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# THIRTY DAYS TO BETTER

*boundaries*

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# TASK FOR THE DAY

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**Day 1** Write down 3 Areas in your life you need better boundaries and why.

**Day 2** Identify 2 benefits of having better boundaries in the 3 domains you listed the previous day.

**Day 3** List 3 reasons you rescind your boundaries for others. Example: I feel sorry for them, I feel compelled to help, etc.

**Day 4** List affirming counter reasons to set healthy boundaries.

**Day 5** Reflective Writing: List your thoughts on this statement “Self-Care is not Selfish”

**Day 6** Affirmations: Self-care is mandatory for my wellbeing.

**Day 7** Make a list of ways you engage in people-pleasing behaviors.

**Day 8** Make a list of how you intend on changing the people-pleasing behaviors.

**Day 9** Affirmation: I no longer want to engage with people who are only interested in what I can do for them but want people who are interested in me.

**Day 10** Make a list of 5 unique qualities you love about yourself.

# TASK FOR THE DAY

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**Day 11** Write 3 ways to decline a favor, task, or proposal. For example: Sorry I can not.

**Day 12** Practice saying no, with grace and kindness. No, is not a bad word. Embrace the “No”

**Day 13** Affirmation: If telling someone No, makes them stop talking to me, they were not good for me in the first place. No, can be a sifting tool, to get rid of takers and toxic people.

**Day 14** Write down 3 unspoken messages from childhood that reinforced poor boundaries of people-pleasing behaviors.

**Day 15** Reflect on your childhood experiences and write how you plan to break the cycle.

**Day 16** Schedule 15 minutes daily for alone time.

**Day 17** Create a five-song confidence playlist.

**Day 18** Affirmation: I am evolving every day and working on being the best version of myself I can be.

**Day 19** Define the term "Gaslighting" in your journal.

**Day 20** Provide an example of a time, where you have been gaslit and how you reacted.

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**Day 21** Affirmation: I am not in control of others, only how I allow others to affect me.

**Day 22** Write down 5 things that trigger your anger and how you react when triggered.

**Day 23** When triggered, practice not responding right away and taking 5 deep breathes.

**Day 24** Practice Self discipline, where you do not react immediately, but rather take a time out and come back to the situation at a later date when everyone is calm.

**Day 25** Set healthy boundaries. Communicate your expectation calmly, and be concise. Do not over-explain, rationalize or convince someone of your boundaries. If you have not set boundaries with these individuals before, they will not like them at first but be consistent.

**Day 26** Exit strategy: when setting boundaries with individuals, you have to be prepared that some people will decide to walk away from you. That is okay because they were probably toxic, and walking away saved you a lot of heartache and future pain. Relationships are reciprocal and if someone is willing to walk away for something so seemingly insignificant, they did not value you. It's best to identify these individuals early and begin the healing process.

# TASK FOR THE DAY

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**Day 27** Show yourself forgiveness and grace as you maneuver through this process. Do not beat yourself up if you have gone back on a boundary or faltered. This is a new way of thinking and will take time.

**Day 28** Practice Self Care.

**Day 29** Write down how you have progressed over the last month and what you continue to need to work on.

**Day 30** Affirmation: I am responsible for my own happiness, no one else.

*Looking for Help?*

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You do not have to do this alone.