



Establishing Boundaries

What are my non-negotiables (practices I must do each day to feel my best)?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Where do I feel I have little to no boundaries? *List any areas of your life (food, career, relationships, body, home, environment, organization) where you are neglecting, over-functioning or resentment, anger or mess is consistently present?

Where can you invite in ritual into your relationship(s) with food, body, finances, partnership? (ie: light candles while you pay bills, regular epsom salt baths, making tea at night to avoid late night snacking, music while cooking or cleaning the kitchen, etc)?
