

The background of the page is a light-colored wood grain texture, possibly birch or maple, with horizontal planks. The top and bottom edges of the page are solid light green.

BOUNDARIES
JOURNAL

INCLUDED IN THE BOUNDARIES BUNDLE:

EMOTION LIST PT. 1 & 2
VALUE WORDS PT. 1 & 2
THERAPY NOTES PT. 1 & 2
DAILY OVERVIEW
WHAT ARE BOUNDARIES
WEEKLY EMOTIONS
SELF EXAMINATION
REFRAMING MY THOUGHTS
TRACKING MY TRIGGERS
PERSONAL COMPLIMENTS
PERSONAL GOALS
MY SOCIAL CIRCLES (4 PGS)
INFLUENTIAL RELATIONSHIP PROMPTS
MY INFLUENTIAL RELATIONSHIPS (GRID)
ASKING FOR HELP
RELATIONSHIP BOUNDARIES PT 1 & 2
SETTING BOUNDARIES-PHRASES
WEEKLY TO-DO
WEEKLY OUTLINE
30-DAY CHALLENGE
YEARLY MOOD TRACKER
+ BLANK JOURNAL PAGE (LINED)
+ BLANK JOURNAL PAGE (GRID)

FOR PERSONAL USE ONLY. NO KDP OR RESALE

LIST OF EMOTIONS PT. 1

absorbed	apprehension	compassion	distressed	extroverted
acceptance	aroused	complacent	dismissed	exuberant
aching	ashamed	compliant	displeasure	_____
admiration	assertive	composed	dissatisfied	fascinated
adventurous	assured	conceited	distraction	fatalistic
adoration	astonishment	concerned	distress	fear
admiration	attachment	confident	disturbed	fearful
adrift	attracted	contempt	doom	ferocity
adulation	attraction	content	dread	flummoxed
affection	awe	contentment	_____	flustered
afraid	awkward	cowardly	eager	fondness
affection	_____	crabby	earnest	frazzled
aggravation	baffled	crazed	easy-going	fretful
aggressive	betrayed	crazy	ecstasy	fright
agitation	bitterness	cross	ecstatic	frightened
agony	blessed	cruel	edgy	frustration
agreeable	bliss	_____	elation	furious
alarm	blue	daring	embarrassment	fury
alone	bold	defeated	emotion	_____
aloof	boredom	defiance	emotional	generous
alert	bitter	delighted	empty	glad
alienation	brave	denial	enamored	gloating
alive	bubbly	dependence	enchanted	gloomy
amazement	_____	depressed	enjoyment	glum
amusement	calculating	desire	enraged	greedy
anger	calm	detached	enraptured	grief
angst	capricious	disappointment	enthralled	grim
animated	caring	disapproval	enthusiasm	groggy
anguish	cautious	discontent	envious	grouchy
annoyance	charmed	disenchanted	envy	grumpy
anticipation	cheerful	disgust	equanimity	guarded
antsy	closeness	disillusioned	euphoria	guilt
anxiety	cocky	dislike	exasperation	_____
apologetic	cold	dismay	excited	happiness
appalled	comfortable	distant	exhausted	happy

LIST OF EMOTIONS PT. 2

harried	Lazy	pessimism	scorn	triumphant
hesitant	Like	petrified	self-assured	trust
hollow	loathing	pity	self-congratulatory	twitchy
homesick	loneliness	placid	self-satisfied	_____
hopeless	lonely	pleased	sentimentality	uncomfortable
horrified	longing	pride	serenity	unhappiness
hostility	love	proud	shame	unhappy
humiliation	lulled	pushy	shaken	upset
hurt	lust	_____	shock	uptight
hysteria	_____	quarrelsome	skeptical	_____
_____	mad	queasy	smug	vain
infatuated	merry	querulous	sorrow	vanity
insecurity	misery	quick-witted	sour	venal
insulted	modesty	quiet	sorry	vengeful
interested	mortificatio	quirky	spellbound	vexed
introverted	_____	_____	spite	vigilance
irritation	naughty	rage	startled	vivacious
isolation	neediness	rapture	stingy	_____
_____	neglected	rejection	stoical	wary
jaded	nervous	relief	stressed	watchfulness
jealous	nirvana	relieved	subdued	weariness
jittery	_____	remorse	submission	weary
jolliness	open	repentance	suffering	woe
jolly	optimism	resentment	surprise	wonder
joviality	ornery	resigned	sympathy	worried
joy	outgoing	restless	_____	wrathful
jubilation	outrage	revulsion	tenderness	_____
jumpy	_____	roused	tense	zeal
_____	panic	_____	terror	zest
keen	paralyzed	sad	threatening	
kind	paranoid	sadness	thrill	
kind hearted	passion	sarcastic	timidity	
kindly	Passive	sardonic	torment	
_____	Peaceful	satisfaction	tranquil	
Laid Back	Pensive	scared	trepidation	

LIST OF VALUE WORDS PT. 1

Ability	Comfort	Dexterity	Faith	Honesty
Abundance	Commitment	Dignity	Fame	Honor
Acceptance	Compassion	Diligence	Fascination	Hopefulness
Accomplishment	Competence	Diplomacy	Fashion	Hospitality
Achievement	Complacency	Directness	Fearlessness	Humility
Adaptability	Completion	Discretion	Fidelity	Humor
Adventure	Composure	Discipline	Fineness	Hygiene
Affection	Concentration	Discernment	Finesse	_____
Alertness	Confidence	Discovery	Fitness	Imagination
Ambition	Conformity	Diversity	Flexibility	Impartiality
Anticipation	Connection	Dreaming	Fluency	Independence
Appreciation	Consciousness	Drive	Focus	Insightfulness
Approachability	Consistency	Duty	Fortitude	Inspiration
Assertiveness	Continuity	Dynamism	Frankness	Instinctiveness
Attentiveness	Control	_____	Freedom	Integrity
Audacity	Conviction	Eagerness	Friendliness	Intelligence
Availability	Cooperation	Ecstasy	Frugality	Intimacy
Awareness	Correctness	Education	_____	Intuition
Awe	Courage	Effectiveness	Gallantry	_____
_____	Courtesy	Efficiency	Generosity	Joy
Balance	Craftiness	Elegance	Gentility	Justice
Blissfulness	Creativity	Empathy	Genuineness	_____
Boldness	Credibility	Encouragement	Giving	Keeness
Bravery	Cunning	Endurance	Grace	Kindness
Brilliance	Curiosity	Energy	Gratefulness	_____
_____	_____	Enlightenment	Gratefulness	Leadership
Calmness	Daring	Entertainment	Gratitude	Liberation
Capability	Decisiveness	Excellence	Growth	Logic
Candor	Deepness	Expectancy	Guidance	Loyalty
Certainty	Deference	Experience	_____	_____
Charm	Delicacy	Expertise	Happiness	Maturity
Chastity	Delight	Exploration	Harmony	Meticulousness
Clarity	Dependability	Expressiveness	Health	Mindfulness
Cleanliness	Determination	Extravagance	Helpfulness	Modesty
Cleverness	Devotion	Exuberance	Heroism	Motivation
Commitment	Devoutness	Evolution	Holiness	_____

LIST OF VALUE WORDS PT. 2

Neatness	Resolution	Solidarity	Vision
_____	Resourcefulness	Solitude	Vitality
Open-Minded	Respect	Spirituality	Vivacity
Optimism	Restfulness	Spontaneity	_____
Organization	Restraint	Stability	Warmth
Originality	Reverence	Stillness	Watchfulness
_____	Richness	Strength	Wealth
Passion	Rigor	Structure	Wholesomeness
Perfection	_____	Substantiality	Willingness
Perseverance	Scaredness	Success	Winning
Persuasiveness	Sacrifice	Sufficiency	Wisdom
Philanthropy	Sagacity	Support	Wittiness
Playfulness	Saintliness	Surprise	Wonder
Popularity	Sanguinity	Suburb	Worthiness
Practicality	Satisfaction	Sympathy	_____
Preparedness	Security	_____	Zeal
Privacy	Self-Control	Tactfulness	Zest
Proactivity	Selflessness	Teamwork	Zing
Proficiency	Self-realization	Temperance	
Professionalism	Self-reliance	Thankfulness	
Prosperity	Sensitivity	Thoroughness	
Punctuality	Sensuality	Thoughtfulness	
Purity	Serenity	Thrifty	
_____	Service	Timeliness	
Quietness	Sexuality	Traditionalism	
Quickness	Sharing	Tranquility	
_____	Shrewdness	Trust	
Realism	Significance	Trustworthiness	
Readiness	Silence	_____	
Reason	Simplicity	Uniqueness	
Reflection	Sincerity	Utility	
Relaxation	Skillfulness	Victory	
Reliability	smartness	Vigor	
Resilience	Sophistication	Virtue	

DAILY OVERVIEW

DATE |

WEATHER |



DREAM LOG:

HOURS OF SLEEP |

SLEEP QUALITY | 1 2 3 4 5 6 7 8 9 10

TOP 5 MOMENTS OF TODAY:



DAILY ACCOMPLISHMENTS



DAILY GRATITUDE

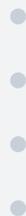


BREAKFAST	SNACK(S)	LUNCH	SNACK(S)	DINER	WATER
					OZ.
CAL	CAL	CAL	CAL	CAL	TOTAL

EXERCISES:

TIME:

TOP TO-DO LIST:



WHAT ARE BOUNDARIES

<p style="text-align: center;">PHYSICAL</p> <p>Physical boundaries cover your physical being, your personal space, and property, as well your right to privacy. Setting these boundaries includes putting your physical needs as a fundamental priority. To set those boundaries you need to consider what you feel comfortable with in regards to touch, space, sleep, etc.</p>	<p style="text-align: center;">INTELLECTUAL</p> <p>Intellectual boundaries include your thoughts, ideas, beliefs, creative expressions, etc. An intellectual boundary includes, but is not limited to, communicative boundaries. How we talk to others and how we accept communication styles is important. How do you communicate your willingness to listen or need to end a conversation?</p>
<p style="text-align: center;">EMOTIONAL</p> <p>Emotional boundaries are those that consider your feelings and overall life story. What is it that you are willing to share with others? How does that differentiate based on the relationship you have with someone. If you start to take on the emotional identity of someone else, an emotional boundary is needed.</p>	<p style="text-align: center;">SEXUAL</p> <p>Sexual boundaries are important to establish before being intimate with another individual. Sexual boundaries include, but are not limited to, open communication when discussing sexual boundaries. Consent is an important component of sexual boundaries. Ask yourself what you are and aren't comfortable with doing.</p>
<p style="text-align: center;">MATERIAL</p> <p>Material boundaries are set to protect your material goods. This would be your physical property or items that hold value in your life. While material boundaries are not often considered, it's important to establish boundaries with items that hold value to you. This can be a monetary boundary.</p>	<p style="text-align: center;">TIME</p> <p>Time boundaries help establish the importance of your time. How you wish to spend your time is a decision that is all your own. When you set time boundaries, consider what you need to prioritize. Whom you spend your time with is also a part of setting a boundary with your time.</p>

HEALTHY/UNHEALTHY BOUNDARIES

HEALTHY BOUNDARIES

- | | |
|---|--|
| <ul style="list-style-type: none">• You are able to stick up for yourself when you aren't being heard.• Both individuals' feelings are taken into account during a conversation.• The capability to say "no".• You are able to do things independently. Not relying on others to find happiness.• When you make a mistake you own up to what you have done.• You can communicate your emotional needs.• Not taking the blame for something that you didn't do.• Being able to dictate how you are feeling emotionally as an individual. The ability to separate yourself from your atmosphere. | <ul style="list-style-type: none">• Respecting other individuals' privacy. As well as being able to stand up for your own right to privacy.• The ability to set and uphold physical boundaries including, but not limited to, sexual wants/needs.• The ability to manage your time. Prioritizing what needs to be done and making adjustments where needed.• The ability to ask for help when you need it.• The ability to communicate your emotions to others when you feel the desire to share.• Not doing something just because at one point you said you would. You have the right to change your mind.• Standing up for your own needs |
|---|--|

UNHEALTHY BOUNDARIES

- | | |
|---|--|
| <ul style="list-style-type: none">• Putting your fundamental needs on the back burner for someone else.• Not filtering your conversation for your audience (ex: Personal details to coworkers)• Being on the receiving end of a good deed and feeling an inappropriate connection to the other individual as a response. (ex: love)• Allowing others to make decisions for your life without stopping it.• Eating something you have a dietary restriction against because it's has been given to you.• Touching another person without consent• Telling details of your life to an individual who doesn't have any bearing in your life as if they were a lifelong friend. | <ul style="list-style-type: none">• Letting others speak on your behalf.• Pressuring someone (or feeling pressured) to do something you don't wish to do.• Not considering others in your decisions. Always make the situation revolve around yourself and/or your desires• Feeling obligated to partake in an event that has no relevance to you.• Not communicating your emotional needs for the sake of someone else's needs.• Taking the blame for a decision and/or action that was not your doing.• Allowing other people's opinions of yourself hold value in your life.• Belittling a person when they make a mistake |
|---|--|

WEEKLY EMOTIONS

In the space provided below, write down the emotions experienced throughout the day.
If something notable occurred, make sure to include it for reflection. Do you notice any patterns?

SUNDAY:	S	M	T	W	T	F	S	DATE

MONDAY:	S	M	T	W	T	F	S	DATE

TUESDAY:	S	M	T	W	T	F	S	DATE

WEDNESDAY:	S	M	T	W	T	F	S	DATE

THURSDAY:	S	M	T	W	T	F	S	DATE

FRIDAY:	S	M	T	W	T	F	S	DATE

SATURDAY:	S	M	T	W	T	F	S	DATE

SELF EXAMINATION

RATE MY OVERALL HEALTH | 1 2 3 4 5 6 7 8 9 10

DATE |

MENTAL HEALTH

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> Mood Swings | <input type="checkbox"/> General excitement | <input type="checkbox"/> Compulsive thoughts | <input type="checkbox"/> Can't handle change |
| <input type="checkbox"/> Excessive Crying | <input type="checkbox"/> Healthy thoughts | <input type="checkbox"/> Overthinking | <input type="checkbox"/> Ability to learn |
| <input type="checkbox"/> Excessive Sadness | <input type="checkbox"/> Unhealthy thoughts | <input type="checkbox"/> General numbness | <input type="checkbox"/> Hallucinations |
| <input type="checkbox"/> Increased happiness | <input type="checkbox"/> Abnormal thoughts | <input type="checkbox"/> Inability to cope | <input type="checkbox"/> Feeling confused |
| <input type="checkbox"/> Ability to learn | <input type="checkbox"/> Feeling triggered | <input type="checkbox"/> Excessive Fear | <input type="checkbox"/> Difficulty focusing |
| <input type="checkbox"/> Inability to learn | <input type="checkbox"/> Suicidal Thoughts | <input type="checkbox"/> Can handle change | <input type="checkbox"/> Thoughts of harm |

OTHER

OTHER

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Unusual Isolation | <input type="checkbox"/> General irritability | <input type="checkbox"/> increased social need | <input type="checkbox"/> Increased physical touch |
| <input type="checkbox"/> ignoring calls | <input type="checkbox"/> General distrust | <input type="checkbox"/> Overworking | <input type="checkbox"/> Lack of physical touch |
| <input type="checkbox"/> ignoring texts | <input type="checkbox"/> Social Anxiety | <input type="checkbox"/> missing work days | <input type="checkbox"/> general social avoidance |
| <input type="checkbox"/> ignoring emails | <input type="checkbox"/> Prioritizing needs | <input type="checkbox"/> legal problem | <input type="checkbox"/> turning down invites |
| <input type="checkbox"/> increased Self focus | <input type="checkbox"/> + Personal balance | <input type="checkbox"/> financial problem | <input type="checkbox"/> Lack of Communication |
| <input type="checkbox"/> General Hostility | <input type="checkbox"/> + Communication | <input type="checkbox"/> missing events | <input type="checkbox"/> increased online activity |

SOCIAL HEALTH

PHYSICAL HEALTH

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Drug Use | <input type="checkbox"/> Altered sex drive | <input type="checkbox"/> Self Harm |
| <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Nicotine addiction | <input type="checkbox"/> Increased Sleep | <input type="checkbox"/> Violent Behavior |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Excessive Drinking | <input type="checkbox"/> Unable to sleep | <input type="checkbox"/> Compulsive actions |
| <input type="checkbox"/> General fatigue | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Interrupted to sleep | <input type="checkbox"/> Increased appetite |
| <input type="checkbox"/> Back Pain | <input type="checkbox"/> Getting sick often | <input type="checkbox"/> Regular exercise | <input type="checkbox"/> depleted appetite |
| <input type="checkbox"/> Body aches | <input type="checkbox"/> Healthy Immune | <input type="checkbox"/> Lack of exercise | <input type="checkbox"/> Positive Routine |

OTHER

NOTES:

REFRAMING MY THOUGHTS

This worksheet is intended to reframe a negative thought into a more positive perspective. On the left in the "-" box, add the negative thought you are experiencing. In the lower elongated box, note what has triggered this thought. On the right in the "+" box, alter your thought to account for a more positive outlook.

-			+

-			+

-			+

-			+

PERSONAL COMPLIMENTS

*Have you given yourself enough compliments this week? No?
Use the prompts below to give yourself a compliment boost daily.*

- I am stronger than I give myself credit for
- I am intelligent
- I have taken what the world has given to me and I am still standing. I'm proud of myself.
- I am a kind soul who considers the ripple effects of my actions in my worldview.
- I am wise and my wisdom is showcased in every wrinkle, scar, and body mark.
- Look at how strong I am!
- I am courageous. I don't give myself enough credit for all the mountains I have climbed.
- I have a beautiful smile that lights up the room.
- I make me laugh - I love to laugh!
- I am a great friend.
- I got up today. I acknowledge it was not easy for me to do so. I struggled and debated if I could/should or not but in the end, I did. I am proud of myself today for taking a step for me.
- I am brave.
- I like my personal style.
- I appreciate the choices I've made today.
- My body is capable of great things. The more I can realize its abilities, the more it can do!
- I have a perspective that is unique to the world. The more I realize that I have value, the more I can achieve.
- I showed up today at an event. I can personally recognize that it was hard to do but I did it! I'm proud of myself.
- I stuck to a boundary that was difficult to keep today. In turn, I listened to what I needed.
- I'm proud of myself for saying "no" in a situation I normally wouldn't have stuck up for myself in
- I did the work I've been putting off for a while today. I am proud of myself for getting it done.
- Today I used healthy coping strategies!
- I removed myself from a situation I felt uncomfortable in I stood up for myself and my own needs today!
- I asked for help today! / I accepted help today!
- I recognized a need I had today and I worked towards addressing it.
- I took a step towards financial freedom
- I am in charge of my body and the decisions I make.
- I gave my body enough fuel to be successful today.
- I released myself from toxic relationship(s).
- I have the power to say, "no"!
- I have a voice that matters in this world.
- I value my need to recharge my body and mind.
- I carry around the knowledge that is unique from others. The knowledge is made up of my life experiences, education, and relationships.
- I have created a life that I love.
- I believe that my worth is not determined by monetary value.
- I am a loyal friend.
- I have the courage to stand up for myself and others
- I am a lifelong learner and no one can take away my love for education.
- My scars do not define the person I am today but rather have built me up to the person I am becoming
- I am a team player.
- I don't need technology to feel worthy.
- I am giving my body what it needs to be successful.
- I feel safe in the body I have and the space I am in.
- I value that every experience I have taken has led me to the place where I am today.
- My presence in this world holds great value.
- I am proud of the person I am becoming

PERSONAL GOALS

WHAT I HOPE FOR MYSELF PERSONALLY

WHAT I HOPE FOR MY SOCIAL LIFE

WHAT I HOPE FOR MY PHYSICAL LIFE

WHAT I HOPE FOR MY CAREER

WHAT I HOPE FOR MY FAMILY

WHAT I HOPE FOR MY ROMANTIC RELATIONSHIPS

MY SOCIAL CIRCLES

OUTER SOCIAL CIRCLE

People in your outer social circle have an influence on your life and who you are as a person. However, they wouldn't be people you see often or think of as your closest friends. An example of individuals in your outer circle would be family members you only see at family reunions. They are important and have an impact on your life, but don't influence your daily decisions. Generally speaking, this circle won't be made up of more than 40 people.

When you are considering your own boundaries, think about the relationship you have with individuals in your outer circle. What weight does their advice have on your life?
How much time do you invest in this relationship?

MIDDLE SOCIAL CIRCLE

Your middle social circle is made up of individuals who hold a role in your life regularly. They may even be relationships that are currently in the works. They wouldn't be people you consider your go-to friends. However, you may still invite them to do an activity or have a conversation. They are friends. However, they aren't the closest friends to you.

When considering your middle social circle, how do you invest in these relationships in a different way than you would your inner circle? How are they differentiated from your outer circle? How much time do you think it is appropriate to devote to these relationships? Explain your thought process.

YOUR CIRCLE

This would be your personal space. The representation for who you are as a person in relation to your social circles. When considering your circle, how much time do you spend working on your relationship with yourself?

INNER SOCIAL CIRCLE

Your inner social circle isn't big. Generally speaking, it is about 4-6 people who influence your life the most. When you consider the inner social circle, consider whom you would call when you get big news or feel sad. This circle is made up of people you have genuine trust with and feel the closest with- even if this relationship is shorter than one in an outer circle.

When considering your inner circle, how much time do you invest in these relationships? What role do these relationships have in your life? How much time do you invest in them? How much time is invested in you in return? What emotional words would you use to describe the people in your inner circle? Even in your inner circle- do you have relationships that are stronger than others?

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People in your outer social circle have an influence on your life and who you are as a person. However, they wouldn't be people you see often or think of as your closest friends. An example of individuals in your outer circle would be family members you only see at family reunions. They are important and have an impact on your life, but don't influence your daily decisions. Generally speaking, this circle won't be more than 40 people.

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1	21
2	22
3	23
4	24
5	25
6	26
7	27
8	28
9	29
10	30
11	31
12	32
13	33
14	34
15	35
16	36
17	37
18	38
19	39
20	40

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1

2

3

4

5

6

7

8

9

10

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1

2

3

4

5

6

MY INFLUENTIAL RELATIONSHIPS

Name	Does your relationship rely on an activity or experience? Ex: I am friends with x because I work with them everyday.	Do you feel heard and respected by this individual? Would you consider them to be a positive influence in your life?	Emotion Word(s)
			Rate the influence
1			
			1 2 3 4 5 6 7 8 9 10
2			
			1 2 3 4 5 6 7 8 9 10
3			
			1 2 3 4 5 6 7 8 9 10
4			
			1 2 3 4 5 6 7 8 9 10
5			
			1 2 3 4 5 6 7 8 9 10

— INFLUENTIAL RELATIONSHIP PROMPTS —

On a separate journal page, follow the prompts below to consider the influence of the 5 people closest to you in your life. Use the "Influential Relationship-grid" to assist in answering the prompts.

1. Considering your top five influences, is there a common theme to your influences? *Ex: are multiple individuals related to a common experience ie. work?* If there is a common theme, is it an unhealthy relationship? Is it a positive correlation? How does this connection make you stronger or drive you apart?
2. How do you think the five people you spend the most time with impact your relationship with yourself? How is your self-image, behavior, etc? Do you like yourself when you are with them? Does your opinion on this question change from person to person?
3. Do you feel genuinely heard and respected by each of your top influences? Individuals can be in your top five influential circles without being a chosen friend. Regardless, these individuals will have a large impact on who you are as a person. Additionally, do you consider yourself a good influence on them? What balance does the relationship have currently? Has this altered over time? If so, how?
4. Do you feel any outward pressures influenced by your top 5 influential people? Do you feel like you have to make behavioral changes around them to accommodate? Do you think they have to change their mannerisms to accommodate for you?
5. How does your communication change when you are by the aforementioned individuals? Do you feel as if you have a healthy communication style between parties? Does this change per relationship? Does this communication style uplift yourself and others? On the other hand, do you tend to swear, gossip, or speak ill of others when you around them?
6. Do you feel as if you have healthy boundaries with the aforementioned individuals? Do you feel as if you have mutual respect and can communicate boundaries when needed? How does this influence your overarching relationship with this individual?

ASKING FOR HELP

There are times when people try to help but it isn't always the right time or the right task.
Use the space provided below to outline tasks that would be helpful to communicate to others vs tasks that would be more stressful if another individual tried to help.

Tasks that would be helpful for someone else to assist with:

People I feel comfortable with...

What tasks would you consider to be crossing the line?

How I can set this boundry:

RELATIONSHIP BOUNDARIES

NAME |

TYPE OF RELATIONSHIP |

Boundaries you want to set in this relationship:

How you plan on communicating these boundaries

How are these boundaries
beneficial to you?

How do you feel Prior to having this conversation?

RELATIONSHIP BOUNDARIES

NAME |

Use the space below to provide your thought process

How did the conversation go regarding boundaries?

Plan ahead: What happens if
the boundaries you set aren't respected?

EMOTION WORD(S)

SETTING BOUNDARIES

Are you struggling to set boundaries with other individuals? Here is a prompt list to help you get started. Use the prompts to help respond or role play situational experiences.

- I've never thought about it that way but I'd like to process it before continuing the conversation.
- Thank you for offering to help, but I would like to handle it on my own.
- Thank you for offering your experience but I would like to try it for myself.
- I would like to understand what you are trying to communicate to me but I'm having a hard time processing your (tone, volume, etc). I think it's best that we step away for a couple of minutes.
- I value what you are saying but I need to go to sleep. Let's talk about this at a later time.
- I appreciate how you feel but I need to make decisions that are beneficial to my own growth.
- We may not be aligned on this issue. At this point, I'm not in a place to have a conversation on this topic.
 - I'd be happy to have this conversation at a later date when we both feel it is right.
 - I don't feel comfortable having this conversation with you, I ask that we don't touch this topic moving forward.
- I understand that you think "x" will have this outcome, but I don't believe that to be true. This is why I believe in something different.
- I'm currently overwhelmed. I would appreciate having this conversation with you at a different time.
- I'm currently overwhelmed. can you send this information to me so I can have time to process what you are asking?
- I'm sorry that I hurt your feelings. As a human, I am trying to protect my needs too.
- I appreciate that you have many great ideas. However, at this time I'd like the space to come up with my own creative ideas.
- I don't have the information I wish I had for you. I am going to need some time and space to gather it. I will send it to you when it's ready.
- Thank you for considering me. Unfortunately, at this time, I need to decline.
- No, Thank you. I don't need to give an explanation.
- I appreciate that you want to see me but I need you to leave. My space is very important to me.
- I'm prioritizing my own self-care at this time. I will need to get back to you at a later time.
- I don't appreciate you attempting to get me to overlook what is best for me, so you can get what you want from me. I will not be afraid of your ultimatums.
- I don't respond positively to your guilt.
- I appreciate you sharing your feelings with me. However, your feelings don't override my emotional needs and/or capacity.
- I'm done for tonight. Respectfully, I need to go (or have you go) for now. We can talk more at a later time.
- I appreciate you verbalizing your opinion. However, I need to make my own decision as an adult.
- I've had a great time with you today but unfortunately, I need to leave.
- No, I do not wish to do that at this time.
- I don't feel ready emotionally to have this conversation. I will need to process this on my own.
- I have had a great time hanging out with you recently. However, I need to have some space.
- I appreciate you cooking for me. Unfortunately, I have a dietary restriction and can't partake in eating.
- I don't appreciate the way you communicated that to me. Moving forward, I need you to take a different approach or not approach that subject at all.
- I said "No". I do not need to say anything more.
- I appreciate that you may celebrate by doing X. However, that is not something I would like to partake in. We can talk at a later time.
- I'm feeling overwhelmed. I need you to handle more on your own at this time.
- I don't wish to drink.
- I don't have space to process what you've said right now. I will need to clear my head and come back when I have the ability to hear you out. Please give me space during this time.

WEEKLY TO-DO

SUNDAY

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MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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WEEKLY TO-DO & NOTES

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30 Day Challenge

Challenge Title:

Start Date |

End Date |

Challenge Overview:

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30

WEEKLY OUTLINE

IMPORTANT

PRIORITIES

TO-DO LIST
<input type="checkbox"/> <input type="checkbox"/>

SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	

JOURNAL PROMPT:

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FOR YOUR SUPPORT

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PLEASE DON'T HESITATE TO REACH OUT
IF YOU HAVE ANY ISSUES!

HAPPY ORGANIZING!

IF YOU FIND THIS ORGANIZATIONAL TOOL KIT
HELPFUL, I WOULD APPRECIATE IT IF YOU LEFT A
REVIEW!