

ENERGY BOUNDARIES

LETTING GO OF PEOPLE PLEASING

How do I know when I am trusting myself, feeling into the belly/gut? Where is the feeling in the body?
How does a YES feel? How does a NO feel?

What helps you stay connected to yourself and in the moment?

CREATE AN INVENTORY

What makes you stay connected to yourself?

I am proud of myself for

What do I value?

What will I not tolerate? Not settle for?
