



Create a Boundary Manifesto

Use your journal to copy the sentences, fill in the blanks, and answer questions below:

As I move forward in my boundaries, I am continuing to visualize myself as a person with strong boundaries. For me that looks like:

I understand that my boundaries are an expression of love for myself and others. I am not meant to control others with my boundaries. Things that are within my control are:

How will I remember not to feel guilty while setting boundaries?

The best way for me to communicate my boundaries is _____ and I will also try _____.

I am noticing red flags by _____ and will work with people as they get used to my boundaries. I will remember _____.

My boundaries are a work in progress and I will be kind to myself as I work through them. What will I remember about fears and boundaries?

I take care to listen to other people's boundaries and reach agreements with others around their limits and mine.

My self-care plan when it comes to boundaries is:

I am supporting my relationships with my boundaries by:

The people that might have the hardest time with my boundaries are _____ and I work with them by:

I remain consistent in my boundaries by:

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