

MINDFULNESS CHALLENGE, *Respect Your Boundaries*

What is my top core value?

---

What makes this value meaningful to me?

---

---

What happens when I don't practice this value myself?

---

---

How do I feel when other's cross this core value of mine?

---

---

I create this boundary that aligns with my values and make a promise to myself that I will not allow others to diminish or cross my boundary.

