



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 28 Action Guide: Boundaries

Do you find that you are consistently frustrated in a certain situation at work? Are you feeling defeated or disempowered in a specific relationship? Are you annoyed with yourself? These are clues that you may need to define, or renegotiate, your boundaries.

Choose one situation where you would like to clarify your boundaries:

The first step is understanding what you're feeling.

Write about that here:

The second step is understanding where you end and the other person begins.

Write about that here:



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The third step is understanding how your boundary has been crossed.

Write about that here:

The fourth step is understanding what the boundary is that needs to be established.

Write about that here:

The fifth step is communicating the boundary clearly and effectively.

Write about how you are going to do that here: