

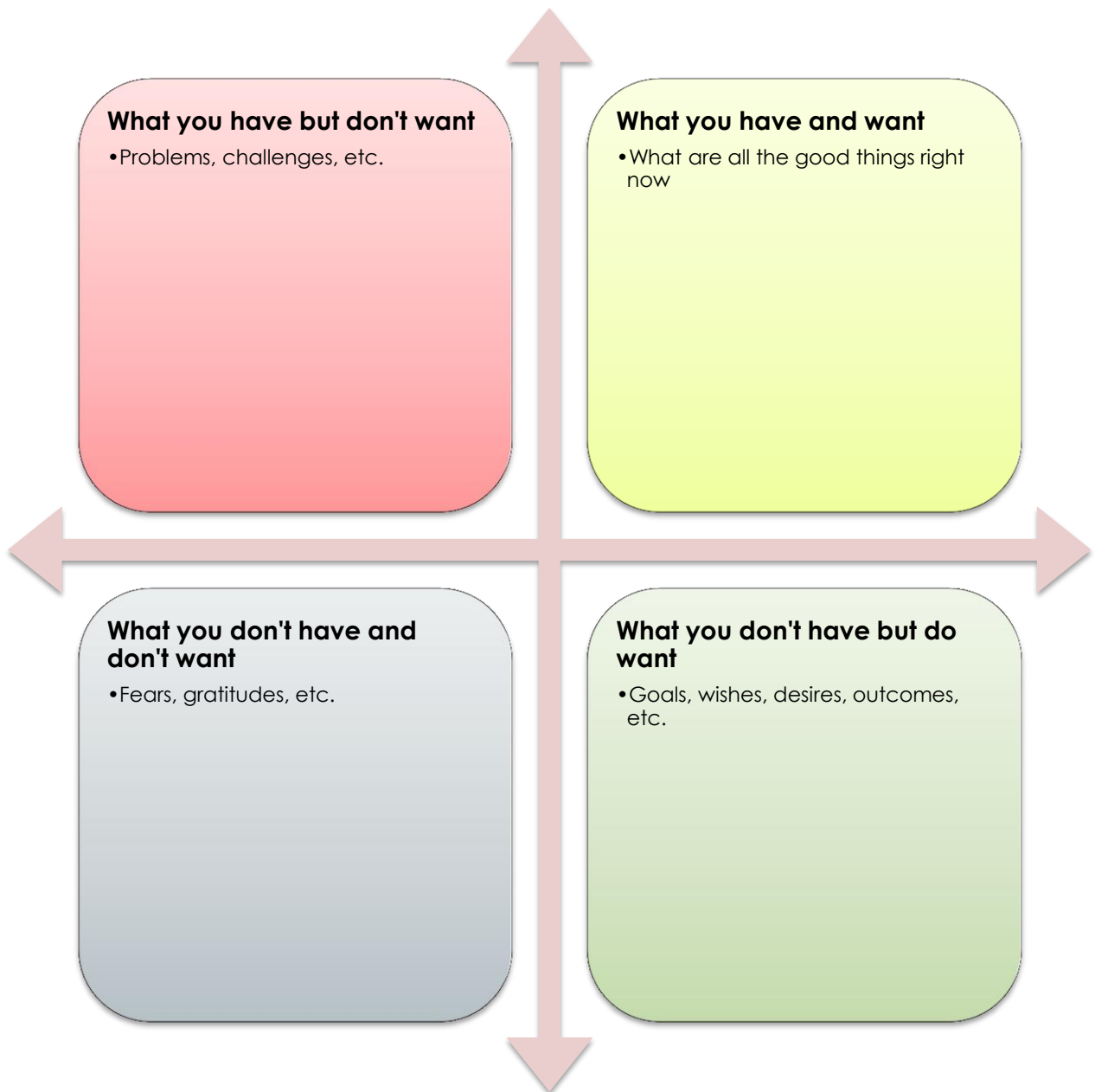


Boundary Goals

Every person has a mix of things they want and things they don't want as well as things they have and things they don't have. Take some time to reflect on how things are for you right now and write down whatever comes to mind in each section. As well as actual things your answers may include particular behaviours, skills, strengths, emotions, states, beliefs or values.

NAME -----

DATE -----



- Celebrate that you already have what you want and that you don't have what you don't want.
- Take the time to accept or change those things you have but don't want.
- Set goals and take action to achieve what you don't have but do want.