



Healthy Boundaries

How to Create, Establish, and Uphold Healthy Boundaries

Drop your mind into your heart and tell yourself the truth...

Where in your life do you have healthy boundaries with others?

Where in your life do you have healthy boundaries with yourself?

Where in your life do you need to up level your boundaries with others?

Where in your life do you need to up level your boundaries with yourself?

What is not working in your relationship with others because of your unclear boundaries?

What is not working in your relationship with yourself because of your unclear boundaries?

What is having unclear boundaries costing you?
