

chapter 3

Keeping Promises to Yourself

Boundaries Start Within

JEN ANDERSON



Thankful Hearts
Coaching

Welcome, Beautiful Soul

I'm so glad you're here.

You've just taken the first step toward something powerful: setting boundaries that honor your time, your energy, and your worth — without guilt, fear, or apology.

This chapter, “Boundaries Start Within,” is just a taste of what's inside my book, *Give Your Yes a Bestie Named No*. It's a heart-centered, no-fluff guide to helping women like you stop saying “yes” when they mean “no” and start living a life that actually feels good.

Inside this sneak peek, you'll find:

- ✦ Real talk about why we break promises to ourselves
- ✦ Encouragement to shift your internal boundaries
- ✦ Reflection prompts to help you take aligned action right now

Whether you're new to boundaries or just ready to get better at holding them, I want you to know: **You are not alone** — AND you don't have to figure it out by yourself.

You're doing brave work. Let's keep going.

With gratitude and so much cheering,

Jen

Founder of Thankful Hearts Coaching

Keeping Promises to Yourself: Boundaries Start Within

You can't set strong boundaries with others until you honor the ones you set with yourself." *-Unknown*

Picture this: You finally carve out a Saturday afternoon just for you — to read, to recharge, maybe to nap. You've been dreaming about it all week. But then... someone texts needing a "quick favor," or that to-do list taps you on the shoulder, and before you know it, your "me time" has vanished into thin air.

And the worst part?

You were the one who let it happen.

Ouch, right?

Here's the truth no one tells you:

Boundaries aren't just about protecting yourself from other people.

They start with protecting yourself... **from yourself.**

Setting boundaries with yourself is about keeping promises to YOU.

It's about saying, "I matter enough to honor my own needs, even when no one else is watching."

Why Self-Boundaries Are Non-Negotiable:

- They build your self-trust muscle.
- They make external boundary-setting feel natural (not terrifying).
- They teach you that your time, energy, and well-being are worth protecting — no permission slip needed.
- When you respect your own limits, it becomes so much easier to expect (and require) others to do the same.

Common Places Where We Break Boundaries with Ourselves:

- **Time:** Promising yourself a break... and working through it anyway.
- **Energy:** Committing to rest... then saying yes to "just one more thing."
- **Emotions:** Saying you'll process your feelings... but numbing out with scrolling or busyness instead.

- **Health:** Committing to movement, water, sleep... but abandoning it for "one more task."
- **Dreams:** Promising you'll work on that passion project... and always putting it last.

Sound familiar?

(If your hand's in the air, you're not alone — I've been there too.)

One of my clients, Melissa, used to joke that she was "the queen of breaking dates with herself."

She would plan self-care days, creative writing time, even just quiet mornings — and always cancel on herself first when someone else needed something.

Through our work together, Melissa realized something powerful:

"If I don't take my time seriously, why would anyone else?"

When she started honoring her own calendar like it was sacred, something magical happened:

Her confidence soared.

Her resentment faded.

Her relationships actually improved — because she wasn't pouring from an empty cup anymore.

How to Set (and Keep) Self-Boundaries Like a B.R.A.V.E Queen

B - Boundaries With Yourself Start by identifying one area where you consistently break promises to yourself. Maybe it's saying you'll go to bed earlier. Maybe it's saying you'll protect your Saturday mornings.

Ask yourself: "Where am I telling myself 'later' when I actually mean 'never'?"

R - Recognize & Release the Sabotage Stories Notice the sneaky stories you tell yourself:

- "It's not a big deal if I skip it."
- "I'll do it when things calm down."
- "Other people need me more."

Reality check: Your dreams, your energy, and your peace deserve to be prioritized — not constantly postponed.

A - Authentic Action (Small but Mighty) Take one tiny authentic step today:

- Protect one 30-minute pocket of "you" time.
- Complete one small thing you've promised yourself.
- Say no to yourself when you're tempted to break that promise.

V - Validate & Value Your Effort Celebrate every small promise you keep.

- 15 minutes of reading?
- 5 minutes of meditation?
- One glass of water before coffee?

It all counts. Keeping small promises builds massive self-trust.

E - Empower & Evolve Each time you keep a promise to yourself, you evolve into the woman who doesn't need to explain her "no" — because she knows her worth.

Small wins turn into new standards.

New standards turn into a new identity.

And that identity? She's unstoppable.

Daily Affirmation:

"I am worthy of my own time, my own care, and my own promises."

Reflection Corner:

Pause here for a moment

Ask yourself:

1. Where have I consistently broken promises to myself?
2. What's one small boundary with myself I can set this week?
3. How do I feel when I honor my own needs first?

B.R.A.V.E Action Steps:

B - Choose one area where you'll set a boundary with yourself.

R - Write down the sabotage story you want to release.

A - Take one tiny action to honor that boundary today.

V - Celebrate keeping that promise — even if it feels small.

E - Evolve by tracking your boundary wins for the week.

Quote to Keep Close:

"The relationship you have with yourself sets the tone for every relationship you have." – Unknown



Thank you so much for downloading this special preview of my book, **Give Your Yes a Bestie Named No**. I'm so grateful you're here — doing the brave work of showing up for yourself.

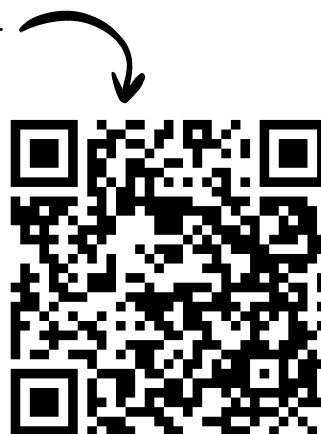
This chapter is just one part of a much bigger journey. Whether you're brand new to boundary-setting or ready to deepen your practice, I hope this gives you the clarity and encouragement you need to take your next empowered step.

When we stop breaking promises to ourselves, everything begins to change.

If you want to read the whole book, ["Give Your Yes a Bestie Named No."](#) you can find it on Amazon or click the QR code below.

With gratitude,

Jen



About the Author

Jen Anderson is an Accountability Expert and the founder of Thankful Hearts Coaching. She helps women break free from people-pleasing, set empowered boundaries, and live in alignment with their truth, without guilt, fear, or apology.

Through her signature B.R.A.V.E. method, Jen guides women back to themselves by combining mindset work, boundary-setting, and compassionate accountability.

Her motto?

Belief + Boundaries = Bliss.

Jen's coaching, workshops, and community programs have helped hundreds of women rediscover their worth, trust their "no," and finally put themselves first, not last.

You can learn more or work with Jen at:

- 🌐 www.thankfulheartscoaching.com
- 📱 Instagram: [@the.jennifer.anderson](https://www.instagram.com/the.jennifer.anderson)
- 📘 Facebook: [the.jennifer.anderson](https://www.facebook.com/the.jennifer.anderson)

Get the full book here:

