

How To Set Boundaries

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Module 2 - Your Perfect Day

Work your way through these prompts, thinking about what your ideal life would look like.

The sun is rising on your perfect day. And you know that this is a really good day.

- Where are you waking up and who are you with?
- What are you wearing?
- How are you feeling?
- How does your morning begin?
- What are you eating?
- What are you doing?
- What is making you laugh?
- What are you excited to experience today?
- Where are you looking forward to going?
- And who would you really not want to see today?
- And where would you absolutely not want to go?