

THE GLOW UP

BOUNDARIES
WORKBOOK

♥ WHAT IS YOUR CURRENT UNDERSTANDING OF BOUNDARIES? ✨



♥ ON A SCALE OF 1-10 WHAT WOULD YOU RATE YOUR BOUNDARY-SETTING SKILLS? ✨



1. 2. 3. 4. 5. 6. 7. 8. 9. 10.



♥ WHAT IS ONE THING YOU WANT TO LEARN OR TAKE AWAY FROM THE BOUNDARIES MODULE? ♥

* ✨ ONE OF THE MOST TELLING SIGNS THAT WE NEED TO SET A BOUNDARY IS FEELING ANGER, RESENTMENT OR IRRITATION ABOUT A PARTICULAR SITUATION WITH SOMETHING OR SOMEONE IN YOUR LIFE. ♥

• WHEN HAVE YOU FELT ANGER, IRRITATIONS OR RESENTMENT IN YOUR LIFE AND PERHAPS NOT UNDERSTOOD WHY? BE SPECIFIC. •



HERE ARE SOME EXAMPLE AREAS:



♥ CAREER _____

♥ HOME _____

♥ ROMANTIC RELATIONSHIPS / DATING _____



♥ FRIENDSHIPS _____

♥ OTHER _____

♥ OTHER _____



IF YOU WERE TO ELIMINATE THE PRESSURES, THOUGHTS AND OPINIONS OF EVERYONE AROUND YOU AND WORRIED LESS ABOUT WHAT YOU 'SHOULD' SETTLE FOR, AND MORE ABOUT WHAT YOU WANT AND NEED, WHAT DO YOU HAVE THE RIGHT TO ASK FOR?

♥ I HAVE THE RIGHT TO ASK TO BE PAID FOR THE OVERTIME THAT I WORK

♥ I HAVE THE RIGHT TO ASK MY PARTNER TO START HELPING OUT AROUND THE HOUSE MORE

♥ I HAVE THE RIGHT TO TELL MY FRIEND SHE CAN'T KEEP BORROWING MY CLOTHES



'IF I WERE TO' AND 'I AM GOING TO' CREATE A DIFFERENT FEELING IN OUR MINDS AND BODIES. SOMETIMES, STARTING WITH 'IF I WERE TO...' FEELS MORE MANAGEABLE BECAUSE IT OPENS UP OUR MINDS TO THE POSSIBILITIES AND ALLOWS US TO DREAM WITHOUT OVERTHINKING THE OUTCOME.

SO TO EASE YOU INTO WHAT BOUNDARIES YOU ARE GOING TO SET, START BY TOYING WITH THE IDEA AND BEGIN WITH 'IF I WERE TO SET A BOUNDARY AT/WITH 'X' IT WOULD BE...'

♥ HOME

♥ FRIENDSHIPS

♥ RELATIONSHIPS

♥ WORK

♥ FAMILY

♥ OTHER



NOW TO ACTUALLY SET YOUR BOUNDARIES. TO DO THIS, YOU CAN FOLLOW THE
CREATE, STATE AND MAINTAIN METHOD.

CREATE

- ♥ WHAT BOUNDARY DO YOU WANT TO PUT IN PLACE? (GET SPECIFIC).
- ♥ WHY IS IT IMPORTANT TO YOU THAT YOU IMPLEMENT THIS BOUNDARY?
- ♥ WHAT WILL IMPROVE WHEN THIS BOUNDARY IS HONOURED?

STATE

- ♥ HOW THE SITUATION IS CURRENTLY
- ♥ HOW THE SITUATION MAKES YOU FEEL
- ♥ WHAT YOU WANT TO HAPPEN/CHANGE IN THE FUTURE
- ♥ SET THE BOUNDARY CLEARLY WITH THE OTHER PERSON.

MAINTAIN

- ♥ PEOPLE WILL TRY TO PUSH YOUR BOUNDARIES, ESPECIALLY IF YOU LET THEM SLIDE.
- ♥ YOU GET TO DECIDE HOW MANY CHANCES YOU GIVE.
- ♥ MAKE SURE TO REINSTATE YOUR BOUNDARY EACH TIME IT'S CROSSED.

THINK ABOUT 3 BOUNDARIES THAT YOU ARE GOING TO IMPLEMENT IN THE NEXT
MONTH AND BRAINSTORM THE
CREATE, STATE AND MAINTAIN METHOD FOR THEM:

BOUNDARY 1

♥ CREATE _____

♥ STATE _____

♥ MAINTAIN _____

BOUNDARY 2



♥ CREATE

♥ STATE

♥ MAINTAIN

BOUNDARY 3



♥ CREATE

♥ STATE

♥ MAINTAIN

SADLY, OUR BOUNDARIES AREN'T ALWAYS MET WITH A POSITIVE RESPONSE, AND WE CAN END UP QUESTIONING OURSELVES AND THE BOUNDARY. YOU MUSTN'T END UP NEGOTIATING OR QUESTIONING THE BOUNDARY AT THIS POINT. INSTEAD, WHAT YOU CAN DO IS JOURNAL AROUND THE FOLLOWING PROMPT...



"I DID THE RIGHT THING BY SETTING THIS BOUNDARY BECAUSE..."



WHAT ARE YOUR BIGGEST TAKEAWAYS FROM THE BOUNDARY'S MODULE?

WHAT IS ONE THING THAT YOU WILL COMMIT TO
IMPLEMENTING MOVING FORWARDS?

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