

Cultivating *Healthy Boundaries*

Take a look at your life. Your immediate family/household, the habits you've created, the rhythm of your day, the choices you make, the interactions with extended family and friends. Think about your senses: touch, smells, noises, sight, tastes.

What are things that need to happen daily?	What are things that need to happen weekly/monthly?
What brings you happiness, joy, contentment, and peace?	What makes you angry, sad, depressed, and stressed?
Is there anything you want to add into your life?	Is there anything you want to take away from your life?
What do you want to say YES to more often?	What do you want to say NO to more often?