

Welcome to UnBound Me

I honestly can't believe we're here right now but I'm so excited to do this course for you because I know, really, I know, how tough boundaries can be to make (and keep!).

In this course, you're going to learn exactly what boundaries are, why we need them, how to make them, what makes good ones versus bad ones and much, much more. By the time this course is finished you should be an *expert* on boundary-making.

I'm supposed to tell you that I'm not a doctor, or a counsellor or licensed anything whatsoever but that I have been through this. These are my first-hand lessons learned from my own trials and tribulations. Learning to make and implement boundaries isn't going to be easy but I promise it will be worth it. So be patient, give yourself and your loved one grace as you work through this course and I pray God blesses you in every way!

Before we go further, let me tell you a bit about myself.

My name is Leah. I'm a small-town girl who grew up in a rural, Canadian town with a population of around one thousand people. I married my husband, who was from New York City, as a twenty-five-year-old single mother. My son was four when we got married and he and I packed up our things and moved to Jersey City, New Jersey. In case you're not sure where that is, we lived right on the Hudson River in an apartment overlooking New York. It sounds like a dream come true and for a small-town girl and I thought it was the resolution to everything I could have ever wished for.

But... life has a way of surprising us and God allows life to get in the way of our plans and our fantasies so that through these things, we can grow and become the children He wants us to be. I moved to New York as a naive, insecure girl and through my

husband's struggle with addiction, I emerged a super-confident, wise old woman! Kidding. That's not true at all. But the experience did change me for the better. **Our hard seasons of life have the ability to change who we are.** Sometimes, for the better, sometimes, not so much. It largely depends on how we handle adversity.

Today, I now have two sons and my husband is committed to recovery from addiction. I've given up my career from the last decade of my life, as a hairstylist, to leap into ministry full-time and I'm very happy to be here with you now. Together, we will navigate and maneuver our way through this journey.

Which brings us to this course on boundaries.

UnBound Me has four steps. Each one needs to be done in order. **I know it's hard to be patient when things are hard but commit with me before we even begin that you won't jump ahead and try to implement your boundaries before you have your goals made and so on.** We have to do this one step at a time for it to be most effective.

Step one is understanding boundaries, step two is applying basic principles of boundaries, step three is implementing new or refreshed boundaries, and step four is living out those boundaries.

Each step has five videos, there are worksheets and homework with each one and you can also download the transcript for the videos if you wish. It's not overwhelming, I tried to make each one a "bite-sized" amount because I know we're all busy and have a full plate as it is!

If you have any troubles at all please talk to me in the comments below or email me at **hello@leahgrey.com** and I'll be more than happy to help you out!

Without further ado, click the first lesson in step one and let's get started!