



THE TOTAL FITNESS & SELF LOVE PROGRAM

Week 12

Relationships & Boundaries Workbook

Part One: Assess the People in Your Life

Begin to look at the people in your life.

Just begin with observer who they are, how they operate and start asking yourself questions about them like, do you share similar values?

Do they value good mental health?

Can you trust them?

Do you feel good when you're around them?

Are they showing me who they are, and am I taking them for face value?

Remember, people always show us who they are sooner or later, so be patient and it's ok to keep them at a distance for a long time.

Continue to observe your feelings – mind, body and emotions when you are around each person.

Part Two: Create Boundaries

Create some boundaries with each person in your life:

How much do you get to be with you?

Assess them through the type of boundaries we discussed:

TYPES OF BOUNDARIES

PHYSICAL BOUNDARIES

- You will only see or talk to your mother for 3 hours a week
- You stand over there, I'll stand over here
- Only accept physical touch, including hugs from people you are ok with touching

EMOTIONAL BOUNDARIES

- Do not overshare your life with strangers – not everyone deserves to know certain things about you (You are good enough to keep things private)
- I will only share my deepest emotions with my significant other and my best friend

INTELLECTUAL BOUNDARIES

- I will only talk to certain people about politics or deep topics
- If you don't feel comfortable speaking in certain groups, you don't have to say anything

SPIRITUAL BOUNDARIES

- I have a core group of friends who I can rely on with my spiritual beliefs
- Only talk to others who help you grow spiritually

INTIMACY BOUNDARIES

- Only certain people get to know you intimately (intellectually, physically, emotionally, spiritually, sexually) and YOU get to choose who that is

As you go through these exercises, Remember:

You deserve to have only good things, including people, in your life.

Put yourself first, because that's part of having good boundaries and relationships. Teach people how to treat you by first treating yourself well.

The best part of being an adult is choice, so choose wisely.

IT'S ABOUT WHETHER OR NOT THIS PERSON IS GOOD FOR YOU, NOT WHETHER YOU ARE GOOD ENOUGH FOR THEM. CHANGE THE NARRATIVE. BE YOUR OWN BEST FRIEND.