

Set Healthy Boundaries *for self-care*

A person is holding a large, full bouquet of dried pampas grass. The person is wearing a white shirt and is standing in a field of dry grass. In the background, there are mountains under a clear sky. The image has a torn paper edge effect at the bottom.

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Create Healthy Boundaries & Transform...

Hi beautiful,

Thank you for trusting me in your journey to create helpful boundaries for yourself.

I've experienced many people in my life stepping on my boundaries and making me feel as if my wants are unimportant.

Sometimes, we need someone - or a guide - to nudge us and show us where we should draw our boundaries. And make us more aware of what makes us tick.

Drawing your boundaries will transform you into a more confident woman. And is the first step to becoming a more self-caring individual.

I hope this Setting Healthy Boundaries Workbook will help you achieve that.

Sincerely,

Joanna Brown

what do healthy boundaries look like?

SET BOUNDARIES FOR SELF-CARE AND CONFIDENCE

Everyone reaps the benefits of setting healthy boundaries. However - the reason you need to set healthy boundaries is going to be different from another person.

For example, do you find yourself over-committing to things because you can't say no? Or is it because you let other people get too close for comfort and affecting your mental and emotional health?

Not setting healthy boundaries can cause you stress and strain your relationships even further.

In fact, setting boundaries is a good test for you to evaluate and see if some relationships are worth keeping. A healthy friendship or relationship involves respect from both parties.

I have included 5 actions which self-respecting women practise in order to create boundaries to be more self-caring and confident.

what do healthy boundaries look like?

HOW SELF-RESPECTING WOMEN CREATE HEALTHY BOUNDARIES - 5 WAYS

1. Being brave to express your discomfort

If someone cracks a joke at your expense and you feel hurt, tell that person. If someone says something untrue about you, make it clear to that person too. You can always start the conversation with "I feel hurt when you..(insert inappropriate action)."

2. Always expecting respect

Hold your head high and expect to be treated respectfully wherever you go. This means, you have to treat other people with respect too!

3. Not feeling guilty about 'Me Time' *(and taking care of yourself)*

If you would rather 'recharge' yourself at home instead of going to a gathering and have your energy drained out of you, it's alright to do so. Switch your mindset and tell yourself it's okay to look after yourself when you are mentally, physically or emotionally drained. A well-rested you means you can be a more attentive partner, friend, employee, boss - you name it.

what do healthy boundaries look like?

HOW SELF-RESPECTING WOMEN SET HEALTHY BOUNDARIES - 5 WAYS

4. Protecting yourself from negative energy online

These days, it's easy to get affected by toxic 'friends' even if we don't meet them face-to-face. If someone's Instagram or Facebook posts always makes you feel down, lacking in confidence or irritated, you can 'Mute' that person's posts from your social media feeds. This is a good alternative if 'unfollowing' someone is a complication option.

5. Saying 'No' when someone is clearly taking advantage of you

You can feel it in your gut if someone is trying to - pardon my words - screw you over. If it's hard for you to say 'No' to something unreasonable, you have to dig deeper within your psyche to find out what you are afraid of. Are you afraid of losing this person? Scared of losing your job? Awareness is the first step to healing.

If you are afraid of losing a friend or partner, ask yourself if you are comfortable being with someone who steps on your boundaries from time to time. No judgments here - you do what you are comfortable with!

DISCOVER & CREATE YOUR BOUNDARIES

worksheet

I have the right to:

- not answer questions I am uncomfortable with
- say 'No' if i don't want to do something unimportant
- live my life in a way which fulfills me

I feel angry when someone does this to me (these are cases of your boundaries being crossed):

- insist I do something non-urgent immediately
- ignore my requests
- expect me to self-sacrifice
- tell me I can't do something with no reasonable explanation

Example

start drawing your boundaries

In a perfect world, I will not allow people to do this to me:

- Tell me what to do
- Communicate with me in a disrespectful way
- make judgments

Two new boundaries I want to set:

- Not allowing someone to treat me unfairly
- I will speak up if someone takes advantage of me

DISCOVER & CREATE YOUR BOUNDARIES

worksheet

To preserve my energy and precious time, I have to:

- 'unfollow' people who like to complain on social media
- spend less time with people who expect me to self-sacrifice
- be okay with changing my decisions if I need to

I tolerate these actions even though I hate them:

- people cutting my queue
- my partner not helping out with chores

Example
**start drawing
your boundaries**

***What challenges will I face when setting new boundaries for myself?
What can I do to make myself feel better when facing these challenges?***

I feel that I will lose friendships and people will dislike me if I set stronger boundaries.

I will have to grit my teeth and bear the resentful feelings I may get as well as people talking about me behind my back. I have to remind myself that these things shall pass. After some time, people will get used to the new version of me. It's up to them if they want to remain in my circle or let our relationship fizzle out.

DISCOVER & CREATE YOUR BOUNDARIES

worksheet

I have the right to:

***I feel angry when someone does
this to me (these are cases of your
boundaries being crossed):***

start drawing
your boundaries

***In a perfect world, I will not allow
people to do this to me:***

Two new boundaries I want to set:

DISCOVER & CREATE YOUR BOUNDARIES

worksheet

*To preserve my energy and
precious time, I have to:*

*I tolerate these actions even though
I hate them:*

start drawing
your boundaries

*What challenges will I face when setting new boundaries for myself?
What can I do to make myself feel better when facing these
challenges?*

SET HEALTHY BOUNDARIES with Confidence

- **Make CLEAR statements where needed**

"I feel unappreciated (insert another negative emotion) when you keep asking me to pay for things. Let's put a stop to this."

- **Know yourself like the back of your hand**

Know what you will tolerate, and what you do not allow. Take action fast - without hesitating - when someone does something you do not allow.

- **Cut the conversation**

Hang up the phone, stop replying, give an excuse to escape someone toxic or block a mobile number if you need to.

- **Spend less time with overbearing people whom you can't avoid completely**

This applies to online interactions too. 'Mute' their notifications or 'unfollow' them (if you are comfortable with that). You will feel more free and as though a weight has been lifted off your shoulders once you don't see these people online or offline.



My notes
