

BEAUTIFUL BOUNDARIES JOURNAL

A JOURNAL FOR PEOPLE
WANTING TO PUT BETTER
BOUNDARIES IN PLACE

|

a journal from
COACH BRITT

IF ANY OF THIS SOUNDS LIKE YOU...

- You feel like you almost lost your sense of self because you spend so much time what others want from you or what you think they expect from you.
- You know what it means to pour from an empty cup: You find yourself saying yes to plans you don't like and although you are already exhausted, you still say yes when asked for a favor or you even offer help yourself.
- You tend to overshare because you desire connection but it often leaves you feeling vulnerable and regretful.
- People tend to push you over. They don't get your hints to show more empathy and not even when you get slightly passive aggressive. It's only when you have an angry outburst that they notice something is wrong but then your thoughts and feelings are dismissed by calling you emotional.
- You often feel exploited, pressured, controlled or pushed around by others.

This journal is right for you! It will help you to:

- Bring focus to yourself and your physical and mental well-being
- Gain clarity on who you are, what you want, and your values and belief systems
- Reconnect with your authentic self and give you the self-esteem and confidence you need to go after what you truly want in life
- Reduce your overall stress and underlying anxiety and anger
- Reclaim your power and independence
- Attract more healthy, empowering and supportive people into your life
- Your overall relationships improve and start to feel more equal
- You start to see and outgrow toxic people and situations
- You have more time and energy to do the things that matter to you and live up to your full potential

HOW TO GET THE MOST OUT OF THIS JOURNAL

I recommend going through the core questions of this journal over the course of a weekend and then pick one of the 10 bonus journal prompts every day to journal for 10 - 15 minutes of the following 30 days. Keep reviewing how your answers changed over time, set the intention to take aligned action and trust that the process will call lasting change into your life.



MEET THE AUTHOR

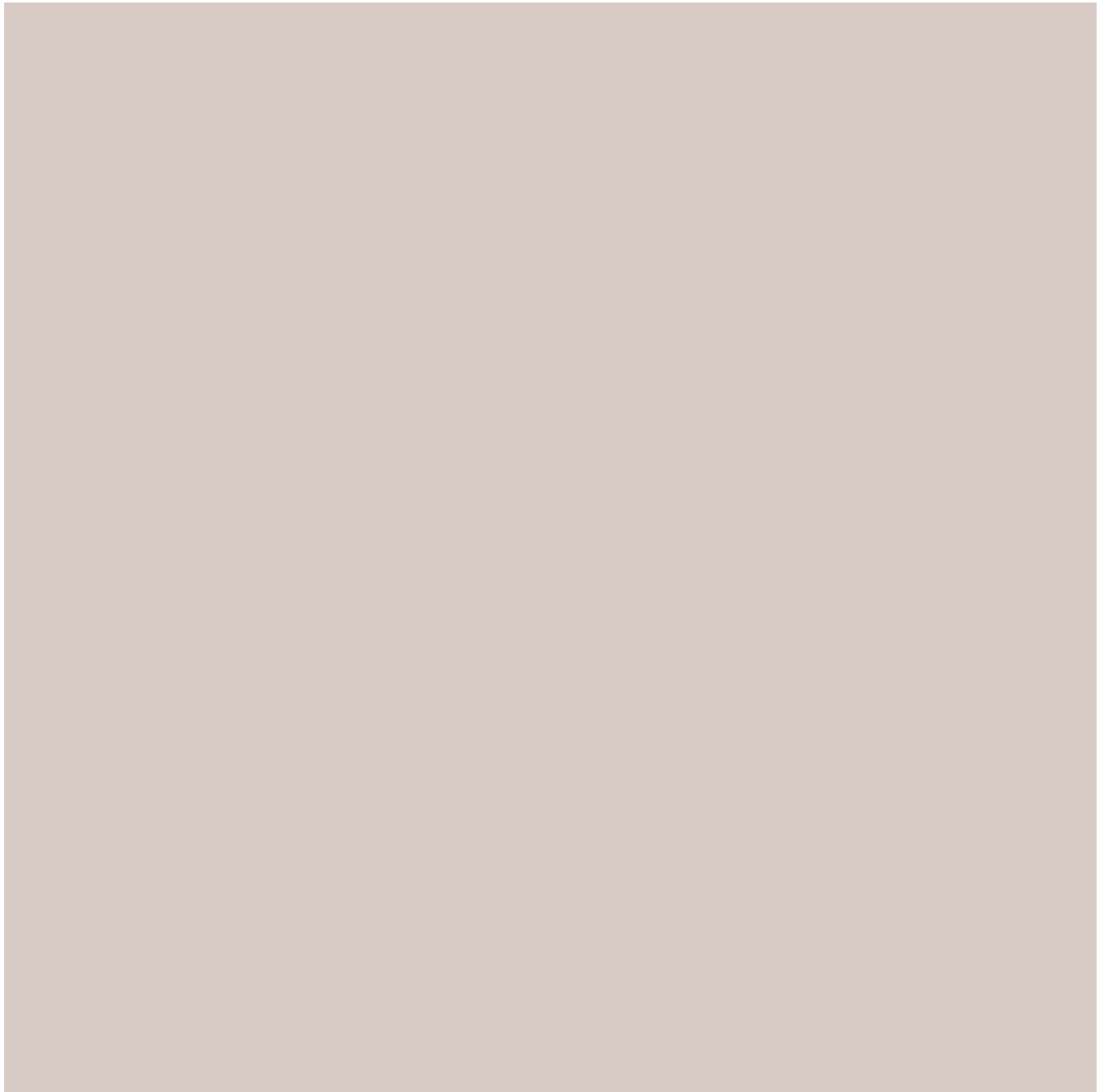
Brittany Charles
Master Business & Mindset Coach

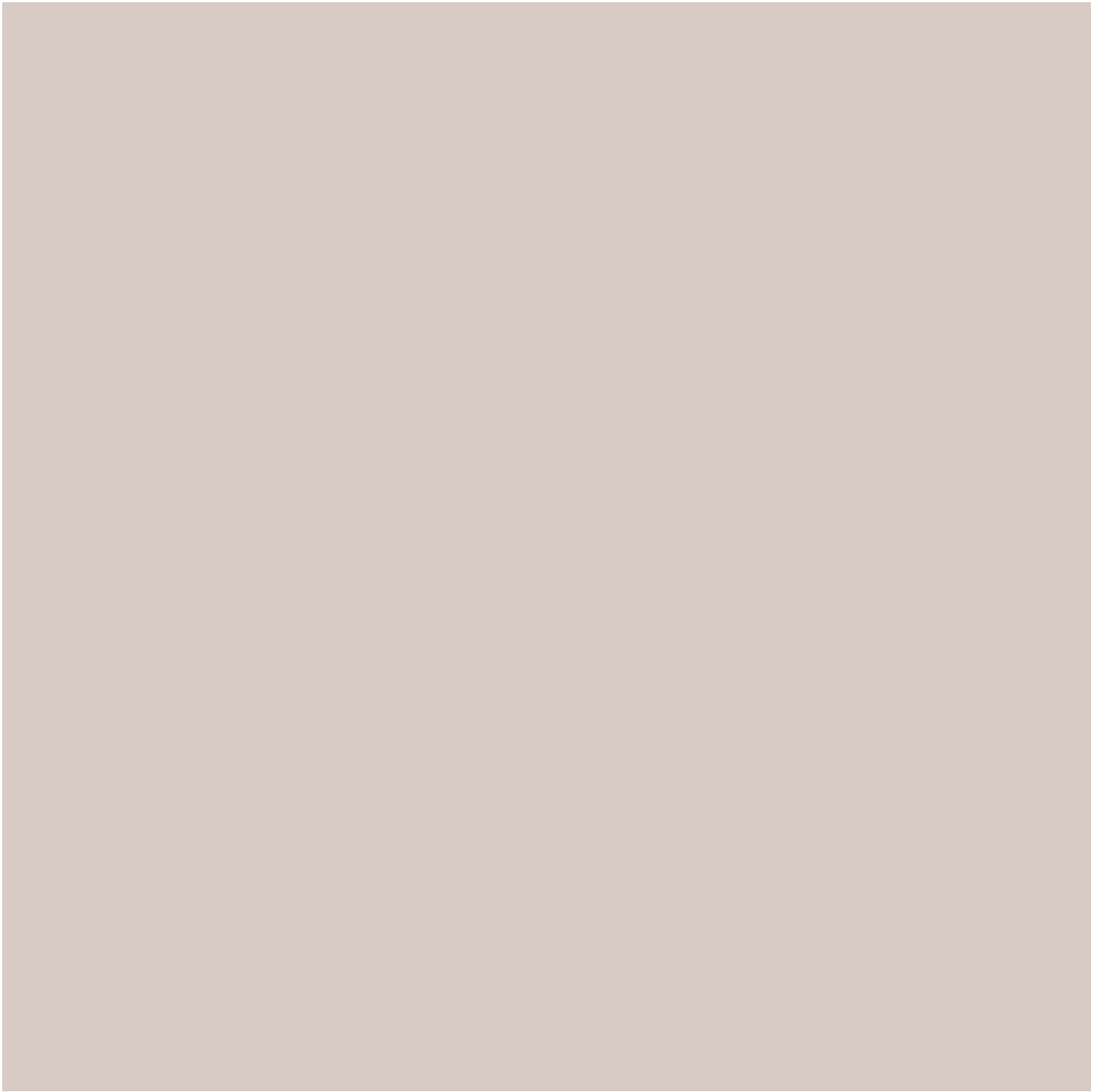
I am passionate about helping creative entrepreneurs, and everyday women take control of their lives and create success in whatever they set out to do.

1. When was the last time you said yes, when you wanted to say no?

- a. Think of a specific situation. Reflect on what made you say and how you felt after.
- b. If your 90 year old self would have witnessed the situation and could have taken over, what would they have said or done differently?

How do you want to handle similar situations in the future?





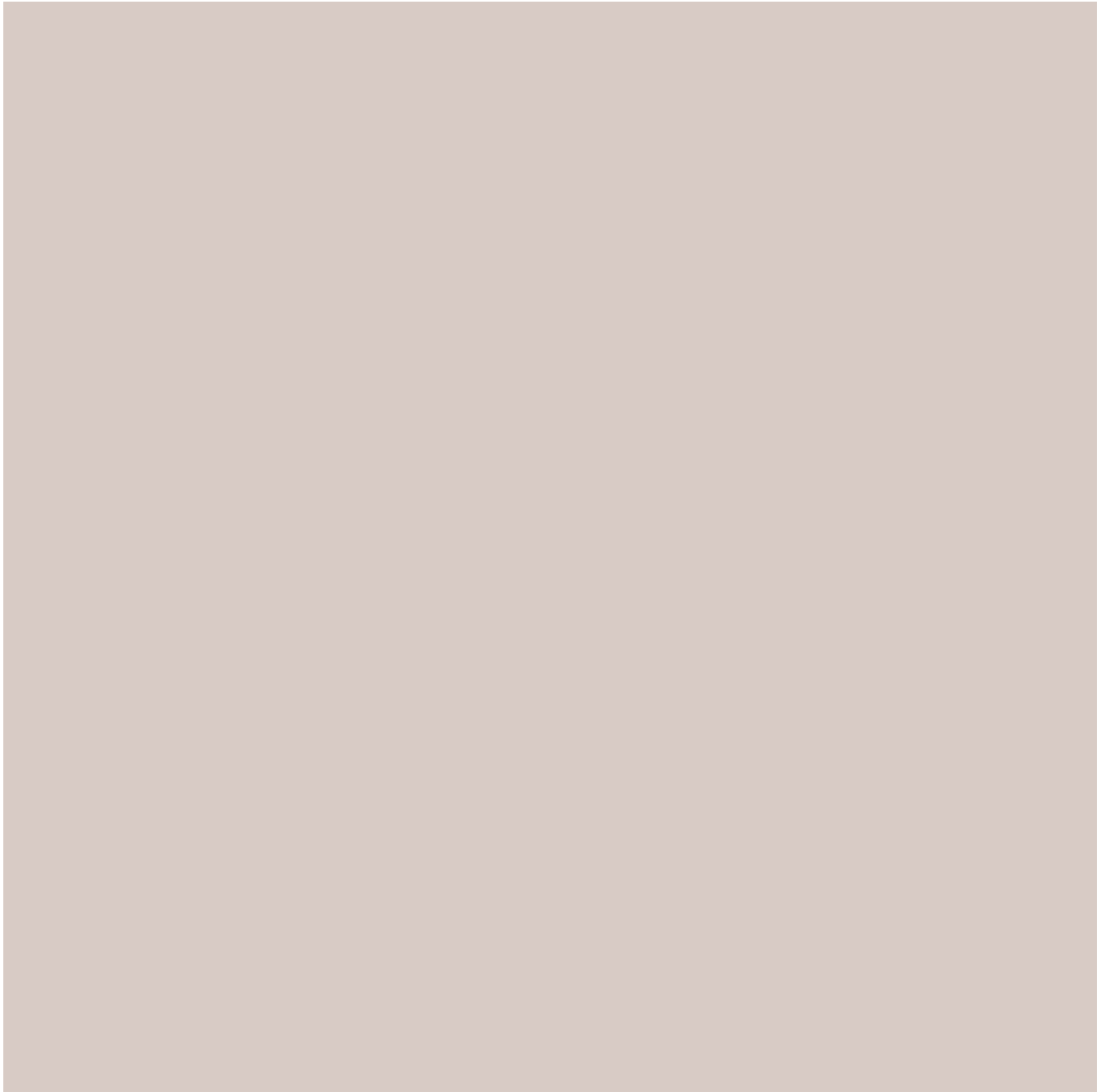
2. When was the last time someone got angry because you set a boundary or said no?

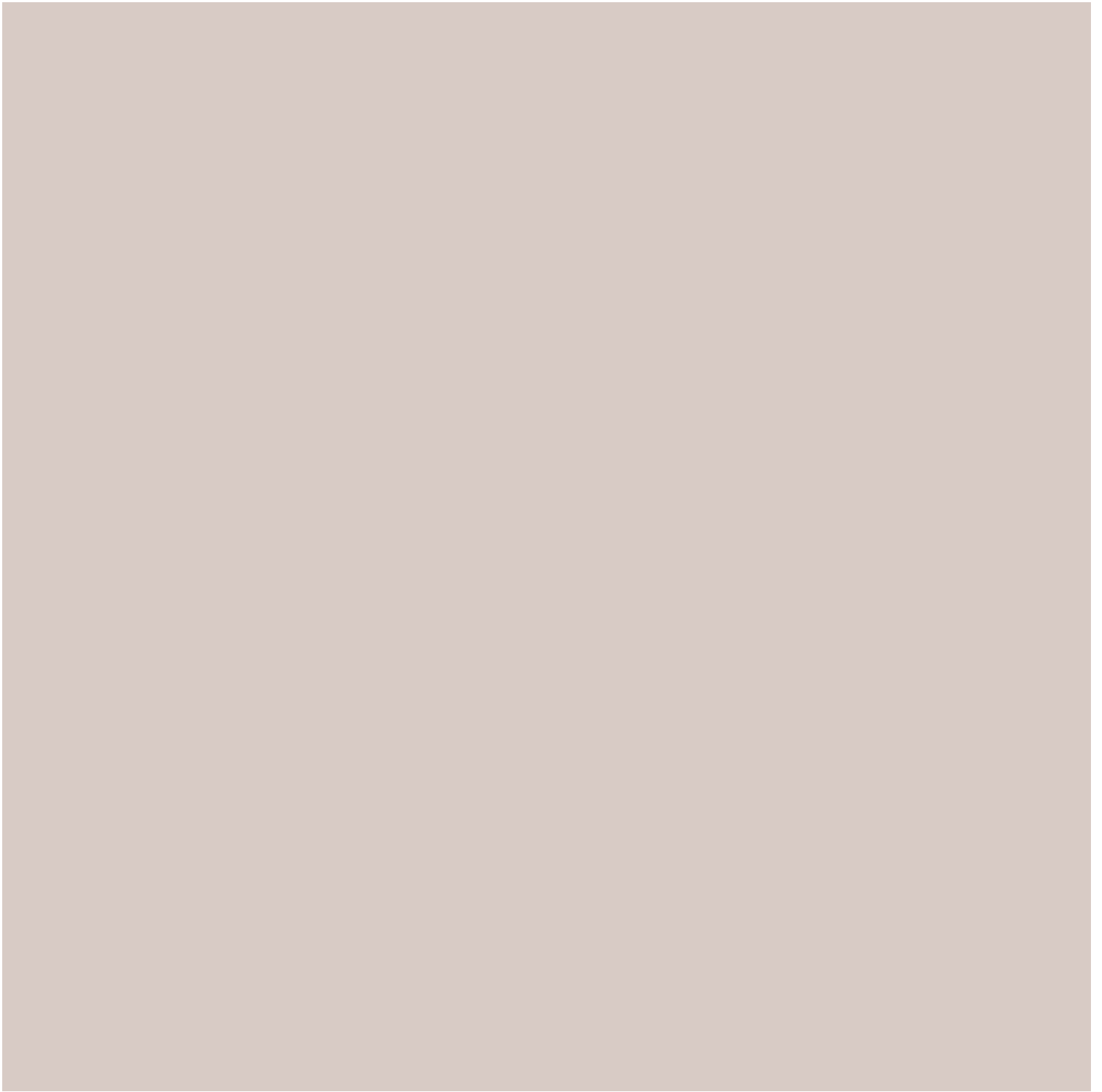
a. How did the situation go down?

b. How did you feel and what did you do?

c. Now imagine someone you love deeply and unconditionally experienced this situation.

What advice would you give them? How do they handle the situation best?

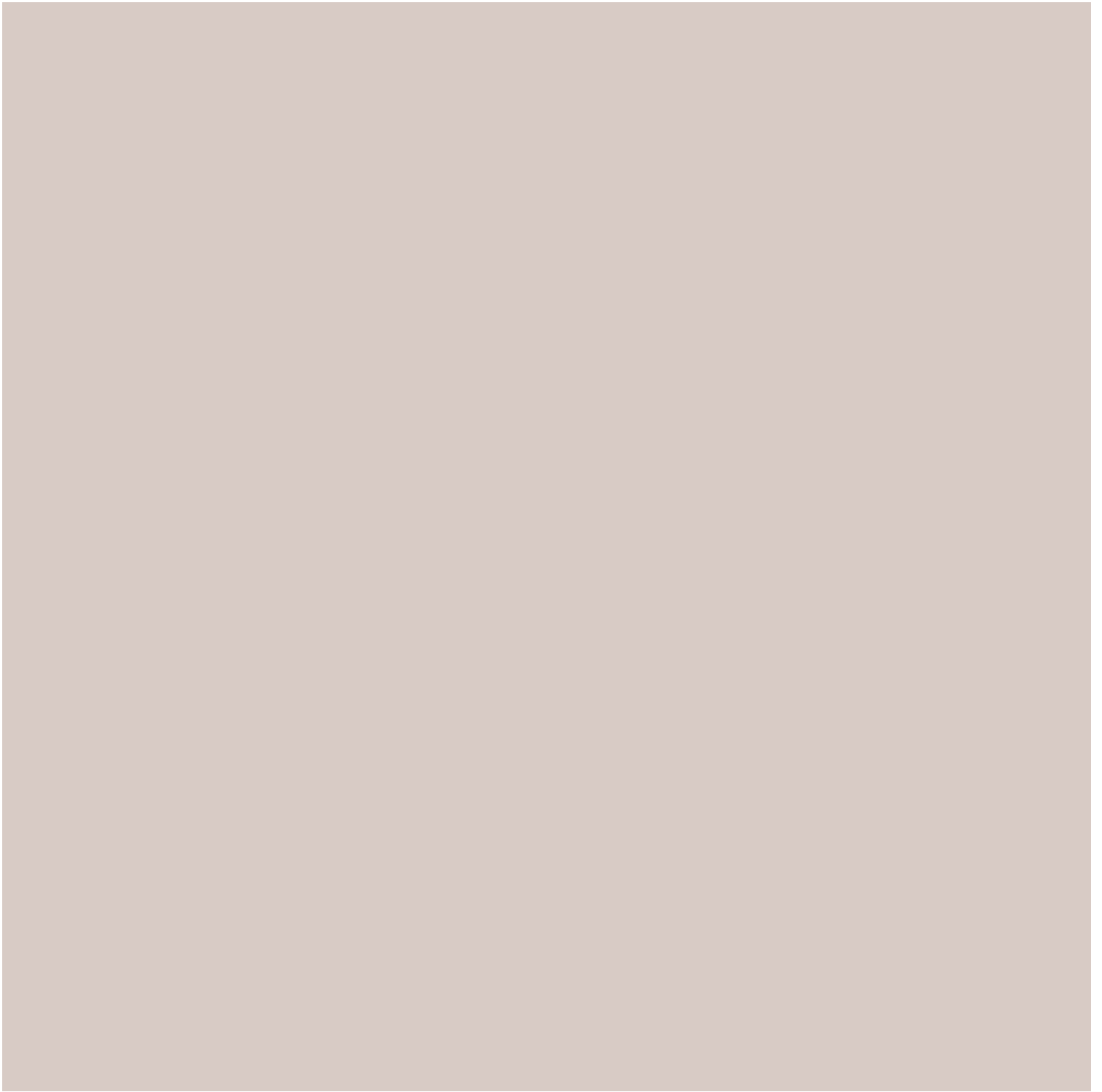




3. In which areas of your life do you struggle most with setting boundaries (work, family, friends, romantic relationships...)?

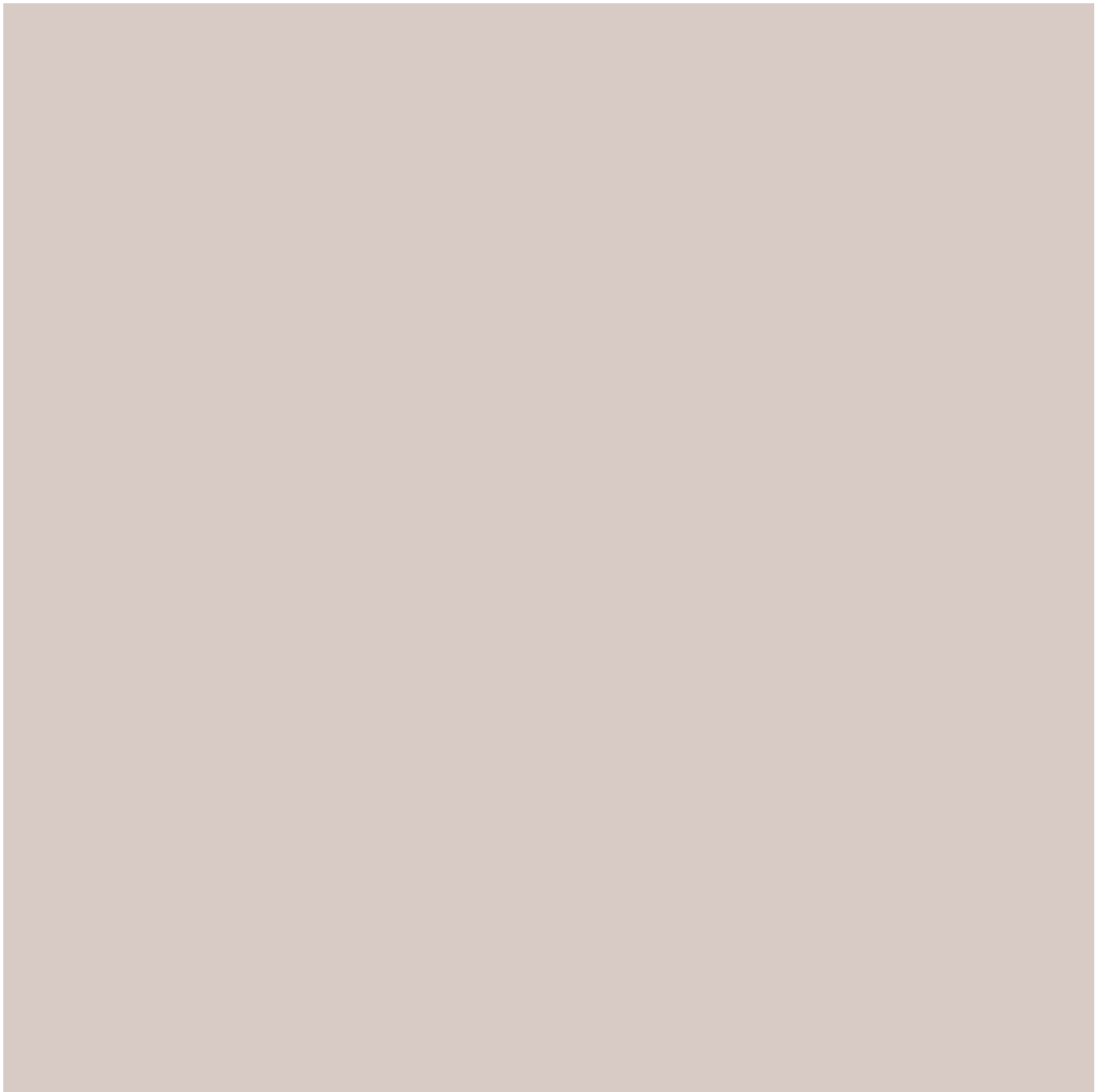
- a. When do you find it comparatively easy to set boundaries and say no?
- b. Why do you think that you struggle most with setting boundaries in this specific area?
What are you afraid of?
- c. If you had to think of 3 boundaries to set in this area, what would they be?

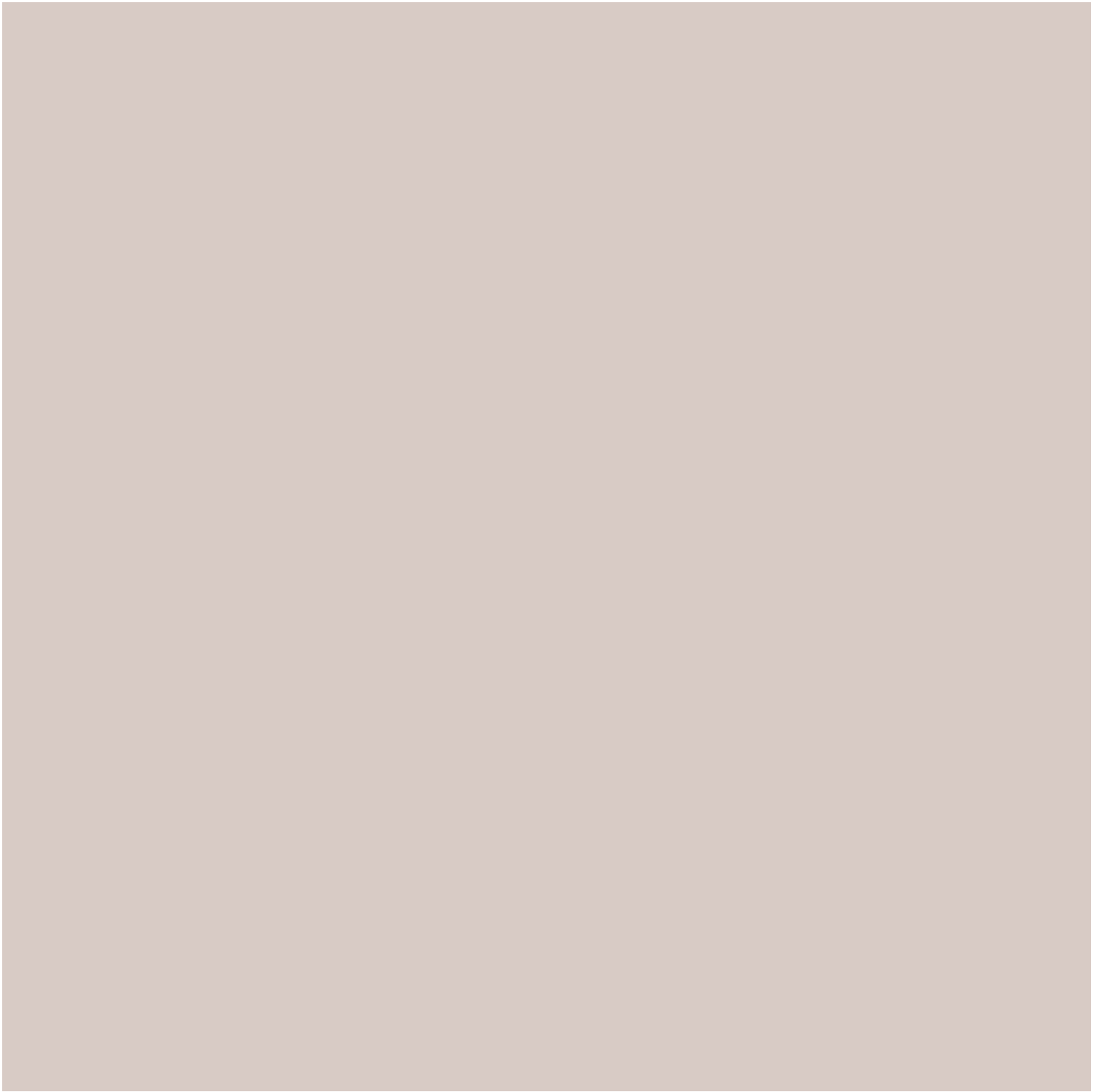




4. Are there specific people in your life where you find it particularly difficult to say no and set boundaries?

- a. If so, write down who it is and think of situations that characterize your relationship with them when it comes to boundary violations.
- b. What changes can you make to improve the relationship?
- c. What boundaries would you like them to respect?
- d. How can you best communicate your boundaries to them? Think of different options from having a conversation to writing a letter to consulting and getting support from a specialist.

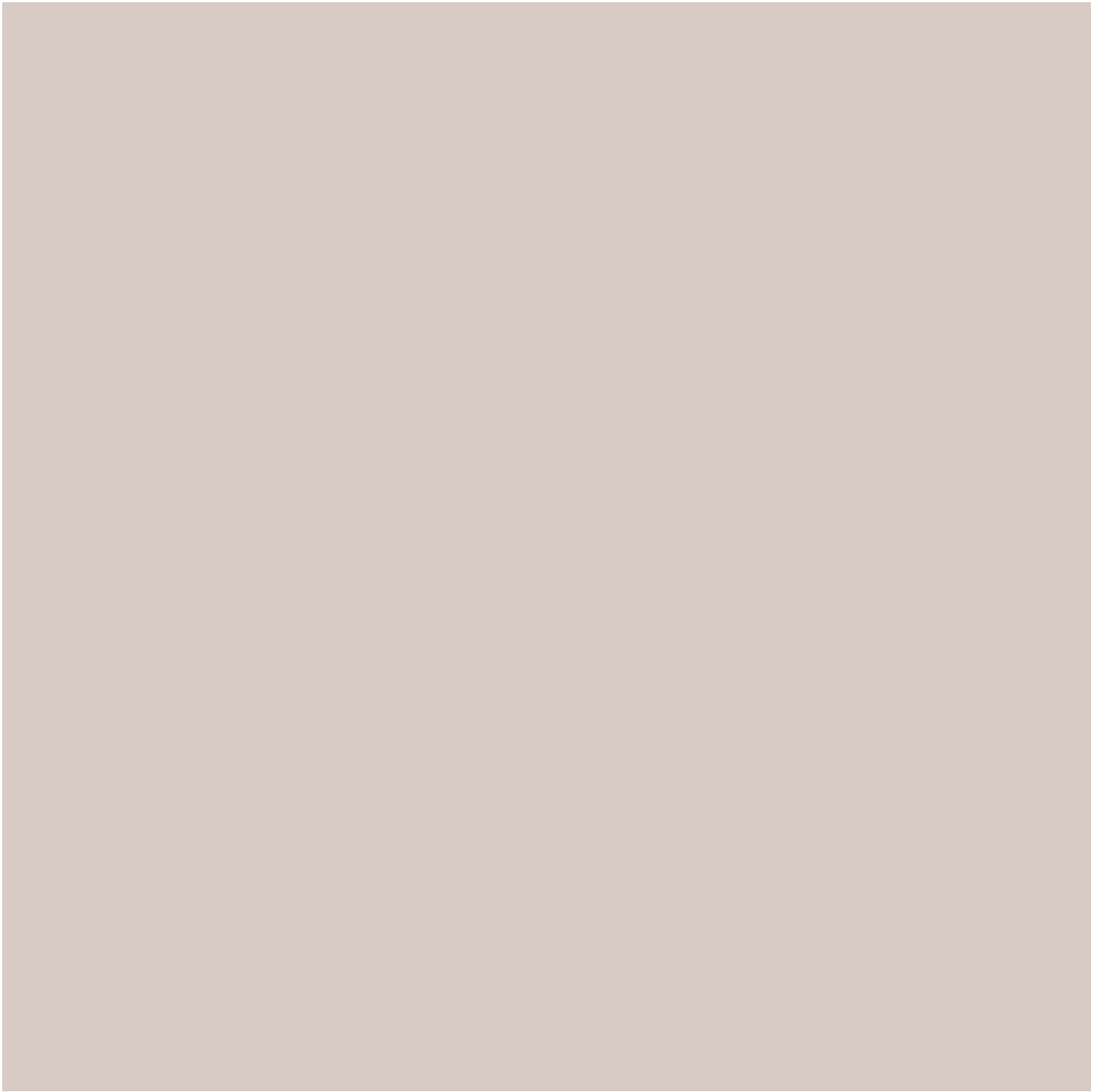




5. What areas of your life need more space?

- a. Why are they not a priority?
- b. What are other things you prioritize and why do you put these things first?
- c. How can you create more space for these areas?

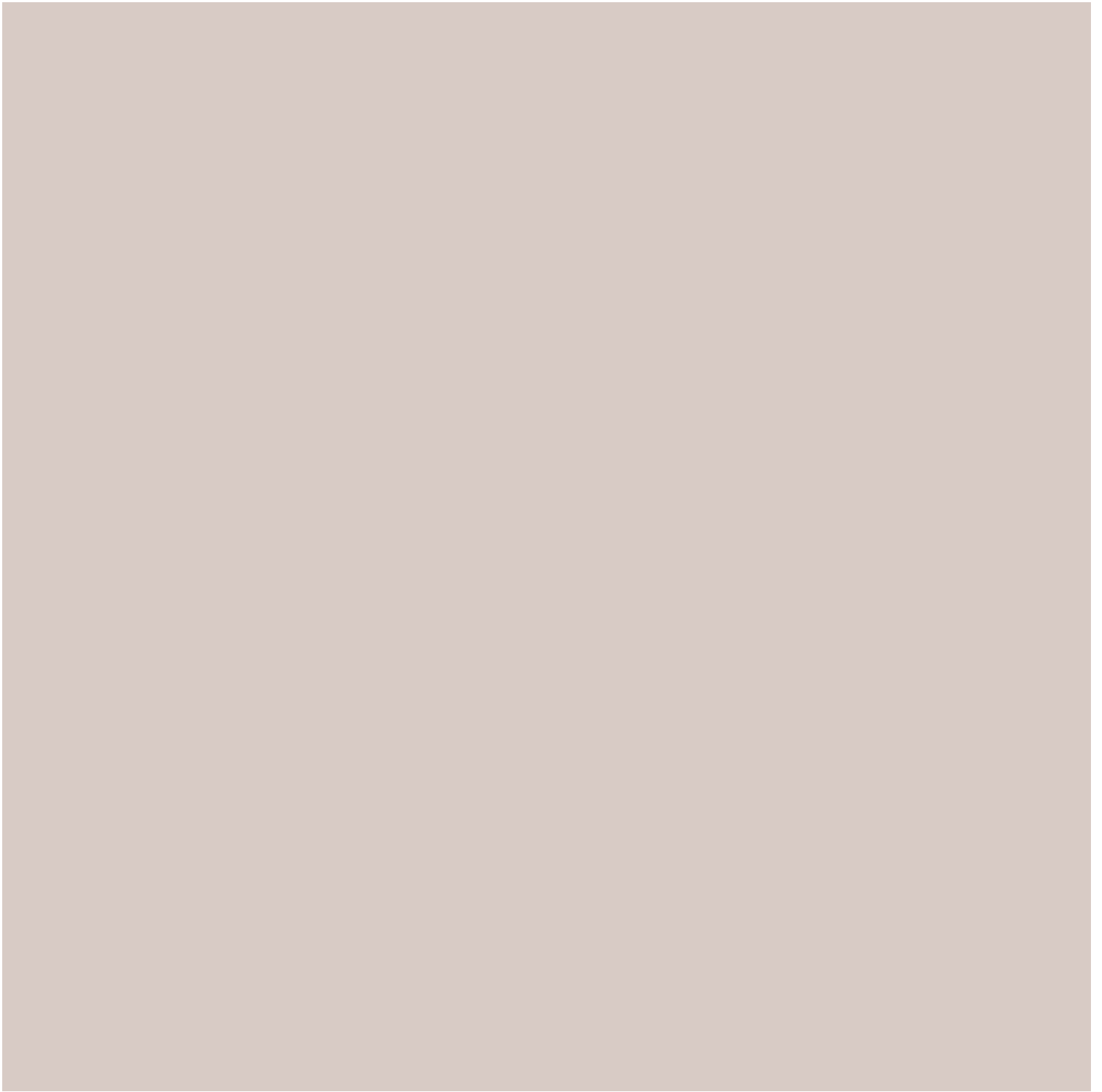




6. Who would you be if you had strong, healthy boundaries?


- a. How would you hold yourself in this world?
- b. How would you communicate your needs to others?
- c. What feelings come up when you envision yourself taking a break to respond and then kind but firmly say no?

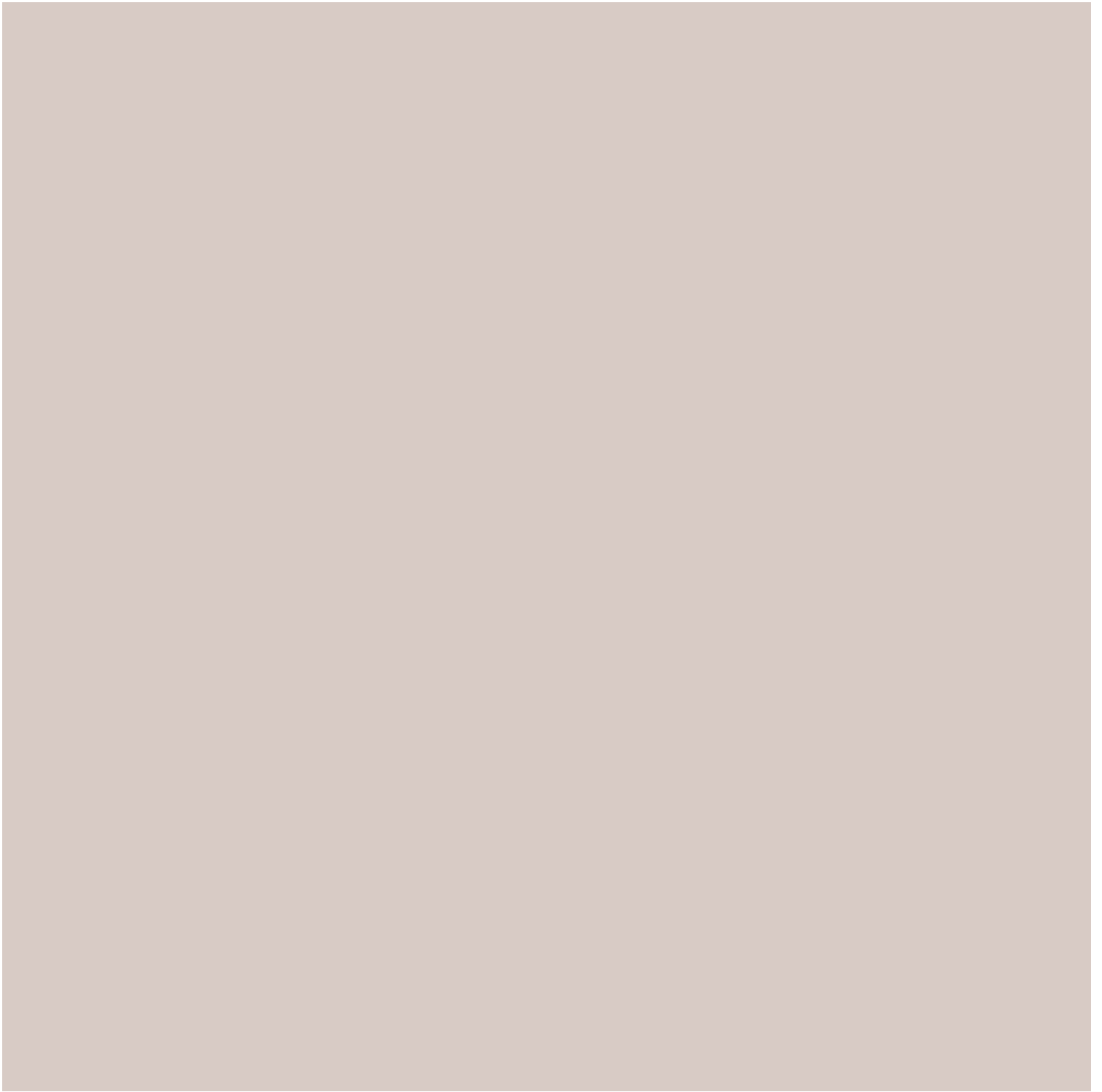




7. If you couldn't fail what would you do? If there were no limitations, where and who would you be in 5 years from now?

- a. What is currently in your way of making this vision a reality?
- b. Are these things real limitations or are they obstacles and challenges that the most confident, healed version of yourself could overcome?
- c. What beliefs would you have to let go to make your vision become a reality?
- d. What priorities would you need to set?
- e. What help would you need? How can you ask for it?





Bonus Prompts:

- How can you get extremely comfortable saying no?
- What stops you from setting boundaries?
- What does clearly communicating your needs look like to you?
- Who is someone that communicates their boundaries clearly? How do they do it?
- What toxic situations do I stay in because I am afraid to hurt someone?
- What toxic people do I allow to create chaos in my life? How does it happen? How can I set a boundary?
- What situations make you feel insecure? How can you mentally prepare for these situations so that you'll find it easier to hold up your boundaries?
- How can you make more time throughout the day to listen to and honor your needs?
- Did you allow someone else's mood to influence my mood today? What happened? How can you be more mindful and independent in my feelings and mood tomorrow?
- When do you expect people to understand your needs even if I haven't clearly expressed them? How can you express them better in the future?



