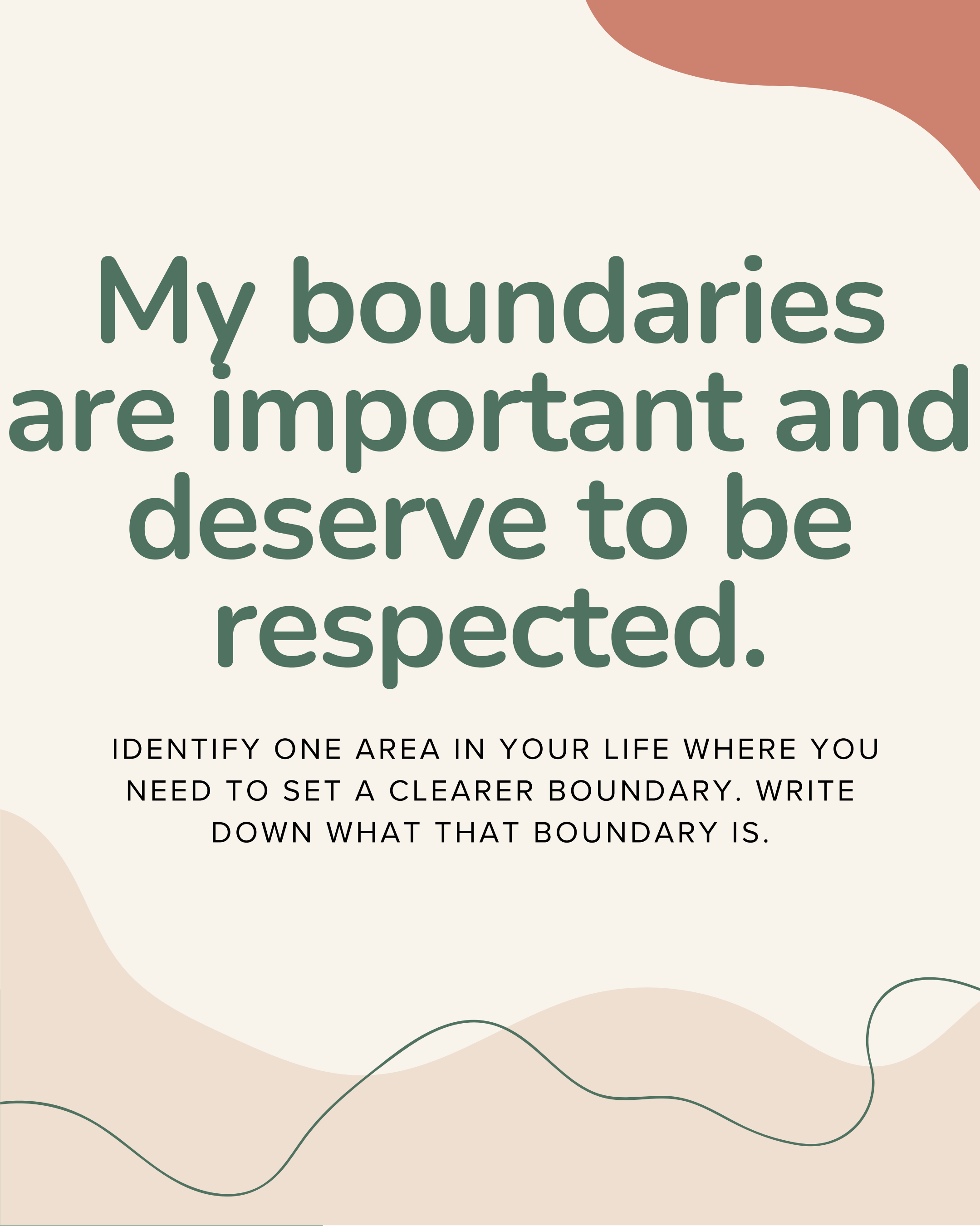




Positive Affirmations

BOUNDARIES

NEURAH



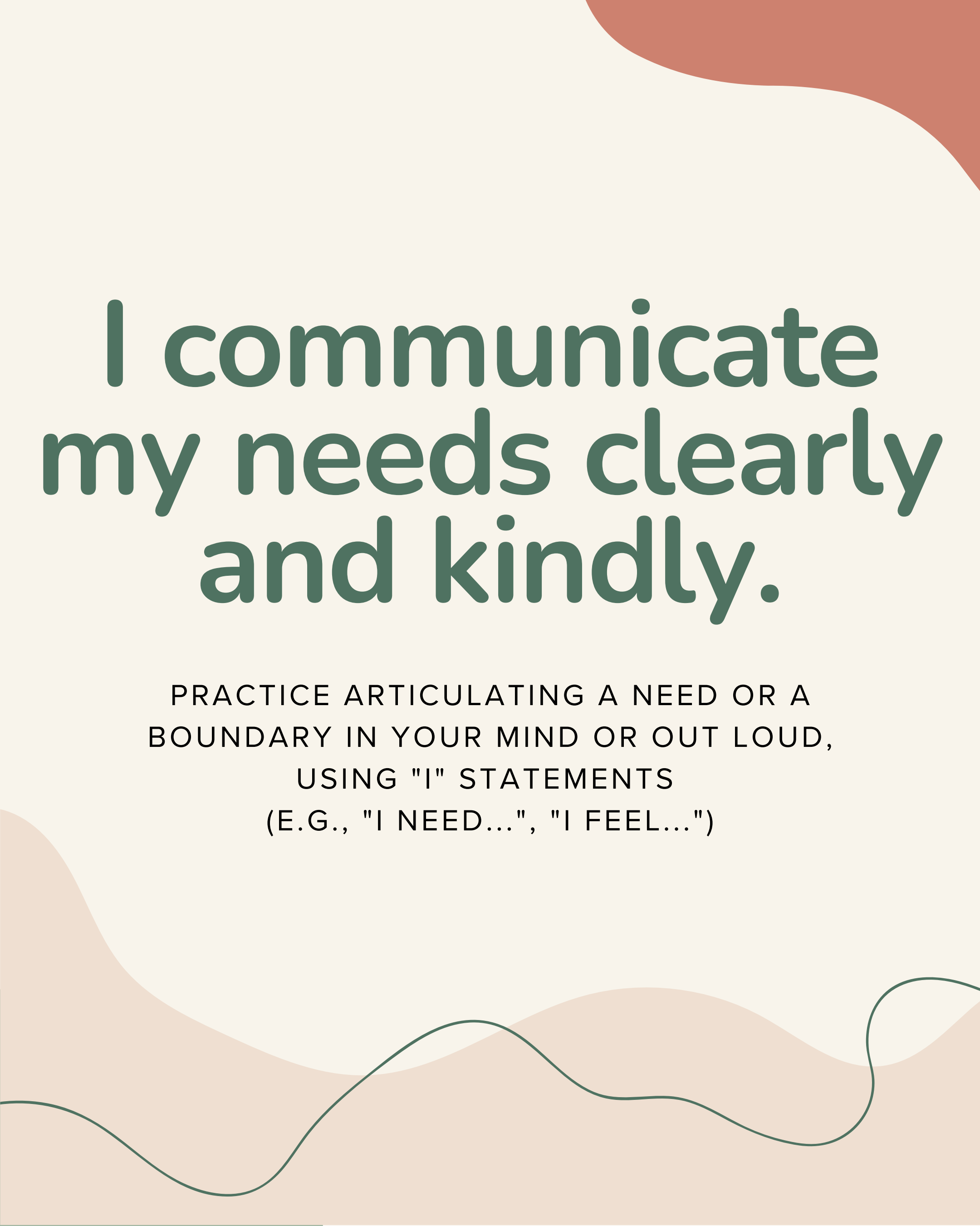
My boundaries are important and deserve to be respected.

IDENTIFY ONE AREA IN YOUR LIFE WHERE YOU
NEED TO SET A CLEARER BOUNDARY. WRITE
DOWN WHAT THAT BOUNDARY IS.



It's okay to say no without guilt.

SAYING NO IS A POWERFUL ACT OF SELF-CARE
AND BOUNDARY SETTING.



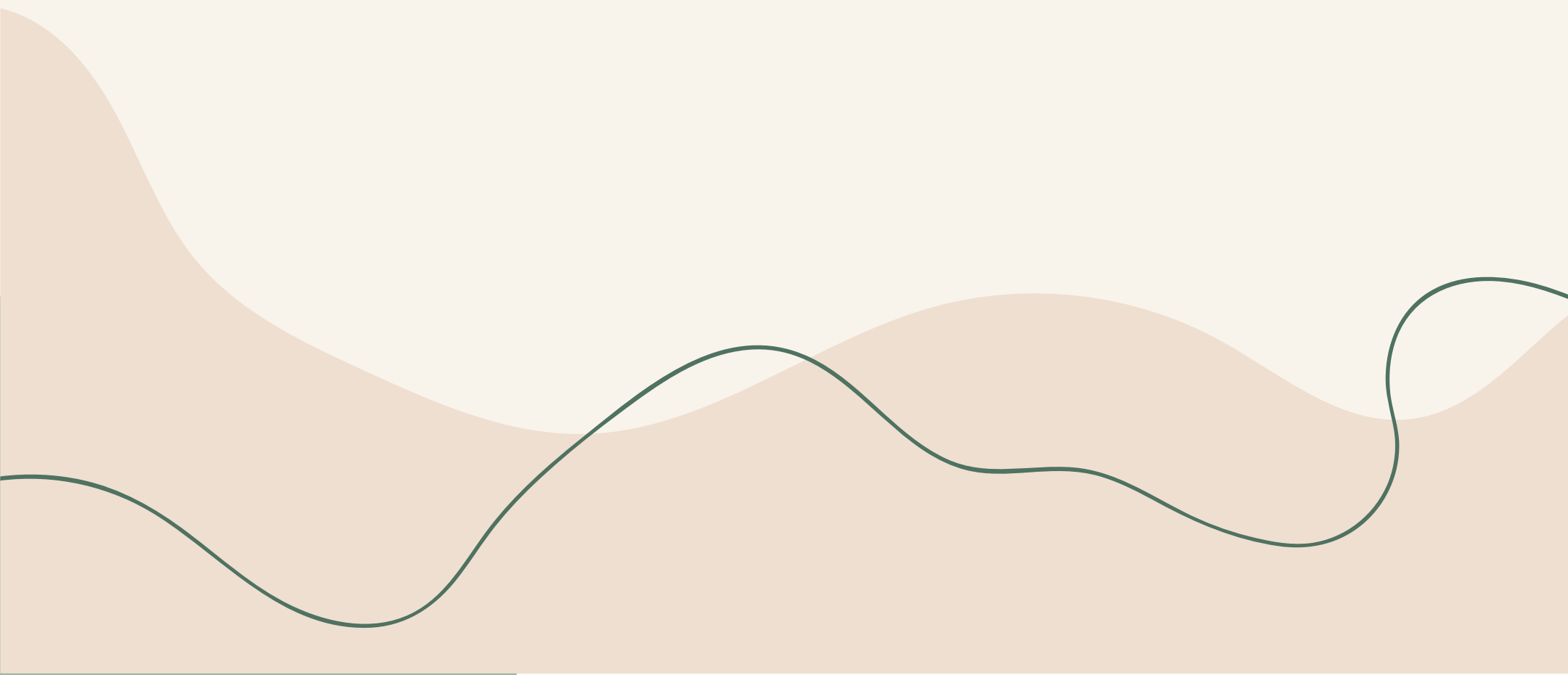
I communicate my needs clearly and kindly.

PRACTICE ARTICULATING A NEED OR A
BOUNDARY IN YOUR MIND OR OUT LOUD,
USING "I" STATEMENTS
(E.G., "I NEED...", "I FEEL...")



I am worthy of my time and energy.

THIS REMINDS YOU THAT PROTECTING YOUR
RESOURCES IS A FORM OF SELF-RESPECT.





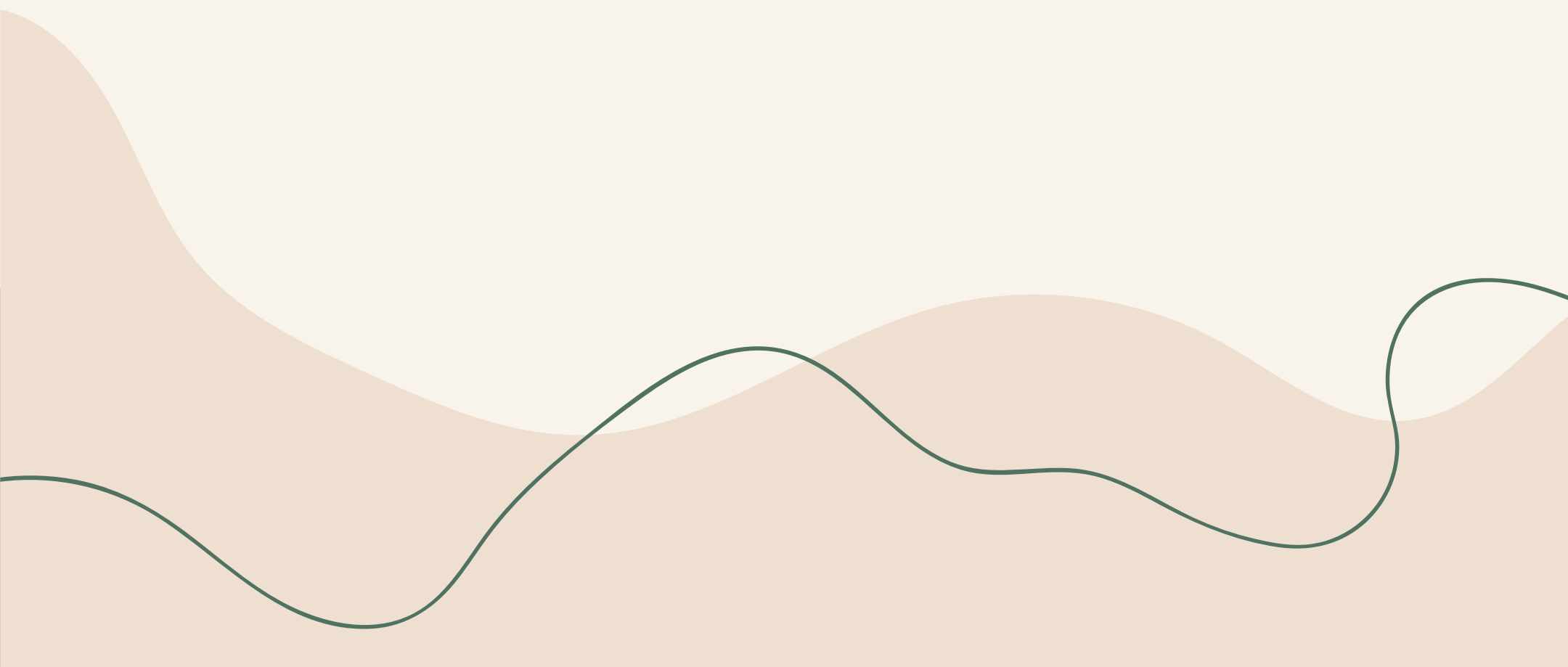
I choose who I allow into my space.

REFLECT ON PEOPLE OR SITUATIONS THAT
DRAIN YOUR ENERGY. CONSIDER HOW YOU
CAN CREATE MORE SPACE FROM THEM.



My well-being is my priority.

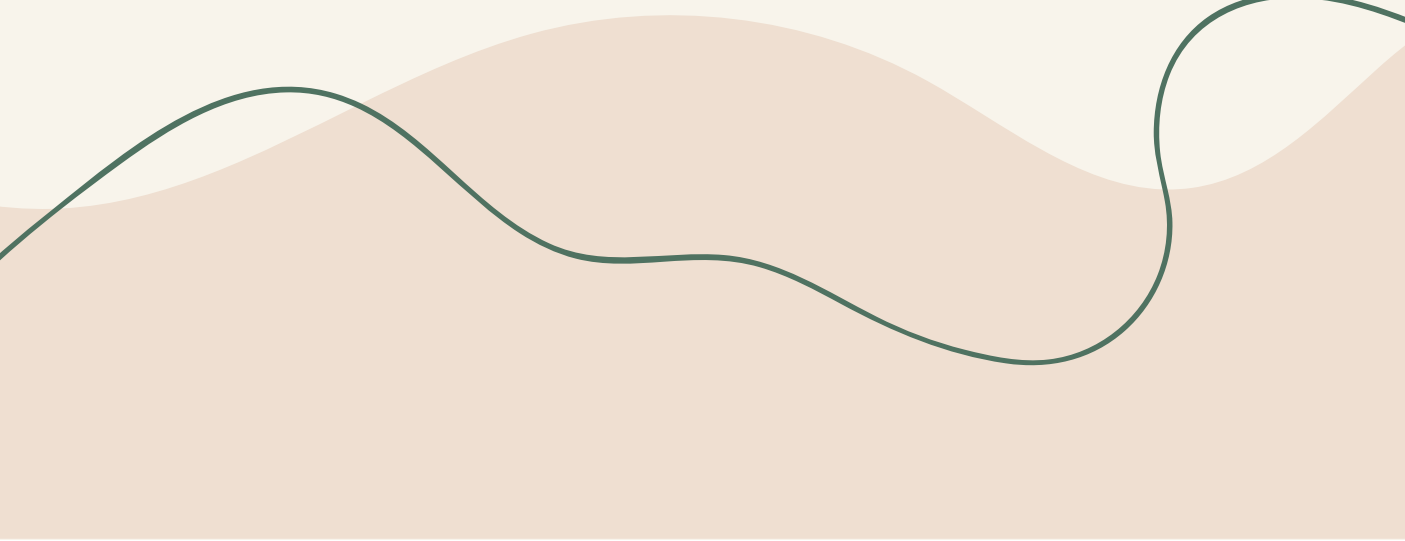
THIS AFFIRMS THAT TAKING CARE OF
YOURSELF IS NOT SELFISH, BUT NECESSARY.





I am empowered to protect my peace.

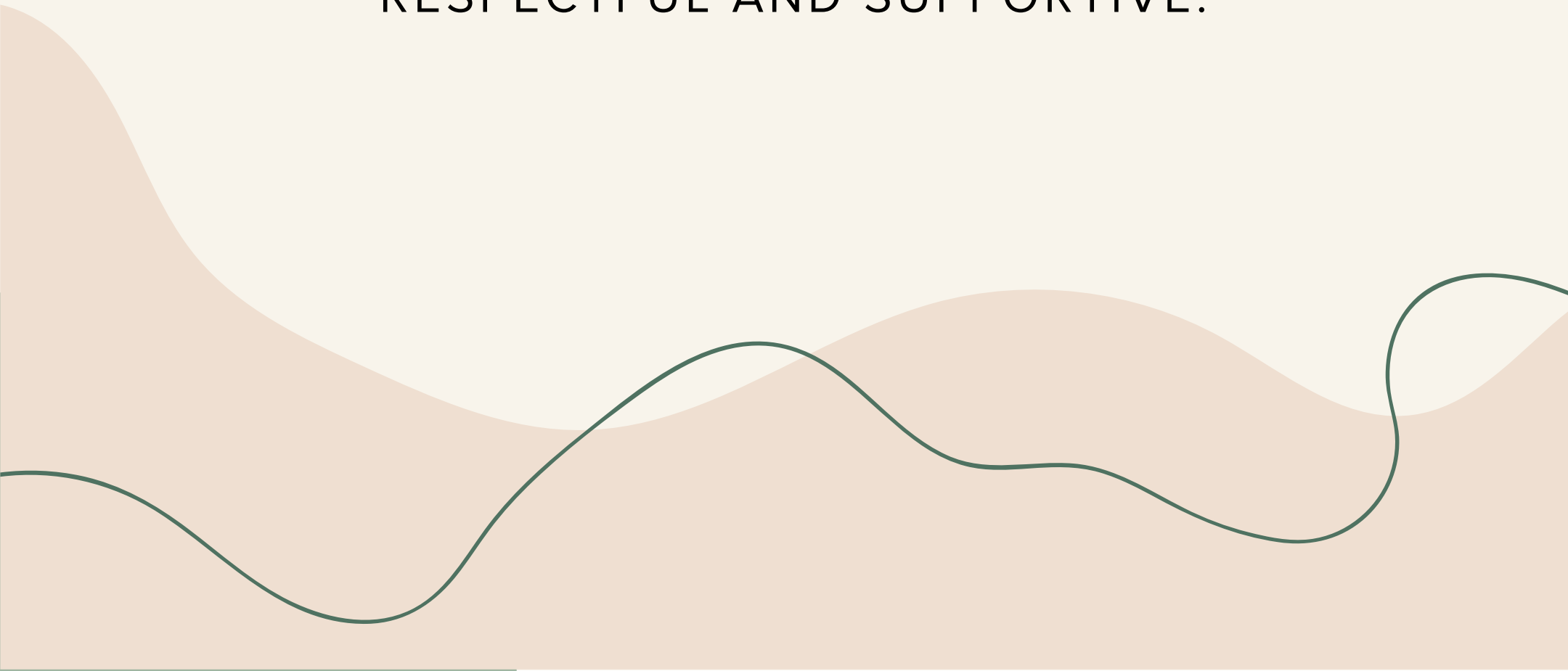
THINK OF A RECENT SITUATION WHERE YOUR
PEACE WAS DISRUPTED. HOW COULD YOU
HAVE PROTECTED IT WITH A BOUNDARY?





I deserve
relationships that
honor my worth.

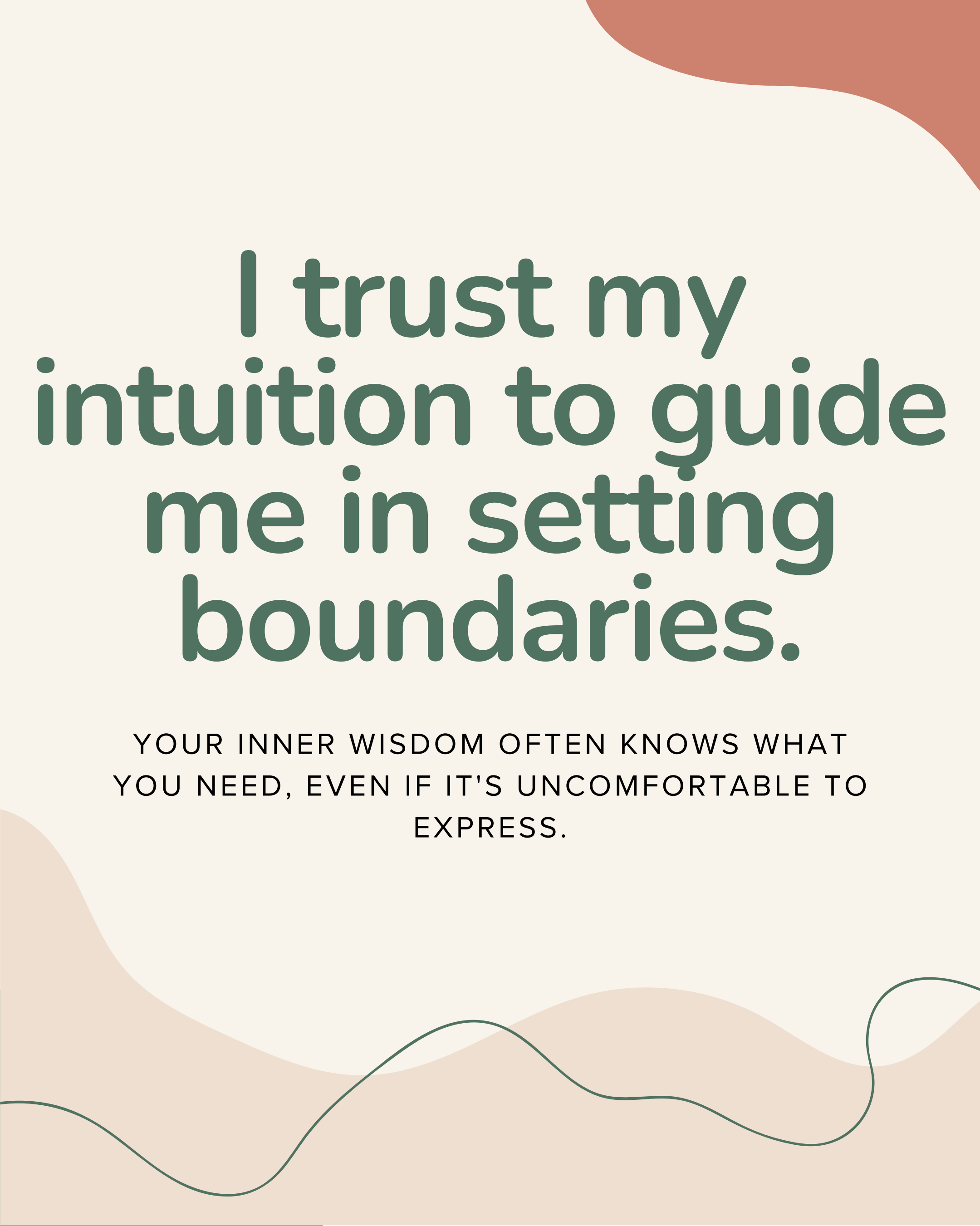
THIS ENCOURAGES YOU TO SEEK OUT AND
MAINTAIN RELATIONSHIPS THAT ARE
RESPECTFUL AND SUPPORTIVE.





Setting boundaries creates healthier connections.

NOTICE HOW SETTING A SMALL BOUNDARY
CAN LEAD TO A MORE POSITIVE INTERACTION.



I trust my
intuition to guide
me in setting
boundaries.

YOUR INNER WISDOM OFTEN KNOWS WHAT
YOU NEED, EVEN IF IT'S UNCOMFORTABLE TO
EXPRESS.