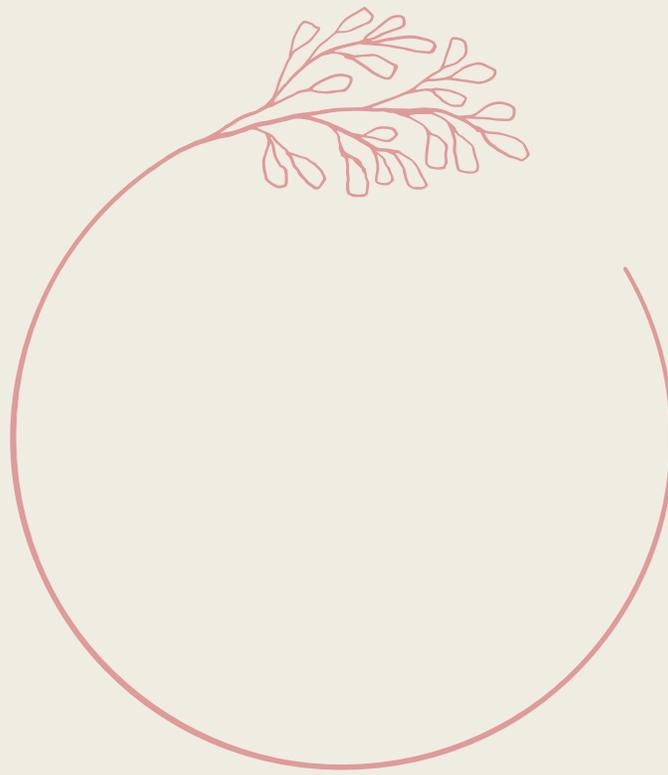


Outsource. Yes, you heard me. Outsource or delegate that task. Ask a child to empty the dishwasher and pay him monthly (that was my solution), don't underestimate your husband's capacity of folding the laundry or ask a friend to take the kids while you go for a run or a date. If you can afford it, hire a professional like a cleaner a few hours a week or a student to mow your lawn.



Let go of the idea that you need to do it all. Let go of control and perfection. You don't need that badge to feel alive and to feel that you matter. The key is to make it a priority and not give in (no more, "*it will be faster if I do it!*")

The secret to finding time for ourselves is also to let go of all the things that don't fulfill us anymore and let someone else do it. When you take time for yourself, you become a better parent, a better partner and a better human being all around.



Ready for the Next Step?

Want to dig deeper with exploring boundaries? Ready to create change in your life so you can experience freedom and find yourself again?

Check out my course on how to set boundaries. You will join an empowering community of like-minded women and get the accountability you need to make a real difference in your life.

In this 5-week group program, you will go from feeling overwhelmed, guilty and unable to say no, to mastering the art of setting boundaries so you can feel that you have control of your life and you can finally experience the freedom that comes with putting yourself first again.

[Join the Waitlist](#)