BOUNDARIES

BARRICADES

VS.

Where do you draw lines and why? How do you set healthy parameters without shutting out fresh perspective? Boundaries are healthy for your personal care and development. While barricades may feel like a healthy exclusion, they may keep you from exploration and discovery.



THESE ARE THE BOUNDARIES THAT I HAVE SET CURRENTLY IN MY LIFE (LIST BELOW):

If I am completely honest with myself, I can identify barricades disguised as boundaries. DO THIS NOW IN THE LIST ABOVE. PICK ONE AND FREE WRITE ON HOW YOU GOT THERE AND HOW YOU CAN APPLY FRESH PERSPECTIVE TO THIS AREA.

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