



STRONG BODY * KIND HEART * FIERCE MIND * BRAVE SPIRIT

Worksheet 1 - July 2017 - The Better Boundary Foundry

A worksheet to kickstart your awareness for this month - whatever comes up top of mind for you is the perfect response - no one will see this but you. It's your helpful thought-starter foundation for your wellbeing by stealth this month - so get cracking! Ideally, fill this in BEFORE you watch this month's tutorial.

Where do you feel you already have good boundaries?

- Physically
- Mentally (holding your own opinion and being okay to disagree)
- Fiscally / Materially
- Emotionally (not trying to "make" others happy, or expecting them to "make" you happy)
- Time / Commitment

In which areas do you feel you need to improve?

When do you most often feel resentful / pissed off / burned out / taken advantage of?

Are there particular people / relationships that make you feel consistently resentful / pissed off / burned out / taken advantage of?

In what situations do you feel GUILTY?

Why? What is it about this person or situation that brings guilt up for you?

Well done - that's a great first step in awareness for this month's module of awesomeness ~The Better Boundary Foundry~.

We cannot transform that which we are unaware of - so that was great work.
Well done!

Louise