

BOUNDARIES AS A
BILLION DOLLAR STRATEGY
SAMPLE CHAPTER

The Performance Trap

The Cost of Constantly Proving You're Enough

When you tie your worth to your work, rest becomes guilt, and achievement becomes survival. There's a version of you that only shows up when eyes are watching. She smiles wider. She over-delivers. She shapeshifts into what the room demands. You've worn that version like armor — polished, powerful, and as close to perfect as you can get.

But underneath?

She's tired.

Tired of being “the strong one.”

Tired of making excellence look easy.

Tired of wondering who she would be...
if she wasn't always performing.

This chapter isn't about judging her — it's about meeting her with compassion.

Because performing is survival when you’ve been told your softness is weakness, your boundaries are selfish, and your rest is laziness. But performing every day of your life? That’s a heavy tax on your nervous system.

Performance Is Not The Problem
— Over-Identification Is

It’s OK to strive. To do great work. But when your worth only comes from applause, from accolades, from fulfilling “duties,” it traps you.

You start saying yes to prove something.
You burn out to avoid feeling behind.
You start confusing exhaustion with value.

Who are you when no one is watching?
Describe her. What does she crave?
How does she breathe? What would she
create if she didn’t have to prove anything?

Real-Talk Moment

You might be addicted to applause you don't even like anymore. That's the wild thing. You keep performing for people whose opinions don't even matter to you. You say yes to things that drain you. You post to prove you're "doing something." You work late because they "need you." But what are you really doing? What are you really avoiding?

Take a moment sister...Be STILL. Because stillness is not a threat, it's an invitation. Won't you warmly accept it?

What This Chapter Is Really Asking

Not that you stop showing up.

But that you show up whole.

Not polished. Not perfect. Just... true.

And that starts by no longer treating burnout like a badge.

You don't need to earn rest with exhaustion. You're already enough.

“

Burnout is not just doing too much — it's becoming too much of what they expect, and not enough of who you truly are.

”

“

When you trade authenticity for acceptance, you bankrupt your peace.

”

Let's Take a Pause for a Boundary Check

Ask yourself:

- Am I saying yes to prove something... or because it aligns?
- If I didn't need anyone's approval, would I still say yes to this?
- What's the cost of this yes — time, energy, creativity, peace?

Resources & Next Steps

You've done the work.

Now let us support your next season of growth.

□ [Visit The House of Loren](#)

Explore high-level brand strategy, creative direction, and transformational coaching. This is your next chapter, written with intention. Here, we build the brand and the woman behind it.

marialorendesigns/house-of-loren | [@marialorendesigns](#)

□ [Join Us At Melanin & Muscles](#)

Where self-care, sisterhood, and strength come together. Shop journals, affirmation decks, or become part of The Heart Collective — a community where wellness and worth meet.

melaninandmuscles.com | [@melaninandmusclesllc](#)

□ [Start Your Overwhelm Reset](#)

This program has changed lives — including mine. If you're feeling stretched thin and need a structured comeback plan, start here.

□ [Unburied Talent: Financial Clarity for Founders](#)

Part of my powerhouse business partner's brand, Unburied Talent offers more than financial tips — it's a reclamation. Step into your financial freedom with expert guidance on protecting your finances with intention, budgeting with purpose, and rewriting the money story you inherited. Your peace has a price — and you deserve to afford it. [unburiedtalent.com](#) | [@unburiedtalent](#)

If you're not sure where to begin, reach out via

getcreative@marialorendesigns.com

and let's walk through it together.

You're not alone.