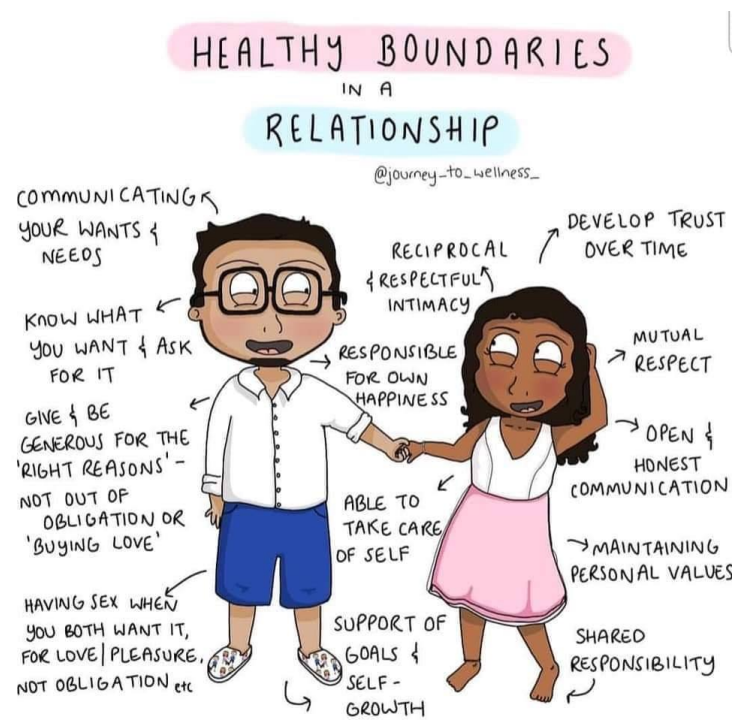


WELCOME TO THE 21 DAYS DATING CHALLENGE!

HI! Welcome to Day 12!

Today is about learning why boundaries are so important in a relationship so you do not waste your time with the wrong person. Yes, so many stay in relationships because of fear and not knowing when to say no. The faster you can identify these issues and create boundaries the healthier your relationships with everyone, not just your romantic relationship will become significantly better.

TODAYS LESSON - DAY 12 – NON NEGOTIABLES



It is always about that feeling from your gut. Are you leaning in or leaning out?
Take a deep breath and slow down.

So why do we not keep to our boundaries? because we feel and have created this person is the one. No ...you are the one. You look after you and they will appreciate you more. Start valuing you ..the real you!

Listen to yourself. Is this good for me?

Am I being true to myself?

Make decisions with your eyes wide open!

Make sure you are coming from a place that always serves you!

It is all about being honest to yourself. Am I with someone who has invested in me. Are they trying and making that effort to come towards you? It is all about self-worth and knowing to step away.

Know now that you have a choice and you do not need to settle. Your gut is telling you. Make those decisions by trusting you. Write it out if in doubt because you will always know the answer...it is there in your subconscious!

If you are needy and haven't started appreciating yourself you will settle. Settle means giving up your authentic you. There is nothing wrong with being vulnerable but follow your intention. What is important to you? Choose your rows wisely. You don't need to give it all. You need to see they are investing in you. They are meeting you and bringing that right vibe to the table.



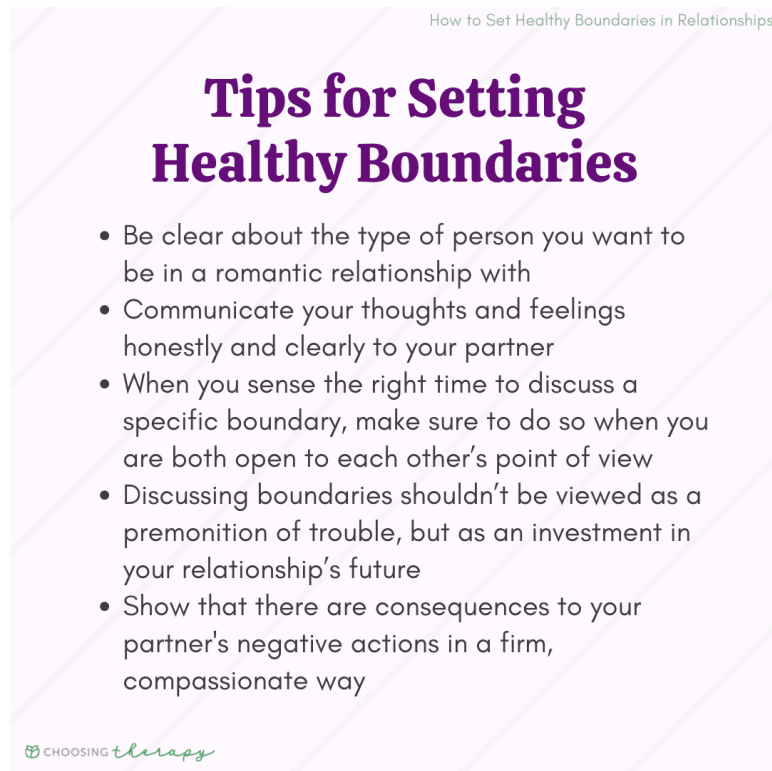
Invest your time and then test. Love is worth it. Do keep your boundaries up to a certain extent but then make sure you are been met with the same vibe!



So what are boundaries?

Boundaries are created when you are on your own mission to be within yourself. It's about being real about what's important to you. Look at your list of Values again. Know that the 5 main values are non-negotiable. Stick with your happy vibe. Go to hertz list and ask how do I really feel about this!

Be real to yourself and your reality will be so much clearer.



Day 12 - Homework

Journal where you feel you have not stuck to what was authentic to you.

Ask yourself why do you think that happened?

SEE YOU TOMORROW!

With Love, Sharon Kenny xx

"I didn't invent MatchMaking....I PERFECTED it!"

SUPPORT / QUESTIONS ETC

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