

**SELF-LOVE  
AND  
BOUNDARIES**

**"Your boundaries are a reflection  
of self-respect and self-love."**

**Jacqueline Gordon Cain**



# **100 DAYS SELF-LOVE & BOUNDARIES JOURNAL**

***"This 100 days Journal will teach you how "Boundaries" play a crucial role in our lives as they define the limits and guidelines we set for ourselves and others. They act as a protective shield, safeguarding our emotional, mental, and physical well-being."***

***Jacqueline Gordon Cain***



# Introduction

**This 100 Days Journal will teach you how "Boundaries" play a crucial role in our lives as they define the limits and guidelines we set for ourselves and others. They act as a protective shield, safeguarding our emotional, mental, and physical well-being.**

**When we establish healthy boundaries, we demonstrate self-respect and self-love. By clearly communicating our needs, desires, and limits, we show ourselves that we value our own feelings, opinions, and personal space. Setting boundaries allows us to prioritize our own needs and ensure that they are met, which is an essential aspect of self-care.**

**Moreover, boundaries also serve as a way to maintain healthy relationships with others. They help us establish mutual respect, trust, and understanding. By clearly defining what is acceptable and what is not, we create an environment where our relationships can flourish and grow in a positive and respectful manner.**

**In summary, our boundaries are a reflection of our self-respect and self-love. They empower us to take care of ourselves, prioritize our well-being, and foster healthy relationships. So, it's important to recognize the significance of boundaries and embrace them as an integral part of our personal growth and happiness.**

# Instructions

**Set aside time: Dedicate a specific time each day to write in your journal. This will help make it a consistent habit and ensure that you don't forget to write down your thoughts.**

**Review today's affirmation and reflect on your day: Take a few moments to think about the interactions and situations you encountered during the day. Consider which ones may have involved setting or maintaining boundaries.**

**Identify your thoughts: Once you have identified a boundary-related situation, think about your thoughts and feelings at that moment.**

**Ask yourself questions such as: Did I feel comfortable with the situation? Did I feel like my boundaries were respected? Did I need to set clearer boundaries? Be honest with yourself and don't worry about how you express yourself – the purpose of this journaling is to reflect and learn about your own boundary-setting process.**

**Explore potential solutions: Consider what actions you could have taken to set or maintain boundaries in the situation. Write down your ideas, even if you didn't use them at the moment. This will help you remember them for future situations.**

**Reflect on your progress: At the end of each week, take a moment to reflect on the progress you have made in setting and maintaining boundaries. Celebrate any successes and think about areas where you still want to improve. Remember, journaling is a personal practice, so feel free to adapt these instructions to fit your own needs and preferences. The most important thing is to be consistent with your writing and use it as a tool for self-reflection and growth.**



# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"My boundaries are a reflection  
of self-respect and self-love."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**

# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I am worthy of having my  
boundaries respected".**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**



# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I have the power to say "no" when something doesn't align with my boundaries."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**

# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I trust myself to make decisions  
that support my well-being."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**



# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I create boundaries that foster  
healthy relationships."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**

# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I deserve to have my personal space  
and time respected."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**



# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I am allowed to prioritize self-care  
without feeling guilty."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**

# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I communicate my boundaries  
clearly and assertively."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**

# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I release the need to people-please  
and prioritize my own needs."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**



# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I am in control of my own  
boundaries and choices."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**

# SELF-LOVE BOUNDARIES JOURNAL

## **Boundaries Affirmation**

**"I honor my own needs and set  
healthy boundaries."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**

# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I am deserving of healthy and mutually beneficial relationships".**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**



# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I give myself permission to set boundaries that align with my values."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**

# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I trust my instincts in recognizing when a boundary needs to be set."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**

# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I am allowed to change my boundaries as I  
grow and evolve."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**



# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I embrace the power of setting  
boundaries to protect my energy."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**

# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I release any guilt or shame associated with setting boundaries."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**

# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"My boundaries create a safe and nurturing environment for myself."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**



# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I communicate my boundaries with clarity  
and confidence."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**

# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I attract and surround myself with people who respect my boundaries."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**

# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I let go of the need to explain or justify  
my boundaries to others."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**

# SELF-LOVE BOUNDARIES JOURNAL

## Boundaries Affirmation

**"I am worthy of experiencing healthy  
and respectful boundaries."**

**Today I'm grateful for:**

**Something I'm proud of:**

**Tomorrow I look forward to:**