

Creating Healthy Boundaries



For Empaths,
Sensitives or anyone
feeling ready for
JOY &
PEACE OF MIND

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Creating Healthy Boundaries

Section 1: Reflection on Angel Messages

Angel of Support

- Think about a recent situation where you felt overwhelmed or unsupported. What silent call for help might you have been sending to the universe?

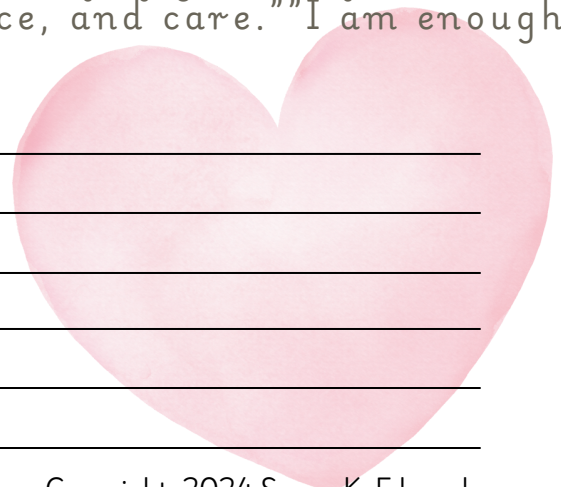
- Write one way you can actively seek the support you need this week. (Example: asking for help, scheduling alone time, delegating tasks)

Angel of Self-Worth

- In what areas of your life do you feel you might be underrating yourself? (Examples: relationships, work, accomplishments)

- Write an affirmation to remind yourself of your self-worth. (Example: "I am worthy of love, peace, and care." "I am enough")

Your Affirmations:





Section 2: Identifying Your Holiday Triggers

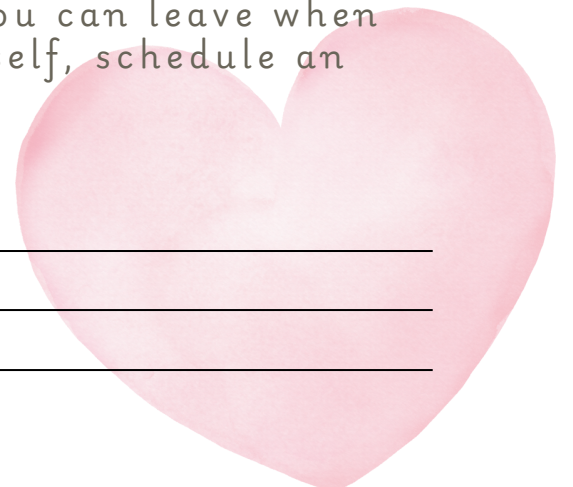
Think about past holiday gatherings. What specific situations have caused you stress or discomfort?
(Examples: long visits, heated discussions, overstimulation)
Your Answer:

- What physical or emotional signs tell you when you've reached your limit? (Examples: fatigue, irritability, withdrawal)
- Your Answer:

Section 3: Building Your Healthy Boundaries

- Planning Ahead
What is your time limit for family gatherings or other events this holiday season? (Example: 2 hours, 1 meal)

- What steps can you take to ensure you can leave when you're ready? (Examples: drive yourself, schedule an Uber, pre-plan an excuse)
- Your Plan:





Setting the Tone

- How can you approach the gathering with light and love while still maintaining your boundaries? (Examples: focusing on gratitude, choosing positive topics)

- Write a boundary script for exiting a situation gracefully when it becomes overwhelming. (Example: "It's been great catching up, but I need to head out and recharge. Love you all!")
- Your Script:

Section 4: Centering in Peace

- If drama arises, how can you remind yourself that you don't need to engage or explain yourself? (Examples: deep breathing, repeating a mantra, stepping outside)
- Your Reminder:

Think about what you'd like to seek during your holiday gatherings. What are you actively looking for? (Examples: peace, connection, joy)



- How can you focus on finding that instead of being pulled into negativity?
- Your Plan:

Section 5: Post-Holiday Reflection

- After the gathering, take a moment to reflect: What worked well about your boundaries?

- What could you improve for next time?
- Your Reflection:

- End your reflection by writing an affirmation of gratitude and self-care. (Example: "I am grateful for the love I shared and the care I gave myself.")
- Your Affirmation(s):

I matter

