

Boundaries



Where do I need a stronger boundary?

What situation leaves me feeling drained?



When do I ignore my own needs?

What do I agree to out of guilt?



What does a healthy boundary look like for me?

What boundary feels uncomfortable but necessary?



How do I communicate my needs?

What relationship improves when I respect my limits?

What personal space do I need more of?

What am I afraid will happen if I say no?

What commitment deserves less of my attention?

How can I protect my energy today?

