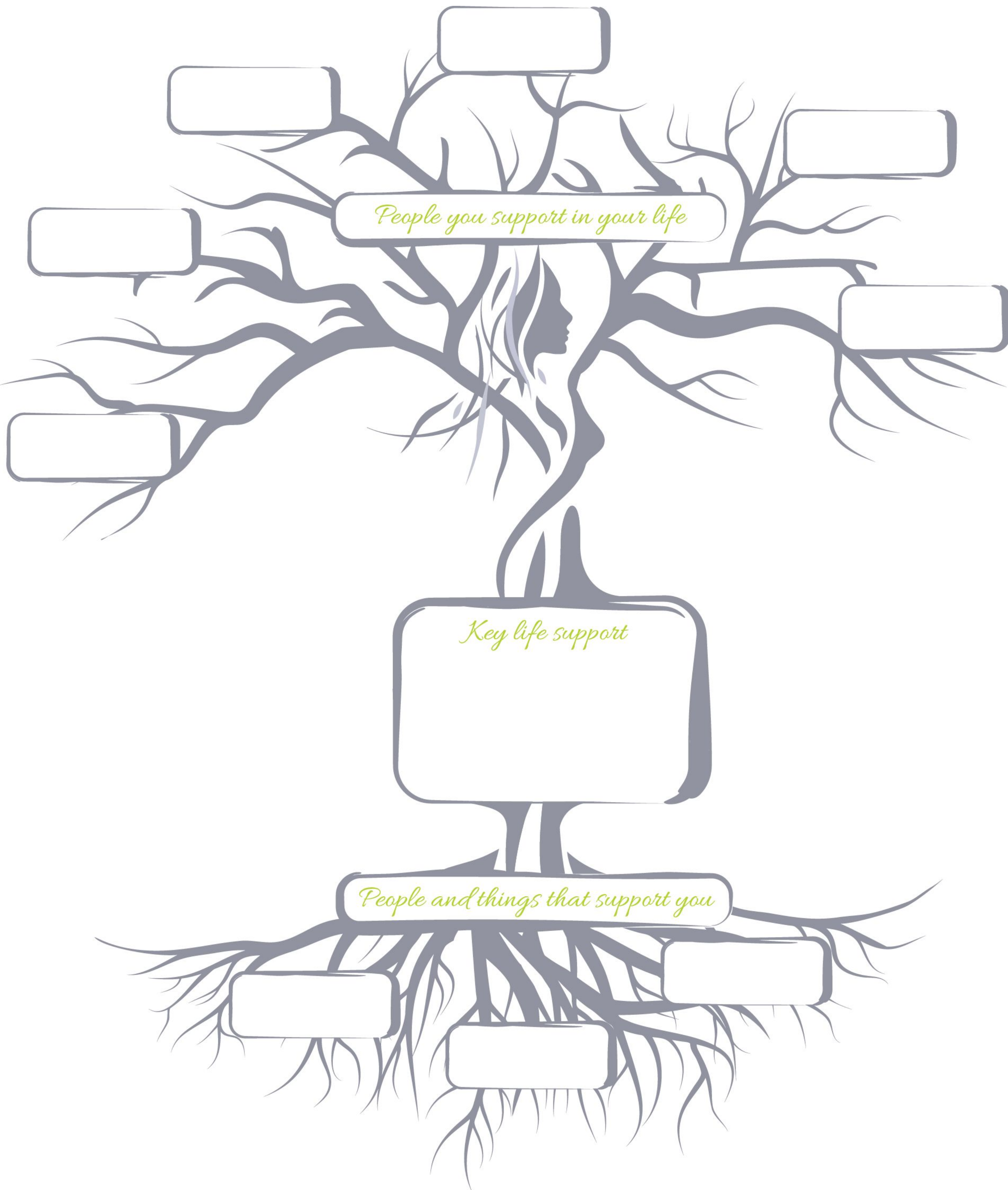


# Self Respect - Week 2



On the *roots* of the tree, list the names of the people, places and things that support and sustain YOU.  
On the *trunk*, list the individuals who are your key life support who deeply nourish YOU emotionally, spiritually and physically.  
On the *branches*, list who you support.



*'Always take note of who supports you genuinely These are the people who you should always keep around'*



# Self Respect - Week 2



Reflecting on these following questions will help you see where you might need to set boundaries and why.

1. In which areas of your life do you need to set boundaries?
2. What is it that stops you? What are you frightened of?
3. What do you believe might happen if you say NO?
4. What are the long term implications for YOU if you do not deal with these situations?
5. Are your boundaries too tight, do you need to trust, open up and allow opportunities into your life?

*'Start by doing true to yourself today and then one by one, be true to those around you'*

*'The people in your life should motivate, love and inspire you.'*

*Your circle should be well rounded and supportive.*

*Quality over quantity always'*