

The Boundaries & Balance Challenge

|

A 7-day journey to rediscover your balance, set loving boundaries, and bring more joy and ease into your life

Welcome



Hello Lovely!

I'm so excited that you're taking this challenge! I promise, it's going to be transformational.

I'm Rachael Tarfman-Perez LMFT CTNC. I am a wife, mom of 4, Marriage & Family Therapist, picture book author and founder of Bound4Health.

This challenge is for midlife women who are ready to create more balance, peace and self-trust in their lives. If you've been feeling stretched too thin or struggling to say no, this is your space to learn how to set healthy, loving boundaries that protect your energy and help you thrive.

If you're nodding along, then hello friend! You're not alone. This challenge will gently guide you to create the balance, peace and self-trust you've been craving. Together, we'll explore how to set healthy, loving boundaries that help you feel grounded, supported and free

Are you ready? LET'S BEGIN!

Rachael

“

What if I fall?

Oh, but my darling,

what if you fly?



Getting Started

STEP

1

COMMIT TO THE CHALLENGE

I don't think this challenge has made its way into your life by accident, you're ready for change. So the first rule of this challenge is to commit to it. Make the decision to stick to the plan. Come rain or shine, you have to do it. This is for YOU, so commit.

STEP

2

TAKE ACTION

It's amazing that you're here and that you've taken that first step, but now the big thing is continuing to take steps. So follow along and keep taking action and see how things begin to unfold.

STEP

3

HAVE FUN

This challenge is all about getting you BIG transformations, but it's important for us to have fun along the way. So roll up your sleeves, get stuck in, but remember to enjoy this journey!

Ready to get started? Good, let's do it...

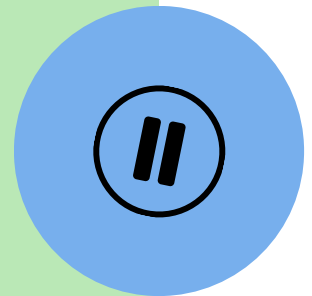
FINDING BALANCE

Daily Dose of Boundary Setting

In order to feel more balanced and at peace, you need to create new habits that support your wellbeing. It all starts with taking small, gentle steps each day. So here are some simple things you can try to help you set healthy boundaries and bring more calm and confidence into your life.

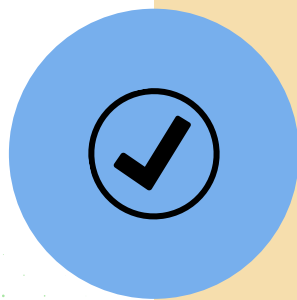
1 • PAUSE & BREATHE

Take a moment to slow down. Close your eyes, place a hand on your heart, and take three deep breaths. This simple act helps you reconnect with yourself and creates space for calm and clarity to return.



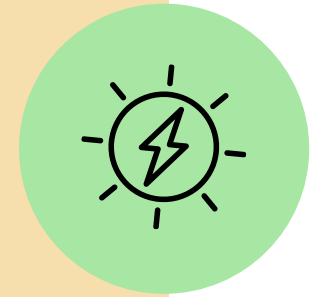
2 • CHECK IN WITH WHAT YOU NEED

Ask yourself, “What do I need today?” It might be rest, connection, movement, or quiet. Listening to your needs is the first step in honoring them.



3 • PROTECT YOUR ENERGY

Notice where your energy feels pulled too thin. Choose one small boundary to protect it, like saying no to an extra task or turning off notifications for an hour.



4 • REFILL YOUR CUP

Do one thing that nourishes you. It could be a walk, a cup of tea, or a few minutes of stillness. When you refill your cup, you have more to give from a place of peace.

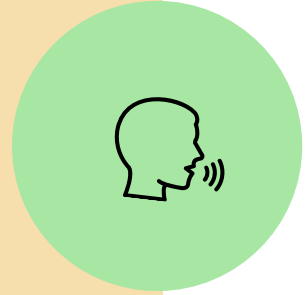
5 • RELEASE THE GUILT

When you prioritise yourself, guilt can creep in. Today, remind yourself that caring for your wellbeing helps everyone around you. You're not being selfish, you're being wise.



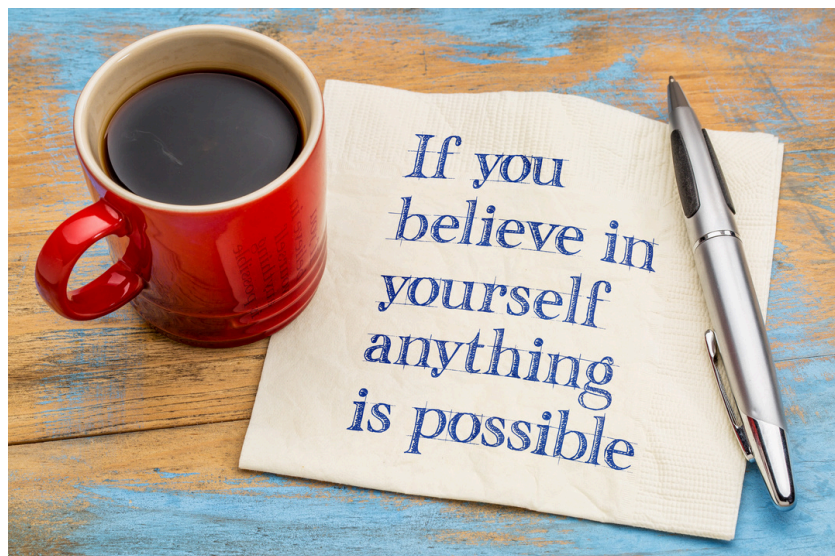
6 • SPEAK YOUR TRUTH

Practice expressing your needs clearly and kindly. Whether it's asking for help or saying no, your voice matters. Speaking your truth builds confidence and deeper connection.



7 • CELEBRATE & INTEND

Take a moment to celebrate how far you've come. Over the past week, you've created space for more balance, peace and self-trust. Notice what's shifted for you, honor your progress, and set a gentle intention to carry your new boundaries and sense of calm forward.



THE BOUNDARIES & BALANCE CHALLENGE

Daily Routine

MONTH:



PAUSE &
BREATHE



CHECK IN
WITH WHAT
YOU NEED



PROTECT
YOUR
ENERGY



REFILL
YOUR CUP



RELEASE
THE GUILT



SPEAK
YOUR
TRUTH



CELEBRATE
& INTEND

1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							



You've made it!

I really hope this simple challenge has helped you see what's possible and I really hope you've got lots out of it. This is just a 7-day challenge, but you can repeat the same pattern for the rest of the month to see what great things you can accomplish!

Taking time to create change in our lives can set us on a new trajectory, it's so exciting to think about.

This challenge is just the tip of the iceberg, there are so many more ways I can help you.

If you're ready for the next steps, here's how we can work together...

You've already shown what's possible when you choose yourself. Now, let's keep that momentum going. Whether it's through deeper coaching, joining my community, or exploring my next programme, I'm here to support you every step of the way. You deserve to feel balanced, confident and free.

[FIND OUT MORE](#)

FIND ME AT:

- [Website: www.bound4health.com](http://www.bound4health.com)
- [@bound4healthcoaching](https://www.instagram.com/bound4healthcoaching)
- [Facebook - Bound4Health](#)
- [YouTube - Bound4Health](#)