



# *Holiday*

## BOUNDARIES KIT

**Say No With Love and Yes to Yourself  
empowerment during the season of overwhelm**

**KJSD Coaching**



# *Welcome*

**The holidays can be joyful—and overwhelming. This kit is designed to help you navigate seasonal expectations with clarity, compassion, and courage.**

**Whether you're setting limits with loved ones, reclaiming your energy, or rewriting traditions, these tools are here to support you.**

**Boundaries aren't barriers—they're bridges to self-worth, peace, and connection. Let's make this season one that honors your truth.**

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# *Are You People Pleasing?*

- **Saying yes when you want to say no**
- **Over-explaining your decisions**
- **Feeling guilty for resting**
- **Avoiding conflict at the expense of your needs**
- **Taking on more than you can handle**
- **Feeling responsible for others' happiness**
- **Ignoring your own traditions or preferences**

**"I am allowed to honor my needs—even if others don't understand."**





# *Boundary Reflection*

**What do I feel obligated to do this year?**

**Which traditions feel draining or outdated?**

**What would a peaceful holiday look like for me?**

**What am I afraid will happen if I set a boundary?**

**What support do I need to follow through?**





# *Holiday Scripts*

**“Thanks for thinking of me—I’m keeping things simple this year.”**

**“I won’t be attending, but I hope it’s a beautiful gathering.”**

**“I’m choosing quiet this year—it’s what I need.”**

**“I care deeply, and I’m honoring my limits.”**

**“I’m not available for that, but I appreciate the invite.”**



# *Energy Budget Planner*

## **Plan Your Energy, Not Just Your Calendar**

### **Instructions:**

**Use this worksheet to map out your emotional, physical, and social energy across the season.**

**Rate each activity from 1-5 in terms of energy cost and joy return.**

**List the Activity:**

**Rate the Energy Cost (1-5)**

**Rate the Joy Return (1-5)**

**Evaluate:  
Should I Keep, Skip or Modify?**

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# *Emergency Boundary Boosters*

**Quick Grounding Tools for Guilt & Pushback**

**Affirmations:**

**“I am not responsible for others’ reactions to my truth.”**

**“Saying no is an act of self-respect.”**

**“I choose peace over performance.”**

**“Boundaries protect my energy, they do not punish others.”**

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*Wishing you peace, love and  
joy!*

**If you would like to learn more about working with me:**

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**Let's chat!**

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