CONSCIOUS | LOVING | GRACEFUL

Boundaries

It's my birthright to feel amazing.

I have a right to my own feelings.

I am enough just the way I am.

I am so lovable.

It's ok to turn off social media / news.

It's not my job to take care of others.

"No" is a complete sentence.

It's ok if others get angry, it has nothing to do with me.

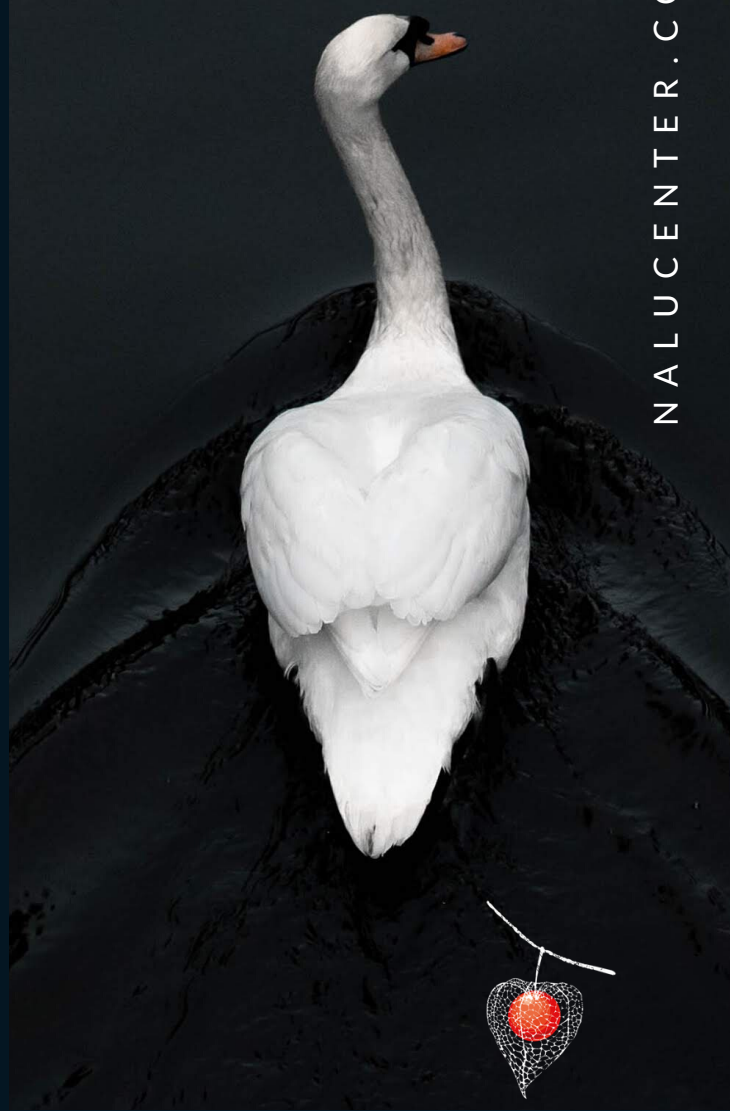
Nobody has to agree with me.

It's not my job to take responsibility for others.

I don't have to anticipate the needs of others.

It's ok to rest.

I am love. I am worth protecting.



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