

Self Respect - Week 5

Reflect and ask yourself the following questions:

Who are the five people I spend the most time with?

Are they a positive inspiring influence in my life?

Has my negative friends or family triggered doubts as to who I am and what I am discovering about myself and life?

List three friends who you really admire, who support you and help you feel competent, and give you a sense of your possibilities:



*'Respect
yourself enough
to say I deserve
peace and walk
away from
things and
people that
prevent you
from attaining
it'*

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Your circle of safety and truth!

Inside your circle, write the names of those you love and who are supportive.

Write anything you need to protect - e.g - your children, your own happiness, your family life, your self care, etc.

Outside the circle, place the names of those you need to be more self-protective around currently.

Place this Circle of Safety and Truth somewhere you can see every day as a reminder.



*'When things
arent adding up
in your life,
start
subtracting'*

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Signs of good healthy boundaries:

Boundaries are an essential part of self care and respect - they are normal, healthy and necessary!

1. Saying No without feeling guilty
2. Asking for what you need and want
3. Taking care of yourself
4. Saying YES because you want too, not because of obligation or to please others
5. Making decisions based on YOUR core values
6. Feeling safe to express difficult emotions
7. Taking responsibility for your own happiness
8. Not being responsible for someone else's happiness
9. Being in tune with your own feelings
10. Knowing who you are what matters most to you.

'Respect yourself enough to say I deserve peace and walk away from things and people that prevent you from attaining it'

As we begin to notice which friends are negative or energy vampires, and situations that can leave us feeling low or stifled, it can be hard to adjust.

We often can fear losing people but trusting this journey of self discovery will lead you to a more beautiful place surrounded by those who support, love and understand you.

When you begin to create the space for what really matters to YOU and serves your own growth, the universe will respond by giving it to you.