



**2025
Edition**

THE BOUNDARY LAB

**30 DAYS TO STRONGER
BOUNDARIES**

**BUILD CONFIDENCE, LEARN TO SAY NO, AND
RECLAIM YOUR LIFE**

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Welcome to The Boundary Lab: 30 Days to Stronger Boundaries

Step into **The Boundary Lab**, where you'll embark on a transformative journey to reclaim your power, prioritize your needs, and create a life that feels balanced, fulfilling, and truly yours. This is more than a course—it's a space to grow, reflect, and take bold steps toward becoming the confident, empowered person you're meant to be.

Over the next 30 days, you'll learn to set and uphold boundaries with clarity and confidence, all while shedding guilt, self-doubt, and hesitation. Whether it's in your relationships, career, or day-to-day interactions, this course will equip you with the skills to say "yes" to what serves you and "no" to what doesn't—without apology.

Here's a Breakdown of This BootCamp

- **Understanding Your Boundaries:** Discover what boundaries are, why they're crucial for your well-being, and how they shape your interactions with the world.
- **Building Confidence & Assertiveness:** Develop the self-assurance to stand by your limits, even in the face of resistance or pushback.
- **The Art of Saying No (Without Guilt):** Master the tools to communicate your boundaries assertively yet kindly, making space for your needs without fear of judgment.
- **Effective Communication:** Learn how to express your boundaries clearly, fostering respect and understanding in all your relationships.
- **Unpacking Your "Why":** Dive into the emotional and psychological roots of your struggles with boundaries, uncovering the reasons behind self-doubt, guilt, or hesitation.

Your Journey

Through interactive exercises, reflective journaling, and practical strategies, you'll develop a deeper understanding of yourself and your boundaries. Each week builds on the last, guiding you step-by-step toward empowerment:

Module 1: Building Awareness - Laying the Foundation

- Identify your current boundary challenges and explore what healthy boundaries look like in your life

Module 2: Setting Boundaries - Breaking Through Barriers

- Tackle the guilt and self-doubt that keep you from saying no. Learn to prioritize your needs without apology.

Module 3: Communicating Boundaries

- Practice the art of expressing your boundaries with clarity and kindness, ensuring your voice is heard and respected.

Module 4: Maintaining Your Momentum

- Develop strategies to uphold your boundaries long-term, even in the face of pressure or change.

A woman with long dark hair, wearing a dark grey business suit over a light blue collared shirt, stands on a balcony or walkway. She is looking off to the side with a thoughtful expression. The background is a blurred cityscape with modern buildings and a railing. The lighting is soft, suggesting an overcast day or late afternoon. The text is overlaid on the left side of the image.

Why The Boundary Lab?

Boundaries are your roadmap to freedom—they allow you to reclaim control over your time, energy, and relationships. Without them, life can feel chaotic and overwhelming. But with the right tools and mindset, you can create a life where your needs matter and your voice is heard.

In The Boundary Lab, you won't just learn; you'll *transform*.

You will:

- Gain clarity on what truly matters to you.
- Build the courage to honor your values and priorities.
- Create healthier, more fulfilling relationships.

A Supportive Space for Growth

This course is designed to be as interactive and engaging as it is transformative. You'll have access to:

By the end of these 30 days, you'll feel equipped and empowered to live life on your terms, unapologetically honoring your needs and values.

- **Guided Exercises:** Practical activities to help you implement what you learn.
- **Reflective Prompts:** Thought-provoking journaling exercises to uncover insights about your boundaries.
- **Real-World Scenarios:** Role-playing challenges to practice boundary-setting in safe and supportive ways.

**Are you ready to
take back
control, define
your limits, and
create a life that
respects your
worth?**

**Welcome
to The
Boundary
Lab—let's
get
started!**



But first, a quiz ...

I can hear you, but really, how do you know when it's time to put a boundary in place?

Ever felt that knot in your stomach when someone asks for "just one more favor", but you're already stretched thin? Or maybe you've found yourself staring at your phone, watching those three dots dance as someone expects an immediate response – even though it's well past midnight? Boundaries aren't just buzzwords; they're the invisible lines that protect your peace, purpose, and well-being. Yet, recognizing when to draw these lines can feel as tricky as trying to catch fog in your hands.

Let's paint a picture of some all-too-familiar scenarios

Sometimes it's as subtle as allowing your morning routine to be hijacked by responding to non-urgent messages, or as consuming as realizing your bank account tells the story of someone who can't say no to splitting every bill evenly, even when you just had water.


Take a moment. Think about these situations. If any of them made you shift uncomfortably in your seat or brought a specific memory flooding back, you're not alone. This quiz isn't just about checking boxes – it's about shining a light on those moments when your inner wisdom was whispering “enough,” but perhaps you needed a little more confidence to listen.

Ready to discover where you stand on the boundary-setting spectrum? Let's find out together.

- Have you ever found yourself rehearsing excuses because saying “no” feels impossible?
- Perhaps you are the go-to person at work who keeps taking on extra projects while your tasks pile up like autumn leaves.
- Or maybe you've spent countless Sunday afternoons helping a friend move, organize, or plan their life – while your own space looks like it's been visited by a tornado.



THE BOUNDARY LAB



THE QUIZ

HOW DO YOU KNOW
WHEN IT'S TIME TO
PUT A BOUNDARY IN
PLACE?

TAKE OUR QUIZ AND
FIND OUT WHERE
YOU STAND.

THE QUIZ

KNOWING WHEN TO PUT A BOUNDARY IN PLACE

INSTRUCTIONS: RATE HOW MUCH YOU RELATE TO THE
FOLLOWING STATEMENTS

1. Which of the following feelings might indicate that it's time to set a boundary?

- a) Energized and motivated
- b) Resentful and exhausted
- c) Calm and content
- d) Indifferent and detached

2. You consistently feel drained after spending time with a certain person. What does this suggest?

- a) You need to spend more time with them to improve the relationship
- b) You may need to set a boundary to protect your energy
- c) You are being overly sensitive
- d) You need to ignore these feelings and push through

3. True or False: If you feel obligated to say "yes" to avoid conflict, it's a sign you need to set a boundary.

4. What is a red flag that you're overextending yourself and need to establish boundaries?

- a) You feel joy in helping others
- b) You regularly cancel your own plans to meet others' demands
- c) You balance your needs with those of others
- d) You feel appreciated for your efforts

5. When someone repeatedly violates your personal space, time, or energy, what should you consider doing?

- a) Ignoring the behavior to keep the peace
- b) Accepting that this is how they are
- c) Setting a clear boundary to protect yourself
- d) Avoiding the person without explanation

6. Which of the following thoughts might indicate it's time to set a boundary?

- a) "I enjoy doing this and don't mind the extra effort."
- b) "I can't believe they're taking advantage of me like this."
- c) "I'm doing this because it aligns with my values."
- d) "This feels rewarding and fulfilling."

7. If you notice your stress levels rising because of constant interruptions or demands, what should you consider?

- a) Ignoring the stress and carrying on
- b) Setting a boundary to reclaim your time and focus
- c) Taking on even more responsibilities to distract yourself
- d) Blaming others for your stress

8. True or False: Feeling guilty about saying "no" means you should avoid setting boundaries.

(Correct Answer: False)

9. You feel stuck in a cycle of always giving but rarely receiving. What might this signal?

- a) You're being selfless and should keep it up
- b) You need to prioritize others even more
- c) It's time to establish boundaries to create balance in your relationships
- d) You're imagining the imbalance

10. How can you recognize that a boundary is necessary to reclaim your peace?

- a) When you feel consistently disrespected or undervalued
- b) When others seem happy and content with your sacrifices
- c) When you have too much free time and want more challenges
- d) When everyone else is telling you to set boundaries

*TALLY YOUR RESPONSES AND
CHECK YOUR SCORE WITH THE
ANSWER KEY BELOW*

Answer Key:

- 1. B
- 2. B
- 3. True
- 4. B
- 5. C
- 6. B
- 7. B
- 8. False
- 9. C
- 10. A

Scoring:

- 8-10 Correct: You have a strong awareness of when boundaries are needed to protect your peace and reclaim your life.
- 5-7 Correct: You recognize the signs but might need to act on them more consistently.
- 0-4 Correct: Take time to reflect on how your feelings and experiences signal the need for boundaries. You deserve peace and balance in your life!



Setting Intentions for The Boundary Lab: Your First Step to Transformation

Welcome to The Boundary Lab: 30 Days to Stronger Boundaries BootCamp! Before we dive into this life-changing journey, let's take a moment to set the stage for your success. Setting clear intentions is like planting seeds in a garden—you're giving your goals direction and creating the focus needed for them to flourish. This step isn't just important; it's the foundation for staying committed, inspired, and motivated throughout the BootCamp.

Why did you decide to join this BootCamp? What are you hoping to achieve? These are the questions to reflect on as you set your intentions. Think about the moments when you've felt overwhelmed, taken advantage of, or unsure about how to stand up for yourself. Imagine what it would feel like to replace those struggles with confidence, clarity, and control. Setting your intentions now will act as your compass, guiding you toward these outcomes.

How We Will Equip You

This BootCamp is all about equipping you with the skills, tools, and mindset to create the life you deserve—one where your voice is heard, your needs are respected, and your boundaries are honored. Here's what's in store for you:

- **Build Confidence:** Learn how to embrace your worth, trust your instincts, and stand tall in your decisions.
- **Set Healthy Boundaries:** Discover how to establish limits that protect your energy, time, and emotional well-being.
- **Master Communication Skills:** Practice expressing your needs clearly and assertively, without guilt or fear.
- **Reclaim Control:** Take charge of your life by prioritizing self-care, saying "no" with confidence, and aligning your choices with your values.

Let's Begin!

The journey ahead is transformative, and it starts with you. Your intentions will fuel your growth and keep you focused on what matters most: **YOU**.

So, take a deep breath, grab your journal, and prepare for your magnificent adventure. Visualize yourself at the end of this 30-day BootCamp—stronger, more confident, and fully in control of your life. This is your time. Let's make it count.

Welcome to **The Boundary Lab**—your journey to a more empowered, fulfilling life starts now!

A woman with short, light brown hair and blue eyes, wearing a dark grey business suit, white shirt, and blue tie, sits in a boxing ring. She has her arms crossed and a serious expression. The ring floor is covered with many red poppies. A black boxing boot is visible on the left side of the frame.

The Boundary Lab: The Power of Intention

Stepping into Your Power with Clarity and Purpose

This is your opportunity to declare to yourself: *I am ready to step into my power and create meaningful change.*

Welcome to one of the most transformative moments in The Boundary Lab—the lesson on The Power of Intention. Setting intentions is more than just deciding what you want; it's about making a heartfelt commitment to your growth, well-being, and authenticity. Think of your intention as your personal North Star, guiding you as you strengthen your boundaries and create a life that reflects your values.

What You'll Learn in this section:

- **Why Intentions Matter:** Understand the difference between setting intentions and setting goals—and why intentions are the foundation for lasting transformation.
- **How to Set Clear Intentions:** Explore techniques for crafting intentions that inspire and motivate you.
- **The Connection Between Intentions and Boundaries:** Learn how your intentions will guide you in setting and maintaining boundaries that align with your values.
- **Harnessing Intention Through Reflection:** Use guided meditation and journaling to connect deeply with your vision for this journey.

Why Setting Intentions Matters

Intentions are the compass that guides your journey, quietly yet powerfully steering you toward the life you want to create. While goals focus on achieving specific outcomes, intentions are about *who you want to be* as you move through the process. They are the internal commitments that shape your mindset, influence your actions, and keep you aligned with your deeper purpose. Here's why setting intentions is such a transformative practice:



1. Intentions Focus on Your Inner Growth

Unlike goals, which can feel like external checkboxes, intentions prioritize your inner transformation. They invite you to think about the qualities you want to embody, the energy you want to bring, and the life you want to create.

The difference? Goals focus on what you do, while intentions focus on who you *become*.

- A goal might be: *I want to say no to unnecessary commitments.*
- An intention might be: *I intend to honor my time and energy by saying no when something doesn't align with my values.*

2. Intentions Provide Clarity and Direction

Life can be messy, and challenges are inevitable. Intentions act as a guiding light, helping you stay clear on what matters most. When things feel overwhelming or uncertain, your intention reminds you of your *why*.

→ If your intention is *to prioritize your well-being by creating healthy boundaries*, it becomes easier to make choices that support your mental and emotional health, even when external pressures arise.

3. Intentions Fuel Resilience and Motivation

Goals can sometimes feel rigid—if you don't meet them exactly as planned, it's easy to feel like you've failed. Intentions, on the other hand, are forgiving and flexible. They allow you to adjust your actions while staying true to your core purpose.

When you set an intention, you're not just chasing an outcome—you're committing to the process. This mindset fuels resilience, keeping you motivated even when progress feels slow or setbacks occur.

4. Intentions Honor Your Authenticity

Intentions are deeply personal and reflective of your unique journey. They encourage you to show up as your authentic self, embracing your values, strengths, and even your imperfections.

This shift helps you focus on self-acceptance and growth rather than external validation.

→ Instead of striving for perfection, your intention might be *to show up confidently and authentically in all interactions*

5. Intentions Empower You to Prioritize Yourself

Many of us are conditioned to put others' needs ahead of our own, often at the expense of our well-being. Intentions challenge this narrative by affirming your right to prioritize yourself.

When you set intentions,
You're making a bold declaration: *My needs matter. I am worth the effort it takes to create a life that reflects my values.*

- *I deserve to prioritize my well-being.*
- *I am ready to embrace my authenticity and stand tall in my boundaries.*

6. Intentions Are the Foundation for Lasting Change

Goals may bring short-term results, but intentions create long-term transformation. By focusing on who you want to become, intentions help you build habits, mindsets, and choices that align with your vision.

Your intentions are not about ticking off a box—they're about creating a lifestyle.

A woman with long brown hair, wearing a grey blazer over a white shirt, is sitting at a wooden table. She is looking directly at the camera with a serious expression. The background is a light-colored brick wall. The lighting is soft, highlighting her face and the texture of her clothing.

Intentions Are Your Anchor

Setting intentions is about much more than deciding what you want—it's about aligning with who you are and committing to the life you deserve. They provide focus, clarity, and resilience, guiding you through challenges and helping you stay connected to your deeper purpose.

When you set an intention, you're telling yourself: I believe in my power to grow, change, and create a life that honors me. And that belief? It's where transformation begins.

Affirmations for Setting Intentions

When you set intentions, you're reinforcing powerful beliefs about yourself and your capabilities. Here are some affirmations to support your journey:

I deserve to protect my energy and prioritize my well-being.

I am capable of creating meaningful change in my life.

I choose to live authentically, guided by my values.

I am ready to step into my power and honor my boundaries.



The Connection Between Intentions and Boundaries

How Intentions Become the Foundation for Aligned, Empowering Boundaries

Intentions and boundaries are deeply interconnected—one informs and strengthens the other. When you set clear intentions, you're defining what matters most to you. Boundaries then become the actionable expressions of those intentions, helping you protect your time, energy, and emotional well-being while staying aligned with your values.

Here's a deeper look at how your intentions guide you in setting and maintaining boundaries that align with your authentic self:

1. Intentions Clarify What You're Protecting

Boundaries exist to protect what's important to you—your values, time, energy, and well-being. Without clear intentions, it's easy to feel unsure about where to draw the line.

Your intention acts as a compass, helping you recognize when a boundary is needed to honor your priorities.

- **Intention:** "I intend to prioritize my well-being by reducing stress."
- **Boundary:** Saying no to overcommitments that drain your time and energy.

2. Intentions Help You Identify Misalignment

Intentions create a clear picture of what you want your life to look and feel like. When something doesn't align with your intention, it signals a need for a boundary.

By focusing on your intention, you can identify areas where boundaries are lacking or need reinforcement.

- **Intention:** "I intend to nurture relationships that are mutually supportive."
- **Boundary:** Limiting time with people who consistently drain your energy or disrespect your needs.

3. Intentions Empower You to Set Boundaries Authentically

When your boundaries are rooted in your intentions, they feel less like rules and more like natural extensions of your values. This makes it easier to communicate and maintain them with confidence.

This alignment ensures that your boundaries reflect your authentic self, making them easier to uphold.

- **Intention:** "I intend to honor my creative energy by making time for my passions."
- **Boundary:** Blocking off evenings for creative pursuits and explaining to others why this time is non-negotiable.

4. Intentions Strengthen Your Resolve During Challenges

Setting boundaries can sometimes feel uncomfortable, especially when faced with pushback or guilt. Intentions provide a powerful anchor during these moments, reminding you why the boundary matters.

When you remember your intention, it becomes easier to stay firm and prioritize your well-being, even when others question your choices.

- **Intention:** "I intend to protect my mental health by creating a balanced workload."
- **Boundary:** Declining additional tasks when your plate is already full.

5. Intentions Help You Communicate Boundaries Effectively

When you're clear about your intentions, you can articulate your boundaries more confidently and clearly. This fosters understanding and respect from others.

Tying your boundary to your intention makes it easier for others to see its purpose and importance.

- **Intention:** "I intend to prioritize quality time with my family."
- **Boundary Communication:** "I've decided to leave work on time every evening so I can focus on family time."

6. Intentions Keep You Focused on Growth

Boundaries are not static—they evolve as your needs and priorities change. Your intentions help you stay flexible, ensuring your boundaries continue to align with your personal growth.

As your intention shifts from “I intend to establish work-life balance” to “I intend to focus on career advancement,” your boundaries may adapt to include saying yes to new opportunities while protecting downtime.

This dynamic connection ensures your boundaries remain relevant and empowering.

7. Intentions Reduce Guilt Around Boundaries

One of the biggest challenges in setting boundaries is overcoming the fear of seeming selfish or hurting others. Intentions help reframe boundaries as acts of self-respect rather than selfishness.

Your intention reminds you that prioritizing yourself is an essential part of growth, making it easier to release guilt.

- **Intention:** "I intend to cultivate self-compassion and prioritize my healing journey."
- **Boundary:** Limiting conversations with people who dismiss your feelings or invalidate your experiences.

Examples of Intentions Guiding Boundaries

Intention: *"I intend to foster meaningful connections in my relationships."*

→ **Boundary:** Limiting time spent with people who gossip or engage in negativity.

Intention: *"I intend to create a life of balance and joy."*

→ **Boundary:** Protecting weekends from work commitments to recharge and spend time on hobbies.

Intention: *"I intend to embrace my authenticity and stand tall in my boundaries."*

→ **Boundary:** Addressing interruptions during meetings by saying, "I'd like to finish my thought before we move on."



Intentions as Your Boundary Blueprint

Your intentions and boundaries are partners in creating a life that reflects your values and priorities. Intentions clarify what you want to protect, guide you in setting authentic limits, and anchor you during challenging moments.

When your boundaries are rooted in your intentions, they feel natural and empowering—not rigid or forced. They become a tool for living intentionally, unapologetically, and in alignment with your truest self.

By crafting clear intentions and letting them guide your boundaries, you're not just setting limits—you're shaping a life that honors your worth and values every step of the way.

How to Set Clear Intentions: Techniques for Crafting Motivating and Inspiring Intention

Setting clear intentions is about aligning your thoughts, emotions, and actions with your deeper desires and values. When done effectively, intentions serve as a powerful guide, keeping you motivated and inspired as you navigate change and growth. Here's how to craft intentions that resonate deeply and propel you forward:

1. Start with Reflection

Before setting an intention, take time to reflect on what truly matters to you. Ask yourself questions like:

Reflection helps you connect with your inner needs and desires, ensuring your intention comes from a place of authenticity.

- What areas of my life feel out of balance or in need of boundaries?
- How do I want to feel as I move through this journey?
- What values do I want my decisions and actions to align with?

2. Focus on the "Why"

The best intentions are rooted in a strong sense of purpose.

Instead of focusing solely on what you want to achieve, think about *why* it matters.

Connecting your intention to a meaningful purpose creates an emotional anchor, making it easier to stay motivated.

→ Example: Instead of "I want to set better boundaries at work," reframe it as "I intend to set boundaries at work to protect my time and energy so I can focus on my well-being."

3. Keep It Positive and Empowering

Frame your intention in a positive light, focusing on what you *want* rather than what you *don't want*.

Positivity fosters motivation and reinforces your ability to create change.

- Negative: "I don't want to feel drained by others."
- Positive: "I intend to protect my energy by prioritizing my needs."

4. Be Specific but Flexible

While intentions don't need to be as detailed as goals, they should still provide a clear sense of direction.

At the same time, leave room for flexibility. Life is dynamic, and your intentions can evolve as you gain clarity and insight.

- Broad: "I want to feel better about my relationships."
- Specific: "I intend to create healthier relationships by communicating my boundaries clearly and respectfully."

5. Use Present Tense Language

Write or say your intentions as if they're already true. This reinforces a sense of confidence and commitment.

Present-tense language helps your mind internalize the intention, making it feel achievable and real.

- Instead of: "I will learn to say no when I need to."
- Say: "I honor my needs by confidently saying no when necessary."

6. Align Intentions with Your Values

Your values are the foundation of your decisions and actions. When your intentions align with what you value most, they feel authentic and meaningful.

This alignment ensures your intentions are deeply motivating and sustainable.

- Value: Creativity
- Intention: "I intend to create space in my life for creative pursuits that energize and fulfill me."

7. Visualize Your Desired Outcome

Close your eyes and picture yourself living in alignment with your intention. How does it feel? What does your life look like? Visualization makes your intention more tangible and inspires you to take action.

→ If your intention is "I intend to protect my well-being by creating clear boundaries," imagine yourself confidently setting limits in a calm, self-assured manner.

8. Create a Statement That Resonates

Once you've reflected and clarified your purpose, craft a simple, powerful intention statement.

Make it short enough to remember but meaningful enough to inspire.

→ Example: "I intend to live authentically by honoring my boundaries and making choices that align with my values."

9. Write It Down

Putting your intention in writing reinforces your commitment and serves as a daily reminder. Place it somewhere visible, like your journal, phone wallpaper, or a sticky note on your desk.

10. Reinforce Your Intention Daily

Your intention isn't a one-time declaration—it's a practice. Reinforce it by:

Repeating it to yourself every morning.

Reflecting on it during meditation or journaling.

Using it as a guide for your daily decisions and actions.

Examples of Clear, Motivating Intentions

- *"I intend to prioritize my well-being by saying no to commitments that drain me."*
- *"I intend to create respectful and fulfilling relationships by communicating my boundaries with kindness and confidence."*
- *"I intend to embrace my authenticity by making choices that align with my values."*
- *"I intend to nurture my creativity by carving out time for activities that bring me joy."*



Crafting Intentions That Inspire Action

Setting clear intentions is an empowering way to take ownership of your growth and align your actions with your values. By reflecting on what matters most, connecting with your purpose, and framing your intentions in a positive, present-tense way, you'll create a powerful guide for transformation.

Your intentions are your declaration: *I am ready. I am capable. I am worthy of creating the life I desire.* Use them to inspire and motivate yourself every step of the way.

Reflection: Setting Your Intentions

Before we move forward, let's take a moment to reflect. Ask yourself these questions:

What does success look like for you at the end of this BootCamp?

- Is it feeling more confident saying "no"? Having stronger relationships? Feeling more balanced and in control of your life?

How do you want to feel as you strengthen your boundaries?

- Do you envision feeling empowered? Calm? Respected? What emotions will define your success?

What areas of your life need boundaries the most?

- Is it at work, where you've struggled to say no? In relationships, where you've felt taken for granted? Or in self-care, where you've put others' needs above your own?

Guided Meditation: Connecting with Your Intentions

Let's take a few minutes to ground ourselves and connect deeply with our intentions.

Find a quiet, comfortable space. Close your eyes, take a deep breath, and let's begin:

1. **Start with Your Breath:** Inhale deeply through your nose, hold for a moment, and exhale slowly through your mouth. Repeat this a few times, allowing your body to relax with each breath.
2. **Visualize Your Ideal Self:** Picture yourself at the end of this BootCamp. You're living with strong, clear boundaries. How does it feel? What's different about your energy, your relationships, and your sense of self?
3. **Imagine Your Intention as a Light:** Visualize a light glowing in your heart. This light represents your intention—your commitment to yourself. Let it grow brighter and more vibrant with each breath.
4. **Repeat an Affirmation:** Say silently or aloud: I am worthy of boundaries that honor my needs. I am ready to embrace my power and create a life that reflects my values.
5. **Close with Gratitude:** Take a moment to thank yourself for showing up, for committing to this journey, and for the courage it takes to grow.

NOTES

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Journal Writing Session: Defining Your Intentions

Now, grab your journal and a pen, and let's turn those reflections into actionable intentions. Write about:

- What success looks like for you at the end of this BootCamp.
- How you want to feel as you strengthen your boundaries.
- The areas of your life where boundaries are most needed.

Turn your reflections into a declaration:

- Example: "By the end of this BootCamp, I will feel confident in saying no and prioritizing my self-care. I will set boundaries in my relationships and work, ensuring that my energy aligns with my values."

NOTES

A series of horizontal dotted lines for writing notes.

What's Next?

Your intention is your compass for this journey. Keep it close—write it down, repeat it to yourself, and revisit it whenever you need a reminder of your purpose.

As we move forward, you'll learn the tools and strategies to bring your intention to life. Together, we'll build the confidence and skills to set boundaries that honor who you are and what you need.

This is your moment to take ownership of your journey. Let your intention guide you, empower you, and remind you of the incredible strength you hold within.

