

BOUNDARIES

for thriving

Journal Prompts Week 4

- Begin making a plan for your day/week/month.
- For those of us who wing life and schedules, this is difficult. But this gives you clarity on your capacity for time and energy. Make sure you are planning self-care so it doesn't get robbed by a weak boundary or a strong obligation. Your first obligation is to you.
- List a few ways you can begin investing in yourself. What does it look like to put you first? Do your new boundaries support this? Empty cups don't have anything to pour out.
- Identify upcoming events/holidays/gatherings where having strong healthy boundaries will support your mental and emotional health. Remember that this work is not just in your best interest. It's in the best interest of all your relationships.
- What boundaries can you create and implement to make these events a new experience for you?
- What are some "start small" boundaries you can act on this week?
- What are some things you can "practice saying no" to...this week?
- Brainstorm your support system. You will have a more successful experience if you have someone or several someones that you can reflect with. Of course, you know that this very thing is what I do for a living. :)