

THE MINDFUL TOOLBOX
PRESENTS



SETTING HEALTHY BOUNDARIES EBOOK

Learn what you need to establish healthy boundaries and thrive during busy seasons



BETTERINGYOUTH

Establishing Healthy Boundaries

1 Identifying my Core Values

Refer to the list on Page 4 and highlight 20 - 25 values that resonate with you. Then group these values into categories. Can you narrow it down to your top 3?

While reading each value, ask yourself:

- Does this feel important to me?
- Is this something I'd like to embody?
- Would I be my best self?

My Core Values are:

1. _____
2. _____
3. _____

1.2 Creating Habits that Embody my Core Values

Answer the following questions to help build lifelong habits that are inline with your core values:

1. What's one behaviour that supports this value?

Value 1

Value 2

Value 3

2. How can you apply this value to your goal?

Value 1

Value 2

Value 3

Establishing Healthy Boundaries

2 Building Why Power

Why Power refers to your reasons to dig deep when the going gets tough. What will help you persevere?

While determining your Why Power, consider:

- Why is this goal important to me?

- What will my life be like if I achieve this goal?

- What greater impact could it have? (Beyond me? Future generations?)

2.1 Self Care Habits

To keep pursuing your goal you will need to build self care habits. Answer the following questions to determine what your mind, body and soul require.

1. Do you feel energised spending time alone or with others?

2. Do you prefer to workout or play sport?

3. Which do you prefer: meditation, journalling or walking

4. Do you feel energised spending time alone or with others?

5. How much sleep does your body need each night to function optimally?

6. Are you drinking enough water? Keeping caffeine low? Eating well?

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3. Establishing Healthy Boundaries

Armed with your Core Values, your Why Power, and a reflective view of Self-Care habits, you can now put in place some Healthy Boundaries.

- How much time per week will you dedicate to self care and rest?

- What will you schedule in your diary to give yourself reprieve from working towards your goal?

- How will you know if your body needs more of a break or less of a break? (Signs of stress or overwhelm)

3.1 Healthy Boundaries

What are you committed to doing (and not doing) to help keep your mind, body and soul thriving? Refer back to your values, and self care.

Personal Values



Accountability	Efficiency	Intuition	Security
Achievement	Environment	Job security	Self-discipline
Activism	Equality	Joy	Self-expression
Adaptability	Ethics	Justice	Self-respect
Adventure	Excellence	Kindness	Serenity
Altruism	Fairness	Knowledge	Service
Ambition	Faith	Leadership	Simplicity
Authenticity	Family	Learning	Spirituality
Balance	Financial stability	Legacy	Stewardship
Beauty	Forgiveness	Leisure	Success
Being the best	Freedom	Love	Teamwork
Being a good sport	Friendship	Loyalty	Thrift
Belonging	Fun	Making a difference	Time
Career	Future generations	Nature	Tradition
Caring	Generosity	Openness	Travel
Co-creation	Giving back	Optimism	Trust
Collaboration	Grace	Order	Truth
Commitment	Gratitude	Parenting	Understanding
Community	Growth	Patience	Uniqueness
Compassion	Harmony	Patriotism	Usefulness
Competence	Health	Peace	Vision
Confidence	Heritage	Perseverance	Vulnerability
Connection	Home	Personal fulfillment	Wealth
Contentment	Honesty	Power	Wellbeing
Contribution	Hope	Pride	Wholeheartedness
Cooperation	Humility	Recognition	Wisdom
Courage	Humor	Reliability	Write your own:
Creativity	Inclusion	Resourcefulness	<input type="text"/>
Curiosity	Independence	Respect	
Dignity	Initiative	Responsibility	
Diversity	Integrity	Risk-taking	