

A decorative floral pattern in a light blue line-art style covers the top and sides of the page. The pattern includes various leaves, flowers, and seed pods. A solid dark blue rectangle is positioned at the top center, partially overlapping the floral design.

SETTING BOUNDARIES

With Clients, Colleagues, et al.
for Attorney Wellness

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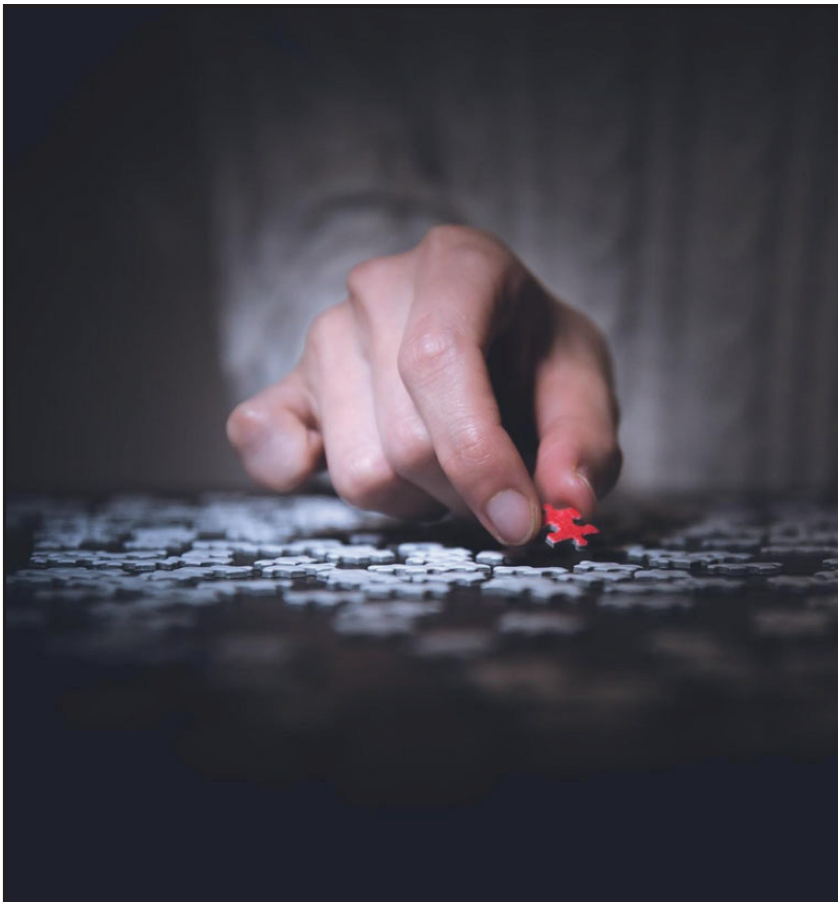
Notes & Disclaimers

- ONE PIECE OF THE PUZZLE: Today’s topic is a small part of the mindset mastery framework that I practice and teach based on my experiences and those of people I’ve coached and mentored. Boundary-setting is a mindset challenge. Like success, overcoming a mindset challenge is an ongoing journey rather than a destination.

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- MY BACKGROUND: My own journey with mindset mastery began in 2015. I was a sole practitioner and "successful" in terms of income, reputation, and case results, but my success came at the price of anxiety, overwhelm, and burnout. I sought help through business coaching, which led to building a team and achieving more "success" but things actually got worse in terms of how I felt on a day-to-day basis. What I ultimately realized is that success means nothing without peace of mind and for that, mindset mastery is the key.

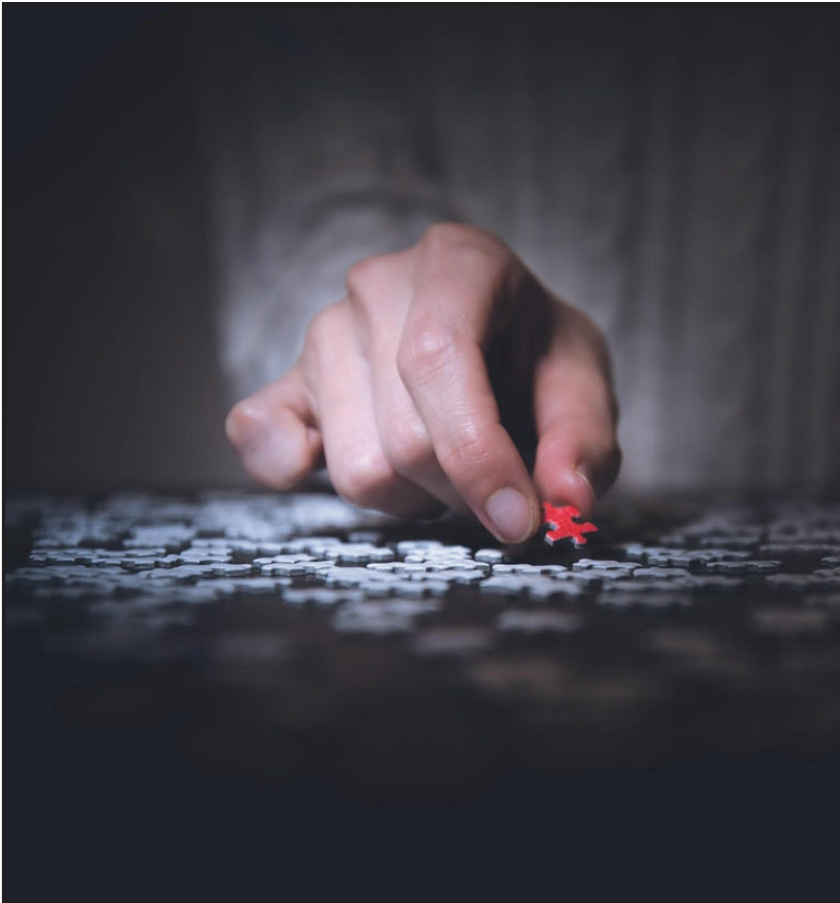
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Mindset Mastery Basic Building Blocks



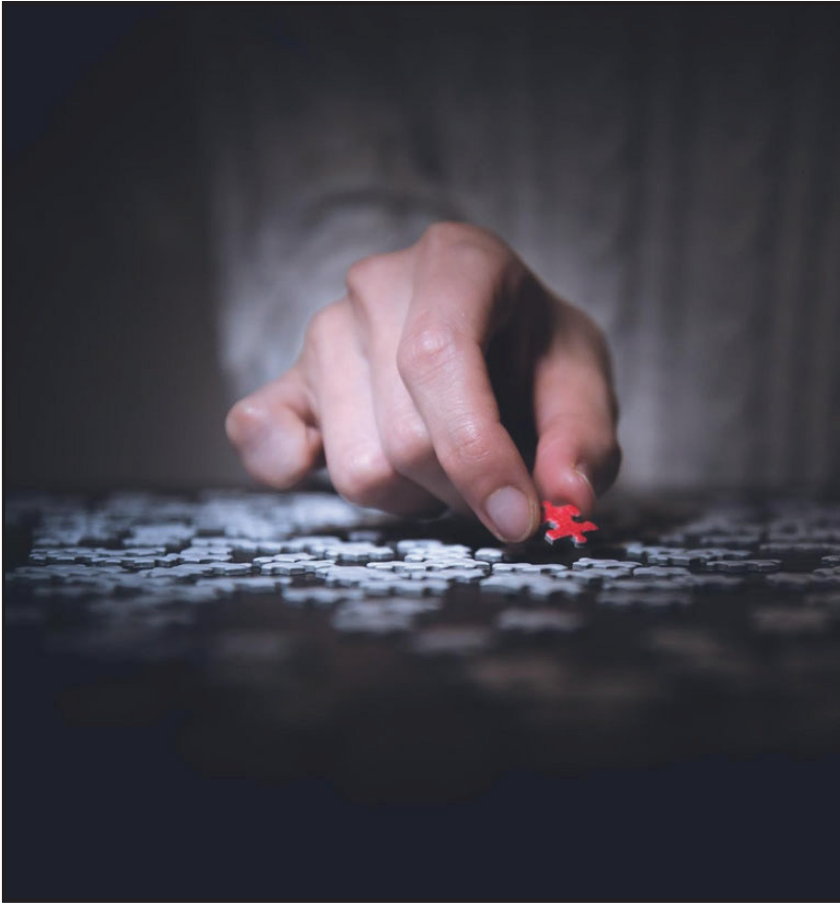
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Mindset Mastery Building Blocks (cont.)

1. **Mindfulness**, also known as “being present,” is the practice of focusing on the here and now rather than dwelling on past remembrances or future worries. Meditation is a good starting point for practicing mindfulness.

Taking meditative practices into our daily lives gives us greater clarity and focus. It also causes us to be more at peace with the world around us.



Mindset Mastery Building Blocks (cont.)

2. **Acceptance**, aka “Surrender.” When we accept what is true about our circumstances rather than resisting or denying it, we release negative emotions and thoughts that cloud our judgment.

Choosing acceptance rather than resistance allows us to react to the world around us in ways that better serve us.

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