



*What are Healthy  
Boundaries?*

JOURNALING  
SISTERS

WITH SHIUAN BUTLER

# Your 7 Day ~

## 10 Minute Journaling Prompts:

### **Day 1: Brainstorm**

What does healthy boundaries mean to you? Explore all your thoughts, doubts, meanderings...

### **Day 2: Journal**

Do you feel you've seen any model of a good boundary? Either in a friend, coworker, family or movie?

### **Day 3: Journal**

What do you think sounds hard or anticipate to be difficult in setting up boundaries in your life? Or if you feel it's easy, talk about one you already have set up!

### **Day 4: REST DAY**

Sit with a cup of tea or go explore your neighborhood! This day is for you.



### **Day 5: Imagine**

What do you envision your life to be like if you were able to create healthy boundaries for yourself?

### **Day 6: Journal**

What is one situation or area in your life right now where you'd love to have a boundary?

### **Day 7: Self Appreciation Day**

Congratulations! What are 3 things you appreciate about yourself this week? It does not necessarily have to be things you did, though they could be. It could also be just for being you!

XO,



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