



JOURNAL PROMPTS FOR BOUNDARIES...

- If I was to act with total authenticity and self assurance, what would I do differently in the relationships I currently have in my life?
- Which areas of my life are communicating a need for boundaries and how?
- How were boundaries modelled to me growing up?
- What holds me back from setting a boundary?
- How were my boundaries/'nos' responded to as a child?
- What role does guilt play in my life? In my boundaries? In my past?
- What is an area I could set a boundary in? What would that boundary be?
- How would my life be different if I let go of any unhelpful narratives about myself I am holding on to?
- How does lack of boundaries impact you?
- When I think about setting a boundary, I feel.... and I think about....
- What areas of your life do you hold good and healthy boundaries? How do you do this and how could you apply this to other areas of your life?
- What boundaries do you need to set in your life to protect and preserve your energy?
- What drains your energy? What tops it back up?
- What relationships in your life need adjustment? What needs to change?
- What are you currently saying 'yes' to that you want to say 'no' to? What are you currently saying 'no' to that you want to say 'yes' to?