Boundaries Part 1 - Moment of Reflection #7

-Cera Meintzer for Masterpiece Living

Directions:

Take 10-20 minutes to read the quote below and reflect with curiosity on the questions that follow. You may journal your responses, chat about them with someone in your home or via video chat, or simply let them rest in your conscious and sub-conscious.

“Daring to set boundaries is about having the courage to love

yourself even when you risk disappointing others.”

-Brene Brown

1. What boundaries do you set with others in your life that allow you to flourish and love yourself?

3. What situation, or person in your life do you need to set a boundary with but have not done so?

a. What about this situation or person has made boundary-setting challenging?

b. How might this person or situation respond to a boundary being set? Do you perceive a risk of disappointment?

c. What internal or external actions do you need to take before you can set the necessary boundary(s) for this situation?

d. What are the next steps you can take? When will you take them?