

Misaligned Boundaries

Boundaries are the foundation of healthy relationships, yet so many of us struggle with setting and maintaining them.

What areas of your life feel the most overwhelming or draining right now?

In which relationships do you feel like your needs are not being met?

When was the last time you said 'yes' to something that felt wrong for you?

Circle the top 3 areas where you feel your boundaries are being crossed.

Family Work Friendships Personal Time Parenting

SIGNS OF MISALIGNED BOUNDARIES

- I feel resentful when I agree to certain requests.
- I have trouble saying "no" without guilt.
- I often feel responsible for other people's feelings or problems.
- I rarely make time for myself.
- I feel unheard or overlooked in key relationships.

How will I implement my boundaries and commit to active change?