



Journaling Inspiration

to discover personal boundaries

- What would you tell others if you had the courage?
- What makes you feel heard, safe, validated or loved?
- How are you validating your own emotions and honoring your needs?

"You can be a kind, compassionate, giving person, with a loving welcoming soul, and still say 'no'"





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- What makes you feel uncomfortable?
- What is within your control?
- What fears prevent you from clearly communicating your boundaries?

“Love yourself enough to set boundaries. Your time and energy are precious. You teach people how to treat you by deciding what you will and won’t accept.” -Anna Taylor





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- When have you tried to set boundaries and it went poorly?
- How were you taught to create and maintain boundaries growing up?
- How do you reinforce your own sense of value?

“Empathy without boundaries is self-destruction.”





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- What are your greatest fears in setting boundaries?
- Make 3 lists: What you NEED to do? What you WANT to do? What do others EXPECT from you?
- Where did you learn boundaries are detrimental to relationships?

"Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others."

-Brene Brown

