



Be The Sequoia Coaching, LLC

# **The Boundary Blueprint**

## **A May Reflection Tool**



**5 Minutes of Authenticity**  
**with Pritha**

**Reflections of A Life Coach**





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**A guided, reflective  
practice to help you  
map, strengthen, and  
honor your boundaries.**





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# Setting the Ground: What Is a Boundary?

**A boundary is the shape of your self-respect. It is the architecture of your emotional home.**

- A boundary I'm learning to honor is...
- A place where I feel a draft — where my door is open too wide — is...
- A place where I feel too closed, too guarded, is...

Use these prompts or others that you come up with to define this architecture for yourself. Note that boundaries are very personal and therefore will look different from those in your circle and that is totally okay.



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# Your Boundary Origin Story

**Boundaries are not random — they are inherited, learned, and shaped by experience.**

- “A moment from childhood that shaped how I protect myself was...”
- “A time I didn’t have the words to say ‘no’ was...”
- “A moment when someone recognized my inner world — and it changed me — was...”
- “A time when the world felt unsafe, and I learned to scan for danger, was...”

Use such prompts to articulate, the story of origin of your own boundaries. This gives a lot of insight while reflecting on our current behavior and actions.



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# Mapping Your Three Boundaries

This section gives you a clear, structured way to notice the patterns we journaled using prompts in the previous page

- “A moment from childhood that shaped how I protect myself was...”
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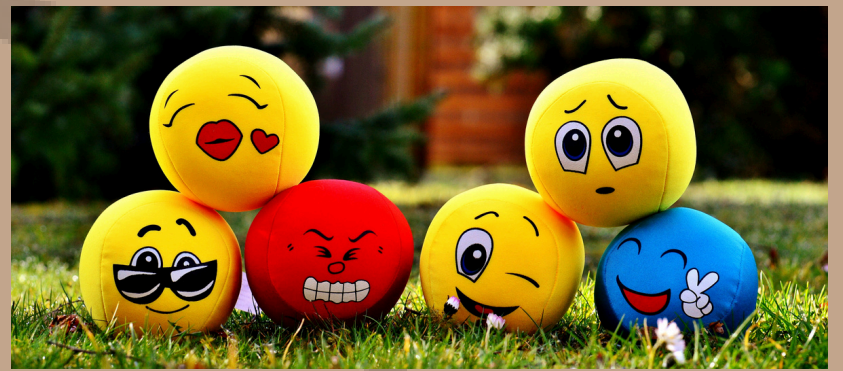
# Recognizing Physical Boundaries

Use these prompts as you map your physical boundaries and acknowledge how you feel when such situations occur

- “My body says ‘no’ when...”
- “My time feels disrespected when...”
- “A physical boundary I want to strengthen is...”
- I don’t enjoy being in a particular location because...
- I rather be alone than spend time with “XYZ” when



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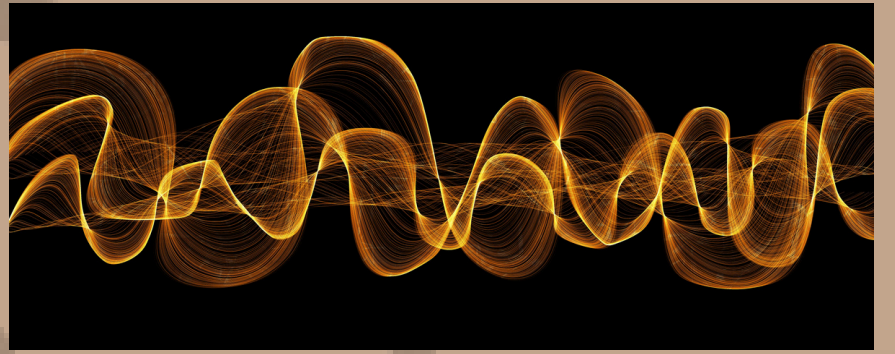
# Recognizing Emotional Boundaries

Use these prompts as you map your emotional boundaries and acknowledge how you feel when such situations occur

- “I often carry emotions that don’t belong to me when...”
- “A feeling I tend to swallow instead of expressing it is...”
- “An emotional boundary I want to practice is...”



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# Recognizing Energetic Boundaries

Use these prompts as you map your energetic boundaries and acknowledge how you feel when such situations occur

- "I feel drained off my energy when..."
- "I absorb too much when..."
- "I feel my energy is conflicted at times, and at others, it feels rejuvenated..."
- "An energetic boundary I want to honor is..."



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# **The Boundary Conversation Practice**

**Use these prompts as you practice your boundaries, gently, confidently, and without any apology.**

- "I'm not available for that."
- "I need a moment to think."
- "That doesn't work for me."
- "I'm choosing something different for myself."
- "I hear you, and I'm still going to honor my limit."
- "I love you dearly, but I really need to do this for myself"
- "Thanks for the suggestion, but this ( movie, restaurant, outfit) is just not my thing."



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# **The Boundary Blessing**

**Why is a boundary important to you?  
Write a statement that honors your  
authentic self, using any of these prompts**

- "What I am protecting is..."
- "What I am no longer responsible for is..."
- "What I am choosing to honor is..."
- "What I am releasing with love is..."
- And then a final line:
- "This is the shape of my self-respect."



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# The Boundary Affirmations

- I honor my limits without apology — they are the shape of my self-respect.
- I choose what I allow into my energy, and that choice is mine alone.
- I can care deeply without abandoning myself.
- I pause before responding, and that pause protects my peace.
- I am allowed to take up space, even when it feels new.
- I release the need to explain my boundaries — clarity is enough.
- I trust myself to say yes with intention and no with confidence.
- I am not responsible for managing other people's reactions to my truth.
- I can be kind and still hold firm.
- I choose relationships where my boundaries are respected and reciprocated.



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# STAY CONNECTED

Tap Below to Listen to more on  
The Boundary BluePrint



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