

BOUNDARIES

for thriving

Journal Prompts Week 1

- Identify which of these best describes your current relationship with boundaries?
 - Lacking boundaries and I feel no ownership of my life
 - Trying out boundaries but only in a few key areas.
 - Identifying the need for boundaries in various areas of my life. I just don't have a strong plan or skill set to do this in a way that doesn't hurt others.
 - Expanding my boundaries. I see the benefit and need but am still nervous about the repercussions in my relationships. Growing in confidence and incorporating more self-care practices along the way.
 - Implementing new boundaries intentionally. I'm prioritizing my self-care and energy to support my mental health and the longevity of important relationships.
- How do you *want* to be treated by others? (use as many descriptive words as you want, the more the better!)
- What would healthy boundaries *feel* like to you? (remember...feel. And where in your body do you feel it?)
- What feeling would you *like* to have that you don't currently experience?
- What *needs are not* being met currently? Make this list as expansive and detailed as you can.
- What relationship(s) do you feel needs the *most* attention currently in regards to boundaries? And why?