

*Looking Back this
Month:
Boundaries and YOU*

JOURNALING
SISTERS

WITH SHIUAN BUTLER

Your 7 Day ~

10 Minute Journaling Prompts:

Day 1 - JOURNAL:

What have you enjoyed about the process of thinking about boundaries in your life this month? Write from here but feel free to let your mind and thoughts wander where it will...

Day 2 - JOURNAL:

What has been difficult about the process of thinking about boundaries in your life this month? Write from here but feel free to let your mind and thoughts wander where it will...

Day 3 - ARTS/CRAFTS:

Pick an art/crafts activity you like (watercolor, paints, popsicle sticks, doodle, anything!) and draw paint build something with the concept of BOUNDARIES in mind...

Day 4 - REST DAY

Lie on the beach, or a bench in the park, take a walk in the gardens.
ENJOY your LIFE and amazing SELF!



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,



Shiuan Butler
Creator, Journaling Sisters

