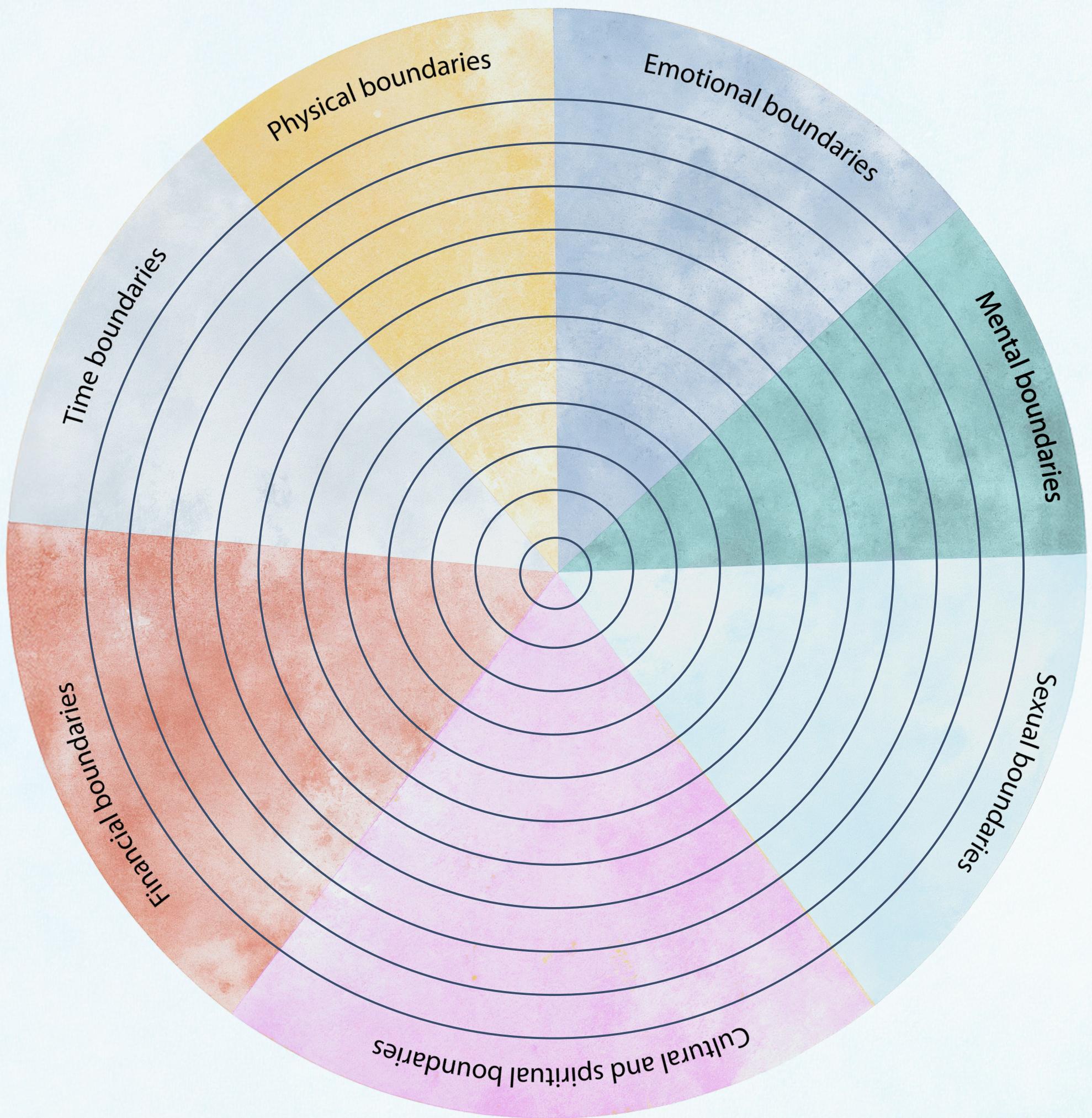




A WORKSHEET FOR CONFIDENT BOUNDARIES

How satisfied are you with your boundaries?





A WORKSHEET FOR CONFIDENT BOUNDARIES

Boundaries health check-in

Healthy boundaries in my relationship	Ways to improve them
Unhealthy boundaries in my relationship	Ways to improve them



A WORKSHEET FOR CONFIDENT BOUNDARIES

Your hand-in plan
to set boundaries with ease

Who do I find it difficult to set boundaries with?

Types of boundaries that I find challenging to set.

- Physical Mental Time Cultural and
- Emotional Sexual Financial spiritual

How do weak boundaries affect my well-being?

What might happen if I establish boundaries with this person?

What boundaries would I like to establish?

How can I support myself?



A WORKSHEET FOR CONFIDENT BOUNDARIES

Tips for setting healthy boundaries





breeze-wellbeing.com

Reconnect with your needs: 10 minutes daily with Breeze

Breeze can become your handy tool to establish and maintain healthy boundaries in relationships. [Download it now](#) and try:

- *Self-discovery tests that help you discover what feels okay for you and what doesn't.*
- *A mood tracker that lets you notice how you feel when your boundaries are violated.*
- *Journaling feature to release your worries about saying "no" and practice gratitude.*
- *Relaxation games to unwind whenever anxiety hits.*

Scan the QR code to build healthier relationships with others.



From trauma freeze to inner peace

Find out how your past may influence your present. [Take a quick test](#) to build healthier relationships with others and break free from the shadows of the past.

