

CONNECT

Boundaries come out of *what matters.*

They are our responsibility to hold.

Boundaries are not walls to keep people out. They are commitments to what matters most, so we can show up with integrity in our relationships and in our lives. **Boundaries are not about changing others. They are about staying true to you.**

BOUNDARIES ARE BUILT ON THREE THINGS



Values

Our inner compass. They guide what we believe is important and how we want to live and love.

Boundaries protect our values in action.



Wants

The things we'd love. They bring joy and meaning, but they can wait.

Boundaries make space for what we want.



Needs

What we must have. They support our well-being, safety, and alignment.

Boundaries meet our needs and keep us well.

WHAT BOUNDARIES LOOK LIKE

VALUE

I choose connection and respect.

BOUNDARY

I won't stay in conversations that are disrespectful.

WANT

I want time to rest and recharge.

BOUNDARY

I say no to plans that will leave me exhausted.

NEED

I need calm to regulate.

BOUNDARY

I remove myself from chaos and sensory overwhelm.

THEY ARE OUR RESPONSIBILITY TO HOLD

We can't control other people's choices, behaviors, or reactions. We can only control our own.

- I set the boundary.
- I communicate the boundary.
- I follow through with the boundary.
- I adjust the boundary when needed.
- I hold the boundary, consistently.

REMEMBER

Their response is not my responsibility.

Holding boundaries isn't selfish. It's how we stay aligned, regulated, and available for the people and things that matter.

Boundaries aren't about having less connection. They are about having the right connection.

- I can say "yes" freely when I have boundaries.
- I can show up fully without resenting.
- I can give from choice, not obligation.
- You are allowed to take up space. You are allowed to protect what matters.