

***Clear Boundaries Exercise***

Strong boundaries come from a strong sense of self-worth. Each time someone sets a healthy boundary, it fortifies their sense of self-worth. Each time a person denies their truth and says “yes” when they mean to say “no,” they weaken their sense of self-worth.

Many women fear setting boundaries because we want to be "nice," or "people-pleasing." Many women fear rocking the boat or upsetting others. Doing so may make others see us as unlikable, and how appreciated we feel can impact our sense of self-worth. Boundaries are generally considered a masculine concept because they are clear and precise, and hold a container.

We actually NEED boundaries because it allows for our inner feminine to feel safe to flow and be free. Without boundaries, our masculine and feminine are out of balance. It can manifest as women overgiving, feeling drained, or letting others take advantage of us.

Boundaries don't always feel comfortable for every person involved, but they will always lead to empowerment or education. Boundaries can be made either internally in relationship to self, or externally in relationship with a person, a situation, or an area of life.

Examples include time management, parenting, and work-life balance.

***Instructions:***

1. Reflect on one area of your life that you wish to create clear boundaries for. Write this area of focus in the rectangle at the top of the page. Example: you may write something such as Work, Health, Self-Talk, Spirituality, Time Management, Sexuality, etc. Or, it can be a relationship with a specific person such as a parent, friend, partner, colleague, etc.
2. Write specific words, phrases, or feelings in the "Yes" zone that you want to WELCOME, and in the "No" zone, what you DO NOT WELCOME. The line of the circle is your BOUNDARY LINE.
3. Circle one thing you wrote down which you can turn into an action step. Write the action step in the rectangle on the bottom of the page. Out of everything you wrote down, what is one thing you know that you can work on? What action step can you take to create a clear boundary in your life?
4. Thank you for doing this important work. I recommend that you place this sheet of paper in a place where you will see it often, such as on your mirror or on the fridge. Remember the clarity this exercise brought you, and integrate the action step into your life.

CLEAR BOUNDARIES EXERCISE NO.

Topic:

Topic:

YES.

Action Step: