

# THE GARDEN WITHIN

A CREATIVE REFLECTION FOR IDENTIFYING YOUR VALUES AND  
STRENGTHENING YOUR EMOTIONAL BOUNDARIES



## THE VALUES I PROTECT AND CULTIVATE:

WHAT I  
WELCOME IN:

WHAT I KEEP  
OUT:





# REFLECTIVE QUESTIONS



“ABOVE ALL ELSE, GUARD YOUR HEART, FOR  
EVERYTHING YOU DO FLOWS FROM IT.”

– PROVERBS 4:23

WHAT BOUNDARY HELPS ME FEEL SAFE, EVEN IF IT’S HARD TO COMMUNICATE?

---

---

---

WHICH VALUE HAVE I NEGLECTED THAT I WANT TO PROTECT MORE TENDERLY?

---

---

---

WHEN SOMEONE RESPECTS MY BOUNDARIES, HOW DOES IT FEEL IN MY BODY?

---

---

---