

Structured journaling.

These questions will help you to explore where boundaries are needed in both your professional and personal lives. Aligning your boundaries with your personal values and needs will provide you a balanced and healthy lifestyle. Understanding and prioritizing living your life according to intrinsic factors increases motivation and promotes moving toward changing these dynamics.

1. What would it mean to have boundaries that support me?
2. How would it feel if I had boundaries that serve me?
3. What boundaries am I craving in my professional life currently?
4. What boundaries would help support my energy right now?
5. What boundaries would help me create the structure/ freedom/ income/ professional life I dream of?
6. What would it feel amazing to say yes to?
7. What would it feel freeing to say no to?
8. If I was already living my vision of success, what boundaries would I set and stick to?
9. What do I need to think/ do/ feel/ believe in order to set and stick to boundaries that align with my core values?
10. What do I need in order to feel safe to set and share my boundaries?
11. How can I really enjoy the process of setting boundaries in my personal and professional life and let it be something that empowers and energizes me?
12. What boundaries would most support my intrinsic beliefs and values? What are the emotional consequences for me when my boundaries don't support these?
13. What boundaries would help me move towards what I want to have/ do/ be/make/create or share?
14. If I could set any boundary at all and not worry about the consequences what would you choose? What consequences do you fear the most?
15. What boundary do I secretly want to set but I'm afraid to put in place? What is in my way?
16. How can I feel safe to set that boundary and share it with others?
17. What would I need to believe about myself in order to feel worthy and deserving of setting boundaries that serve me and my values?
18. What boundaries do I have that aren't working for me? How can I change those boundaries so that they are in alignment? With whom and in what circumstances are my boundaries most out of alignment?
19. What boundaries do I have that serve me but that I'm not honoring? What is it that keeps me from holding these boundaries? How can I motivate myself to feel prepared to set these boundaries?
20. How can I start to feel comfortable and confident to share my boundaries with others?
21. What are the tapes in my mind that get in my way of respecting my own limits?
22. What consequences do I fear the most that keep me from respecting my limits?
23. List the people or situations that you find yourself extending beyond what limits you have set?

