

A Necessary Life Curriculum

A STEP INTO THE GRANDEUR-OF-YOU

Highlighting Boundaries, Non-Boundaries Et Setting Standards

REMEMBER BOUNDARIES ARE SOMETHING THAT IS PUT UP
WHEN YOU DON'T KNOW YOUR VALUE AND RESPECT YOURSELF

LIST THE BOUNDARIES THAT YOU HAVE PUT UP IN IN PREVIOUS RELATIONSHIPS

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

REFRAMING THOSE BOUNDARIES, SET A POSITIVE STANDARD THAT
ALLOWS YOU TO LIVE WITH SELF-HONOR, THAT WILL COMMUNICATE
IT TO YOURSELF AND TEACH OTHERS

