



SETTING BOUNDARIES

If the amount of energy you expend in your relationships always exceeds the amount received, boundaries may be an issue for you.

Do you have any people in your life that you constantly sacrifice yourself for?

☐ NO ☐ YES

Do the people in your life always expect you to drop your needs so that you can meet theirs?

☐ NO ☐ YES

Take some time to reflect on the relationships in your life.

Remember:
You don't have to sacrifice your needs and wants to make others happy. You don't have to be available 24/7, nor do you have to work yourself to the point of exhaustion just to prove that you love someone.

Have you ever felt like someone's buffet? Do you lay it all out for people and allow them to come and take as much as they want, whenever they want? If so, setting boundaries may be an area of your life that needs more attention. Boundaries are the energetic barriers that help us stay connected, in tune, and in alignment with ourselves. They cultivate healthy relationships and attachments, and they prevent you from extending yourself beyond your limits.

Who are the people that you constantly give to?

1. _____
2. _____
3. _____

Who are the people that give/take equally?

1. _____
2. _____
3. _____

Do you remember being taught to share as a child? *The conditioning that we received as children contributes to our inability to set and hold strong boundaries. Being taught to share because that shows someone you care sets us up for dysfunctional relationships later in life. Sharing is great but sharing at the expense of yourself is toxic.*

What are three boundaries that you would like to hold for yourself?

These can be anything (i.e. more time alone, 24-hour response time to emails, not gossiping with friends, saying NO when you want to say NO)

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |

What will you have to release in order to step into these boundaries?

What can you give yourself permission to do today that will help you move into and enforce your personal boundaries?
