



# *Defining Boundaries*

Looking at your current relationships with the 5-10 people closest to you, what needs to change in each of them in order for you to become the best version of yourself?



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What will you tolerate or not tolerate in your life? What behaviors will you accept or not accept?



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What will be the consequence if someone doesn't respect your boundary? (Will likely vary by person/circumstance).



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How will you communicate these boundaries to your loved ones?