

WEEK 32 of #YOUR2024STORY

Journal Prompt: *Embracing Your Space*

Creating Healthy Boundaries

Journal Prompts:

- 1) Where do I feel my boundaries are being challenged or overlooked? Reflect on specific situations or relationships where this occurs.
- 2) How does it affect my well-being when my boundaries are not respected? Consider the emotional, mental, and physical impacts on your daily life.
- 3) What emotions do I experience when my boundaries are crossed? Explore feelings such as frustration, anger, sadness, or anxiety.
- 4) How can I assert my boundaries more effectively in different areas of my life? Think about personal, professional, and social contexts.
- 5) What strategies can I use to communicate my boundaries clearly and confidently? Identify specific phrases or actions that can help convey your limits.
- 6) How do I feel about saying "no" to requests that infringe on my boundaries? Discuss any discomfort or guilt and how you can overcome these feelings.
- 7) How do my boundaries align with my values and priorities? Reflect on whether your boundaries support your overall life goals and principles.
- 8) In what ways can I practice self-care to strengthen my boundaries? Consider activities or habits that reinforce your sense of self and personal limits.
- 9) How can I recognize and address when others are unaware of my boundaries? Think about signs that indicate misunderstandings and ways to clarify your expectations.
- 10) What role does self-respect play in maintaining my boundaries? Reflect on how valuing yourself impacts your ability to set and uphold boundaries.

Remember, setting boundaries is an act of self care. Have the courage to set and maintain boundaries!