

PROTECT YOUR ENERGY WITH HEALTHY BOUNDARIES

YOUR WELLBEING ACTIVITY

MAKE A RECHARGE LIST

Make a list of at least 10 ways you can recharge your mind and body.

THREE EASY STEPS FOR SETTING HEALTHY BOUNDARIES

DEFINE YOUR BOUNDARIES

Get clear about what is acceptable and what is not. Knowing your limits is the first step to setting a boundary.

COMMUNICATE YOUR BOUNDARIES

You have to be clear about your boundaries if you expect others to respect them.

HONOR YOUR BOUNDARIES

Declining unreasonable requests, suggesting alternative solutions, and having honest, uncomfortable conversations are all forms of enforcing boundaries.

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