

# BOUNDARIES WORKBOOK



Workbook with at-home exercises

[reverendmeg.com](http://reverendmeg.com)

# WHAT ARE BOUNDARIES?

1. Journey to the past:
  - a. When have you made others responsible for your boundaries?
  - b. Do you feel you are strong enough and capable of maintaining your boundaries?
  - c. Were you allowed to set boundaries when you were a child?
  - d. Are there times your boundaries were crossed?
2. Create a list of events in your past which may have jeopardized your ability to set boundaries.
  - a. Take three deep breaths, and read this list outloud, then state, "I release anything blocking me from my power and my highest and best good."
  - b. Close your eyes, visualize white light moving through your entire body, harmonizing your vibration.
3. Affirmation: "I am strong enough to have and hold my boundaries."
4. Guided Meditation - I am enough - [CLICK HERE TO LISTEN](#)



# DEAL BREAKERS

1. Create a list of every Deal Breaker boundary you have that you can think of.
2. Journey to the past:
  - a. When did you compromise Deal Breakers in the past, and why?
  - b. Are you compromising Deal Breakers in your present life? Why?
3. What Deal Breakers do you have in place that may be subconscious blocks or limiting beliefs?
  - a. Where do you think the subconscious block come from?
4. Create a list of the reasons why you have compromised Deal breakers, and Deal Breakers which are subconscious beliefs.
  - a. Take three deep breaths, and read this list outloud, then state, "I release anything blocking me from my power and my highest and best good."
  - b. Close your eyes, visualize white light moving through your entire body, harmonizing your vibration.
5. Affirmation: "My boundaries support my happiness."
6. Guided Meditation - I create my happiness - [CLICK HERE TO LISTEN](#)



# YOUR WANTS

1. Create a list of every WANT you have that you can think of.
2. Journey to the past:
  - a. When did you compromise Your Wants in the past, and why?
  - b. Are you compromising Your Wants in your present life? Why?
3. Do you have any guilt or shame surrounding Your Wants?
  - a. Take three deep breaths, and read this list outloud, then state, "I release anything blocking me from my power and my highest and best good."
  - b. Close your eyes, visualize white light moving through your entire body, harmonizing your vibration.
4. Affirmation: "My wants are important, I am worthy of everything I want."
1. Guided Visualization- My wants are valid - [CLICK HERE TO LISTEN](#)



# YOUR NEEDS

1. Create a list of every Need you have that you can think of.
2. Journey to the past:
  - a. When did you compromise Your Needs in the past, and why?
  - b. Are you compromising Your Needs in your present life? Why?
3. Do you have any guilt or shame surrounding Your Needs?
  - a. Take three deep breaths, and read this list outloud, then state, "I release anything blocking me from my power and my highest and best good."
  - b. Close your eyes, visualize white light moving through your entire body, harmonizing your vibration.
4. Affirmation: "My needs are important, I am worthy of them being met."
1. Guided Visualization- My needs are valid - [CLICK HERE TO LISTEN](#)



# HONORING BOUNDARIES

1. Create a comfortable expression for all of your boundaries.
2. Journey to the past:
  - a. When have you crossed others' boundaries, and why?
3. What negative emotions or limiting beliefs do you have to release to feel empowered to honor your boundaries, and the boundaries of others?
  - a. Take three deep breaths, and read this list outloud, then state, "I release anything blocking me from my power and my highest and best good."
  - b. Close your eyes, visualize white light moving through your entire body, harmonizing your vibration.
4. What's your plan? Create a plan of actions around your boundaries.
5. Affirmation: "Honoring boundaries helps me follow the Spiritual Law of Non-Interference. Following Spiritual Law helps lead me to my highest and best good."
6. Guided Visualization - Non-interference - [CLICK HERE TO LISTEN](#)

