

Create and Honor Your Boundaries

In this space, you will explore your boundaries, reflect on your choices about them, and create ones that support who you are becoming. You may find this section to be a deep dive, and it's because your boundaries are that important to your success.

Do I have healthy boundaries? Why or why not?

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How do I protect my energy from toxic people or situations?

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Desperation, intimidation, co-dependency and people pleasing all create a fear of boundaries in us. They cloud our vision so we cannot see our value and instead overvalue others. Have you ever been fearful of establishing and communicating your boundaries? Why?

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If this applies, what is the driving force behind your disease to please?

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What do I need to heal to resist the temptation to give myself away in the future?

Ex: My low self-esteem and co-independence on my husband.

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What behaviors are unacceptable to me?

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What are my requirements for someone or something to enter my life and have access to any aspect of me?

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What are my requirements for someone to have access to my resources (money, property, contacts, etc.)

Ex: In order for someone to get my money they must prove to me that the service they offer will be of value to me. They must have earned my trust and proved themselves worthy with a legally binding contract. They must have earned my trust and proved themselves worthy..

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What are my requirements for someone to have access to my body?

Ex: Before an intimate, sexual encounter, my partner must have proved their love, commitment, and respect for me and my body. I must feel right and completely ready.

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What are my requirements for someone to earn my trust?

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What are my consequences for someone who violates my trust, breaks an agreement with me, over dishonors my boundaries?

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How will I communicate my consequences to the violator? If this makes me fearful/uncomfortable, why?

Ex: I will let the line stepper know clearly what my consequences are in private conversation, prior to an agreement. If they violate my boundaries, I will enact the consequence which might be cutting off contact. This does make me fearful when it comes to my because my experience with them has been But I still will commit to my boundaries.

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*“Who you spend time
with is who you become!
Change your life by
consciously choosing
to surround yourself
with people with higher
standards.”*

~Tony Robbins

As a Goddess on the rise, your circle matters. Your relationships can make or break your path to the greatest version of you. Use this section to evaluate your hive.

Am I good friend to myself? How or how not?

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Who are my closest allies and why do I give them this honor?

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Am I a good friend to these allies? How or how not?

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How do I identify toxic relationships?

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Are there any toxic relationships that I need to release right now? With whom?

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