

# Healthy Boundaries Course

Learn to say yes and no with clarity and care.

## Who This Is For

This course is for people who:

- Struggle to say no
- Feel guilty setting limits
- Overextend themselves
- Want to protect their energy

## What You'll Learn

You'll learn how to:

- Know your limits
- Communicate your needs
- Say no clearly
- Hold your boundaries gently

## What's Inside

- Lesson 1: What boundaries really are
- Lesson 2: How to know your limits
- Lesson 3: How to say no clearly
- Lesson 4: How to hold your boundaries gently

## Why This Matters

Boundaries create safety. They protect your energy. They help you stay connected to yourself.

## How It Works

- Self paced
- Clear examples
- Simple scripts
- Gentle practice