

Are Boundaries *the* New Brag?

Subject:

Are boundaries *the* new brag? ... And not self-sabotage?

Body:

Boundaries may just be a new power move.

In fact, boundaries have evolved from career killer to status symbol!

We've glamorized hustle to a point where boundaries started looking like rebellion. Especially for women in leadership.

But here's the secret: Boundaries aren't walls. They're architecture.

They're how you build a business (and a life) that doesn't collapse under its own success.

Every woman I know who's thriving at scale has one thing in common: she treats her calendar like prime real estate.

If it doesn't involve revenue, rest, or real connection, then it's not getting slotted in.

Setting boundaries isn't selfish.

It's how you keep the doors open for what actually matters.

So the next time someone calls you "difficult," consider it a reason to smile!

You're not difficult. You're disciplined.

If that hits home, then we want to chat with you!

Book a call on {name}'s calendar and start designing boundaries that align with your ambition - not against it!