

*Where Could You Use
Clear Boundaries?*

JOURNALING
SISTERS

WITH SHIUAN BUTLER

Your 7 Day ~

10 Minute Journaling Prompts:

Day 1: Brainstorm

We'll get into boundaries soon. For now, let's brainstorm the different areas of your life. That might be friends, family, work, personal hobbies, children, exercise, home, etc.

Day 2: Journal

I'd like you to think about where is 1 area --- there are probably multiple and that's fine, just pick 1 for now --- where you'd love to set up a healthy boundary. Why? How would it help your life go better?

Day 3: Journal

What do you anticipate may be difficult or where do you feel concerned or worried about setting up a boundary here?

Day 4: REST DAY

Pick out a arts/crafts activity you like or journal on something you love about your life right now!



Day 5: Small Steps

How can you create a small baby step towards creating a mini boundary in this area?

Day 6: Journal

Is there a girlfriend or someone you can think of (they don't even need to live local to you) who would be a good buddy on this journey? Someone who you've seen has set up boundaries in their life?

Day 7: Self Appreciation Day

Congratulations! Take yourself on a local outing or a nearby road trip! This is not easy stuff. This is pushing our normal boundaries (ha!) of comfort and familiarity. Each small step is a big deal.

XO,



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