

# Compassionate Boundaries Journal Sheet



HOW HAVE I PRACTICED SELF-CARE TODAY, AND WHAT DOES EFFECTIVE SELF-CARE LOOK LIKE FOR ME?

---

---

---

---

WHAT BOUNDARIES DO I NEED TO SET TO PROTECT MY WELL-BEING?

---

---

---

---

WHAT IS ONE SMALL STEP I CAN TAKE TO IMPLEMENT THEM?

---

---

---

---

MY AFFIRMATION TODAY

---

---

---

---