



*Boundaries:
Do you need some?*

JOURNALING
SISTERS

WITH SHIUAN BUTLER

Your 7 Day ~ 10 Minute Journaling Prompts:

Day 1: Brainstorm

What does 'boundaries' mean to you?

Day 2: Journal

If you could have boundaries magically created in some new area of your life, where would you want it to be? What would it be like?

Day 3: REST DAY!

Catch up, rest, self-care, up to you!

Day 4: Journal

Do you have a model of someone who you've seen IS good at setting boundaries? Any friends or family members, for example? What have you noticed? What do they do for themselves to take care of themselves well?



Day 5: Journal/Appreciation

Can you think of a time where you did set up a small boundary? It does not have to be major, the fact that you did it is great!

Day 6: Self-Appreciation Day

I want you to appreciate what a great job you've done this week! This was a brand new topic, and a juicy one at that! I want you to appreciate 3 things about yourself this week. Where have you thought well about yourself? Did some self-care? Took care of yourself and your needs? Even just doing these journaling prompts is huge!

Day 7: Self Care Day

Do something fun for yourself today. Take yourself on a little walk, or a small treat to a bakery. Enjoy time with YOU!

XO,



Shiuan Butler
Creator, Journaling Sisters

