



5

STEPS TO DISCOVER
HOW TO

Set Boundaries & Set Yourself Free

PROCESS & WORKBOOK

heart of human™

Empowering Wellness, Wisdom & Wealth

“

*You always had the power my
dear, you just had to learn it
for yourself*
- Glinda The Good Witch

”



5 GENDER
EQUALITY



To achieve gender equality and
empower all women and girls



Welcome!

Each of us have an unstoppable power to create the life we want but not everyone has learned to access this inner power and cultivate a life that brings joy and happiness each and every day.

It's easy to get caught up with doing things as you've always known how to, but then finding yourself questioning what it is all for? Why are you feeling like you haven't tapped into your best life?

I know....

....you want to follow your heart....

.....and that is why I've designed and created this exclusive and powerful process to enable you to do just that and reveal your unstoppable power, set boundaries and set yourself free..



1

HOPE

Knowing who you are and where you want to go



2

ENERGY

Acquire fuel for your journey



3

ACTION

Move towards your destination



4

RESILIENCE

Re-route quickly when necessary



5

TRUST

Cultivate your confidence

This experience is designed to give you some clarity and also to have some fun in the process of your self discovery.

Set some quality time aside and create some space so that you to get the most out of this experience. If it helps choose a friend to do this with and share your responses.

It's time to follow your HEART.®

Glin



STEP 1 *Hope*

"Where there is no vision, there is no hope" - George Washington Carver....."Where there is no hope there can be no vision" - Glin Bayley

Our journey begins with knowing where our heart wants to go.

Our heart is our inner guidance system and it knows intuitively the life we want to create for ourselves. The first step to following our heart is to begin to listen to what it is telling us about what we hope for.

Firstly, what kind of life do you want to be living?

Who would you need to be in order to live the life you want?

In which areas of your life do you need boundaries to support you?

What is the immediate upside you would get from setting a clear boundary?

quick tip



Sometimes it can be hard to identify what you want, so if you get stuck start with thinking about what you don't want to feel or what you don't want to do and that will show you where you need boundaries.



STEP 2 *Energy*

"You give life to what you give energy" - Unknown....."Energy is your fuel; no-one gets far with an empty tank" - Glin Bayley

We need fuel for the journey our heart wants to take.

It's easy to get into our heads and stop listening to our hearts which can then lead us to draining our fuel tanks. This step is focussed on getting you into alignment with what fills you up and to help you recognise what fuel you need to reach your destination.

Who/what do you notice drains your energy levels?

What feelings tell you that you need boundaries in your life?

What thoughts do you have that stop you from putting boundaries in place?

What would it require of you to do differently?

quick tip



You will always find the energy for the life you want by doing what you are enthusiastic about. If it feels like effort then that is your clue that you will be draining energy.



STEP 3 *Action*

"I never worry about action, but only about inaction" - Winston Churchill....."To reach there you have to leave here" - Glin Bayley

We have to move towards the destination our heart wants to take us.

Consider this step in the context of the destination you want to reach. This is the step that is easy to get stuck on which is why the questions are designed to raise your awareness on what keeps your brakes on and where you find it most easy to accelerate.

What inhibits you taking action towards putting boundaries in place?

What would help you take action?

In which area of your life in particular, do you notice you avoid taking action?

What are you most inspired to take action on?

quick tip



Notice how action feels when you are inspired vs. having to find the motivation. You will accelerate further when you are doing things you are inspired to do and this will also show you how aligned you are to your heart.



STEP 4 Resilience

"I can accept failure; everyone fails at something. But I can't accept not trying again." - Michael Jordan....."Resolve is the mother of resilience, resolve to find a way and you have already tasted success" - Glin Bayley

Following where our heart leads will need us to commit to getting up each time we fall.

This step helps you see that all of the things we experience that we didn't want have helped us to identify what we do want. Each time you face an obstacle in your path or when you find yourself falling acknowledge that this is the evolution of you becoming unstoppable and setting yourself free.

If you were to make a one sentence statement to reflect your commitment to changing your life and putting boundaries in place what would it be?

What are you appreciative of now, as a result of the challenges you have faced in your journey so far?

What would keep you moving towards the life you want?

When obstacles appears in your path to setting boundaries and feeling free how could you navigate them?

quick tip



Building resilience is easy when you have a destination that is aligned to your heart. We only get this one precious life and the challenges we face help us really check our heart connection. We know if we are aligned when we feel unstoppable.



STEP 5 *Trust*

"Have the courage to follow your heart and intuition, they somehow know what you truly want to come." - Steve Jobs....."There is no trust where there is certainty" - Glin Bayley

To reach where our heart desires we have to trust where it is leading.

Your heart know much more than what you can see so you will need to trust the path it is taking you down. Sometimes it can be challenging to have trust when you can't see how things are going to unfold but your heart knows your truth and has the strength to carry you, if you trust it.

How much confidence do you have in yourself to achieve the life you want?

What do you trust in that can't be seen?

What gets in the way of you trusting in yourself?

How do you currently build trust in yourself?

quick tip



Trust is about having ultimate confidence in ourselves, others and our environment. If you didn't have certainty by following your heart. Would you trust yourself enough and find the courage to do it anyway?

Set yourself free!



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If you've followed the workbook and the process out-lined you'll have done some deep reflective work to discover what you want and what is getting in the way. Don't underestimate how much work you have done in completing this process and the value you will get from having taken the time for yourself to do this.

The only way to unlock your unstoppable power is through alignment with your heart. It's time now to acknowledge what you've revealed for yourself and put it together to guide your path.

HOPE - What's the life you want and who do you need to be to have it?

Energy - What boundary is needed to get to the life you want?

Action - What's the first inspired and aligned action step you will take?

Resilience - What is your commitment to yourself?

Trust - What do you need to trust in that you can do this?

Hi! I'm Glin.

I believe we all have unstoppable power to create the life we want when we connect to our heart. I created the H.E.A.R.T.® Self Leadership Framework from my own journey of self discovery and transforming my own life through following where my heart was leading me.

I had a seventeen year career in finance working for global companies before becoming an heart coach.

I now specialise in coaching female business executives and run female leadership workshops focussed on helping them reveal the power of their heart to be unstoppable in achieving the life they want.

I know I personally spent too long living the life I thought I should be living, instead of the life I actually wanted. So, it's inspired me to help others to avoid doing the same.



So What Next For You?



Check out the free Unstoppable Human Scorecard on the Heart of Human website and discover how unstoppable you are!



Book your free 30 minute call to discuss the results of your unstoppable scorecard and identify where to focus next



If you would welcome executive coaching support please feel to reach out I'm ready to help you create the life you want.

“

She was unstoppable not because she did not have failures or doubts but because she continued on despite them

”

- Beau Taplin



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