

Creating Your Boundaries

Instructions: Creating boundaries, research has shown, is essential for living a balanced, joyful life. There are six areas that, if you focus to create **strong, firm boundaries**, will allow you to flourish and thrive in all that you do. The sections are your body, home, personal belongings, friends, tastes and values. Do you sway easily from your tastes and what you enjoy? Do you have strong values that support the choices you make in life? Below **list the ways you create boundaries** for each of these areas in your life. What is within your boundary and what do you keep out? Please check out thewritingorbit.com for more astrology + self-help worksheets.

