

# Focus on<sup>+</sup> creating healthy habits

30-Day Guides to Building Mindfulness  
and Boundary Setting Habits

# A 30-Day Guide to Mindfulness



Mindfulness is all about being more present and focusing on each moment as it's happening. Through it, you can reduce stress, express emotions in healthier ways, improve focus, or find positivity.

Over the next 30 days, try these different ways to be more mindful. The more you do, day-by-day, the easier it will get. Habits are built by regularly taking small steps forward—so do what you can but know things don't always work out perfectly. If you miss a day or need a break, that's okay.

30 Days of Mindfulness							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK ONE	Set your intentions.	Create a calm, safe space.	Focus on your breathing.	Walk outside with intention.	Practice mindful eating.	Repeat positive affirmations.	Do one thing for someone else.
WEEK TWO	Make a list.	Slow down this morning.	Practice holding your focus.	Capture what's around you.	Listen to music.	Create a vision board.	Share something with a friend.
WEEK THREE	Focus on gratitude.	Meditate for five minutes.	Focus when going inside and outside today.	Feel the ground on your feet.	Practice mindful reading.	Pay attention to your inner voice today.	Do something you've never done before.
WEEK FOUR	Write a letter to yourself.	Meditate by focusing on your body.	Focus on your five senses.	Listen to what's around you.	Move your body.	Create your own affirmation.	Practice mindful listening.
WEEK FIVE	List your goals.	Meditate by focusing on your mind.					

DAY  
1

## Set your intentions.

An intention can be anything—big or small—that you choose to put your energy into doing or being. Think about your life. How are you feeling right now? What do you need today? This month? What do you want to let go of? What matters most to you?

Start by getting comfortable, closing your eyes, and focusing on breathing. In and out. Let your mind explore these questions. When you're ready, slowly open your eyes and write down your intentions.

 Check them off as you go

DAY  
2

## Create a calm, safe space.

Today is about creating a place to practice mindfulness. Make it your own. Claim a corner of your room. A chair by a window. Your favorite spot outside.

Stay present in this moment. Feel the different textures of this space with your hands. Notice the temperature and smells. Think about how it makes you feel.



DAY  
3

## Focus on your breathing.

Think of this as a way to ease into meditation. Because breathing is something we already do without thinking about it, focusing on your breath is a great tool for finding your way back to the present.

Sit comfortably in your safe space and set a timer for two minutes. Take a breath—in through the nose and out through the mouth. Focus on how your breath moves in and out of your body. If random thoughts start to pop into your head, that's okay—thinking is what our minds are for. Instead of following that thought like you would normally, try to always come back to your breathing.



DAY  
4

## Walk outside with intention.

Whether you're walking around your neighborhood, in the park, or on a trail—being outside can help you stay in the present.

As you walk today, focus on each step you take. Feel the sun, or rain, or cool breeze. What sounds do you hear? What do you see? Keep it slow and stay aware of your journey.



DAY  
5

## Practice mindful eating.

Enjoy a meal today in your safe space with no distractions. Savor each bite—the taste, textures, temperature. Think about how it's nourishing your body. And if a full meal seems like too much, try starting with a snack.



DAY  
6

## Repeat positive affirmations.

Positive affirmations are thoughts that can empower us, calm anxiety, and help us achieve our goals. Go to your safe space and set a timer for five minutes. Breathe deeply as you repeat the affirmations below—out loud or to yourself. Give the words your full attention.

*I am free to let go of what's weighing on me. I deserve to be proud of everything I have accomplished. I recognize that I am a work in progress.*



DAY  
7

## **Do one thing for someone else.**

Being mindful can help you build stronger relationships with the people you care about.



Practice being more mindful of others today by doing an act of unprompted kindness for someone. This could be making dinner for your family, writing a letter to a friend, or volunteering your time to help your community.

DAY  
8

## **Make a list.**

It's hard to live in the present when your mind is full of negative past experiences and future anxieties. Lists can be a simple, effective way to free your mind from carrying that stress.



Sit comfortably in your safe space. Take three deep breaths. When you're ready, create a list of the things in your life that you can and can't control—giving yourself permission to give energy to some and let go of others.

DAY  
9

## **Slow down this morning.**

Today is for slowing down a routine. Your morning habits are a great place to start. Resist grabbing your phone right away. Try closing your eyes, breathing deep, and connecting to how you feel. Instead of rushing through your shower, or washing your face, or brushing your teeth—be mindful of every movement and feel yourself slowly waking up.



Missed the morning routine? No big deal. Try it at night or over lunch.

DAY  
10

## **Practice holding your focus.**

Sometimes mindfulness isn't about what you are doing—but what you're not. Take time today to fully focus on one thing. That could be gardening, drawing, exercising, or anything else.



Choose something that relaxes you and only do that for a while—no playing music or answering messages or multi-tasking. Focus completely on what you're doing in this moment. And if your mind starts to wander, let the thought pass and bring your attention back.

DAY  
11

## **Capture what's around you.**

It's time for another intentional walk. Last week you explored everything around you, now let's break it down and take on just one thing today. Choose a different path and focus this walk on your sense of sight. See the beauty, colors, and textures around you.



Try taking photos along the walk. Look at nature from new angles. Find beauty in the ordinary by getting creative.

DAY  
12

## **Listen to music.**

Did you know that you can even listen to music mindfully?



For this exercise, find a song you've never heard before. This could be something new by an artist you love or something totally random. Get comfortable in your safe space, shut your eyes, and get lost in the music, lyrics, and beats. If your focus wanders, that's okay, just acknowledge it and come back to the music.

DAY  
13

## **Create a vision board.**

A vision board can be a great way to see your goals more concretely. Vision boards can be made with a poster or notebook—or digitally.



Take some time today to gather inspirational images, words of motivation, and small objects. Think about the intentions you set last week and how to represent those. Then, bring it all together on your board and keep it somewhere you'll see it often.

DAY  
14

## **Share something with a friend.**

Your mindfulness journey isn't something you have to do alone.



If you're comfortable with it, try opening up to a friend today. You can talk about how you're feeling, things you're going through, or struggles you're facing. And invite them to do the same.

DAY  
15

## **Focus on gratitude.**

Expressing gratitude can make you happier, strengthen your relationships, and even help you feel less lonely or isolated.



Today will be about more than the passing thanks we give in our daily routines. Start with a few deep breaths in your safe space. When you're ready, write freely about what you're grateful for and the good things in your life—be as specific as you can.

DAY  
16

## **Meditate for five minutes.**

Meditation is a mind and body practice that can calm you, help you sleep, and ease anxiety and depression. And remember, this isn't about magically clearing your mind of thoughts—it's a constant practice.



Get comfortable in your safe space. Set a five minute timer. Close your eyes and focus on your breathing, like you've done before. In and out. If your thoughts start to interrupt you, acknowledge them, let them pass, and come back to your breathing.

DAY  
17

## **Focus when going inside and outside today.**

Throughout the day, practice bringing yourself into the present moment by noticing the changes in temperature, sound, sights, and smells every time you go inside and outside.



This can be pausing for 10-30 seconds or however long you're comfortable with. And if you forget, that's okay. There is always next time.

DAY  
18

## Feel the ground on your feet.

When's the last time you took your shoes off and really felt the ground beneath you?



Literally grounding yourself may sound silly but focusing on the physical feeling of the earth under you can help bring you into the present. Go outside today. Close your eyes and stand barefoot for as long as you're comfortable.

DAY  
19

## Practice mindful reading.

Reading can be a great way to get our mind off of the things that are stressing us out, but it can also be a habit we do on autopilot.



Today, choose something to read with purpose—this could just be a chapter, a few pages, or a short article. Focus on the words, visualize moments, take your time and return to parts that stood out, and let your emotions fall away.

DAY  
20

## Pay attention to your inner voice today.

We all spend more time talking to ourselves than with anyone else. Try listening intently to that inner voice today.



Give focus to any positive, supportive words that come. Acknowledge thoughts of self-judgment, stress, or fear—let them pass and meet them with kindness toward yourself.

DAY  
21

## Do something you've never done before.

Doing something totally new to you is a great way to keep yourself in the present. Being surrounded with the unfamiliar can be inspiring and help you notice things you normally wouldn't.



This could be going somewhere new. Taking a new trail or route home. Doing something creative that you've always wanted to try. And remember, new experiences can be even better when shared—so feel free to invite someone to join you.

DAY  
22

## Write a letter to yourself.

Today is about treating yourself the way you treat the people you love. You wouldn't think twice about writing a caring, kind note to a friend—so why not do it for yourself too?



Sit comfortably in your safe space. Close your eyes and take three slow breaths. Reflect on what you love about yourself. What you're proud of. What needs attention and forgiveness. When you're ready, write it out in a letter (or list, if you prefer) to yourself.

DAY  
23

## Meditate by focusing on your body.

A "body scan" meditation allows you to focus on the tension you're carrying physically and release it.



Get comfortable in your safe space. Slowly bring your focus to each part of your body. Start with your head, then move to your neck and shoulders and so on. If you feel tension, try not to think about why. Instead, focus on releasing it through thought or movement.

DAY  
24

## Focus on your five senses.

Today's exercise is about focusing on your surroundings instead of your thoughts.



You can do this anywhere. It's simple—first notice **five things you can see. Notice four things you can feel. Three things you can hear. Two things you can smell. And one thing you can taste.** Try this exercise to ground yourself anytime you feel overwhelmed.

DAY  
25

## Listen to what's around you.

It's time to get back outside. Pick your new route and take a walk today. Enjoy the sounds around you—the breeze rustling leaves, birds chirping, the voices and movements of your neighborhood or community.



DAY  
26

## Move your body.

Whether it's dancing, exercising, or cleaning your room—today is about getting moving.



Whatever you choose to do, take a moment to set an intention. This could be to free yourself from the day's stress or not take yourself so seriously. Spend the time focusing on your movements, feeling the rhythm of what you're doing, and noticing your breathing.

DAY  
27

## Create your own affirmation.

Last week, you listened to your inner voice. This week, you're directing it. Think of your affirmation like a personal motto that's rooted in self-love. Your affirmation will be completely unique to how you're feeling and what you're going through right now.



Sit comfortably in your safe space. Close your eyes and take a few deep breaths. Focus your thoughts on the areas in your life that need attention. If you're drawn to negatives, think about the positive feelings to those negatives. When you're ready, write freely.

DAY  
28

## Practice mindful listening.

Mindful listening is about being fully present in what you're hearing without trying to control or judge it. It can be done in conversations with others or while listening to your inner voice or watching a movie.



Spend some time today catching up with a friend or family member. Focus on listening actively and intently, without letting your internal thoughts take up space or thinking about how you'll respond.

DAY  
29



## List your goals.

Mindfulness is also something that can impact your goals. It can help you be more intentional in setting goals and help you achieve them.

Sit comfortably in your space. After a few deep breaths, bring your focus to what you want to accomplish. Think about why you want those things. What value will they bring to you? Go back to that vision board you created and how it made you feel. When you're ready, make your goals list and re-visit it often.

DAY  
30

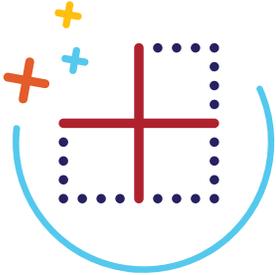


## Meditate by focusing on your mind.

You did it. You made it to the final exercise! And we're back to mindfulness meditation and allowing you to stay present in your wandering thoughts—without judging them, getting involved, or bringing focus to them.

Get comfortable in your safe space and set a timer for 5-10 minutes. Close your eyes and focus on breathing. In and out. As thoughts come into your mind, recognize them. Don't worry about trying to quiet or slow down your thinking. Just allow it all to flow through you and come back to your breathing.

# A 30-Day Guide to Setting Boundaries



Boundaries are guides, rules, or limits that you create to identify what you're okay with and how you would like others to treat you. They can help you figure out who you are and empower you to make decisions about your health, improve your relationships, and ability to cope with overwhelming feelings.

Over the next 30 days, try these ways to build better boundaries. The more you do, day-by-day, the easier it will get. Habits are built by regularly taking small steps forward—so do what you can, but know things don't always have to work out perfectly. If you miss a day or need a break, that's okay. Now, take a deep breath and let's begin.

30 Days of Setting Boundries							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK ONE	List your priorities.	Be mindful of your time.	Know your limits.	Focus on your words.	Prioritize self-care.	Validate your feelings.	Focus on your relationships.
WEEK TWO	Reflect on your values.	Create a schedule.	List ways to say no.	Practice saying no.	Take a tech break.	Create safe space.	Recognize others' boundaries.
WEEK THREE	Guide your boundaries.	Protect your physical space.	Choose consequences.	Practice establishing boundaries.	Show yourself kindness.	Listen to your inner voice.	Reflect and ask questions.
WEEK FOUR	Find your support.	Put your needs first.	Recognize unhealthy boundaries.	Have an alternative.	Take time for you.	Protect your mental space.	Connect with your support.
WEEK FIVE	Reevaluate.	Reflect.					

## DAY 1

### Day 1: List your priorities.

Knowing your priorities can help you decide what deserves your time and energy. It can also help you see when you're putting others' priorities before your own, which can be a sign that you need more boundaries in that part of your life.

Take some time today to think about what matters most to you. Write it down, be specific and intentional. Why are these things important? Try not to think about what others expect of you—just focus on what you want for your life.

 Check them off as you go

## DAY 2

### Day 2: Be mindful of your time.

Now that you've gotten clear about what deserves your time, look at how you're actually spending it. What's filling your scheduling? How does that connect to your priorities? Are you taking on too much? Giving space for rest?

Be mindful of your time today by trying to stay present in each moment. Notice how you feel. Pay attention to where your time is going and think about the quality of time spent. Try writing it down to keep track. At the end of the day, reflect on what's working and what you might change.

## DAY 3

### Day 3: Know your limits.

Before you can set boundaries, you need to know your limits—physically, emotionally, mentally, and spiritually. What makes you feel safe? What makes you feel uncomfortable? What adds to your stress? Brings you joy? Once you know your limits, they get easier to defend and respect.

You probably won't be able to name every limit in this moment. So, think of these questions as a starting point. Spend 15 minutes today answering them and acknowledging what you have a right to feel, how you deserve to be treated, and that your needs and feelings are as important as everyone else's.

## DAY 4

### Day 4: Focus on your words.

Part of setting boundaries is being able to communicate them with others. For some, just the thought of this can be stressful. Deep breath—you can do this. Boundary setting doesn't have to be about blaming others or getting defensive. It's about expressing your thoughts, feelings, and needs.

Today, practice using "I" statements in normal conversations—for example, "I feel... I need...I think..." Work on talking about regular things from the perspective of how they impact you. Then, when you're actually talking boundaries with someone, you'll be more comfortable with how to voice it.

## DAY 5

### Day 5: Prioritize self-care.

Think of self-care as giving yourself permission to put you first. It helps you recognize when you need or feel something and then focus on how to fulfill those needs or cope with those feelings. And in turn, the want to have healthy boundaries in your life and with others will come naturally.

Take at least 15 minutes out of your schedule today for some self-care. This can be quiet time away from screens, hanging out with a friend, or dancing to your favorite album—anything that soothes you, re-energizes you, or calms your stress.

## DAY 6

### Day 6: Validate your feelings.

Everyone needs to feel understood and accepted—including you. And while it's not always easy being on your own side, relying on validation from others, like on social media, can actually make you feel more isolated, anxious, or depressed.

Practice validating your own thoughts and feelings today. Encourage yourself. Acknowledge the good and bad as they happen. Remind yourself that it's normal to feel whatever you're feeling. And explore how feeling seen, heard, and respected can help you calm emotions and discover more about yourself.

## DAY 7

### Day 7: Focus on your relationships.

As you were practicing self-validation yesterday, did you notice any negative feelings when you were interacting with others? This could be guilt, self-doubt, anger, or discomfort. Relationship boundaries can help you define what you're okay with and how you want to be treated by others—whether it's friends, family, partners or anyone else.

Spend at least 15 minutes today looking at your relationships. Are there specific things that have made you feel uncomfortable? What matters most in your relationships? What do you not want to share with others? Write the answers down and think about why you chose these things and how you can protect the important things and change the things you don't like.

## DAY 8

### Day 8: Reflect on your values.

Just like priorities, clearly knowing your personal values is an important step in finding healthy boundaries. Think of it like following your heart—it's about who you are and what matters most to you. Once you know your values, it will be easier to see when they are challenged or overlooked.

So, what are the most important things in the world to you? What do you believe in? Honesty? Empathy? Time with others? Time alone? Your family? Creativity? Personal growth? List your top 10. Then, think about that list. Which values belong in the top three? While no one can tell you what your values are—if you need help figuring it out, try searching common ones online or asking others what they value.

## DAY 9

### Day 9: Create a schedule.

From priorities to values and self-care, it can be hard to balance all these things on a regular basis. And while it may not always go as planned, building out a schedule that protects your time can help, without overwhelming you.

Start with today. What has to be done? Classes? Work? How about routines—like getting ready in the morning? Set aside time for things that matter to you or relax you. Time with others. Or watching your favorite TV show. A schedule like this can help you maintain your boundaries as you set them—but stay flexible. This is about protecting and respecting your time, not putting pressure on yourself to do everything.

## DAY 10

### Day 10: List ways to say no.

"No." is a complete sentence. When you're setting boundaries with others, it can be hard not to over-explain, debate, or defend how you're feeling or why you're saying no—but it's not necessary. And it's okay if it takes time and practice to get comfortable with that.

To help prepare for these moments, spend five minutes today making a list of ways you can say no. Consider the different people you interact with and different scenarios you may be in. Use simple, direct language that assertively communicates that a boundary has been crossed. Remember your “I” statements. You can be firm without being unkind or blaming others.

## DAY 11

### Day 11: Practice saying no.

Every relationship is different. Keeping healthy boundaries with some people in your life may happen naturally and not need firm language. And with others, you'll need to be more direct to let them know that what they're doing is unacceptable to you.

At first, you may feel selfish, awkward, or guilty when setting boundaries more directly. So, let's start slow. Practice using your “no” list today in normal conversations. Work on saying no without giving any explanation. If you don't have any opportunities to say no today, that's okay—just look for chances to practice going forward.

## DAY 12

### Day 12: Take a tech break.

Setting boundaries in the digital age can be hard. From our phones to social media and the internet in general, technology can invade your privacy by giving people constant access to you. It can also shape how you spend your time—because it's hard to focus on your own priorities when you're feeling FOMO from seeing cool things other people are doing with their lives.

Creating healthy boundaries around technology can be good for your mental health—especially if you're struggling with loneliness, anxiety, or depression. For today, try spending 30 minutes away from technology. Do something that relaxes you or makes you happy. And going forward, keep working on those boundaries by noticing your screen time, turning off notifications, and blocking negative accounts.

## DAY 13

### Day 13: Create safe space.

Creating “safe spaces” can mean a lot of different things. They can be physical, emotional, shared, or all of the above. They can be where you feel free from judgment and expectations. They can help you feel supported and respected. Or help you connect and share vulnerabilities with others.

Creating, finding, and holding safe space can be done all throughout your life. For today, try to create one new personal safe space. This can be starting a private journal, blocking off weekly time that's just for you, turning on your phone's “Do Not Disturb” feature at a certain time every night, or joining a supportive group online.

## DAY 14

### Day 14: Recognize others' boundaries.

As you learn more about recognizing boundaries within yourself, it's also important to be aware of and respect them in others. Some boundaries can be discovered by being more mindful of other people. And others can only be found through openly talking about it.

Today, focus on mindfulness. As you spend time with others, pay attention to social cues. Like how much space someone naturally puts between you and them. Note if someone changes the subject. Were you talking about something personal? Or was it just the natural flow of conversation? Are they making eye contact? Do they look comfortable? It's okay if you don't remember to do this at every moment, just go with it when you do.

DAY  
15

## Day 15: Guide your boundaries.

Getting clear about your values—like you did last week—can help you identify needed boundaries in your life. Think of them as a guide you can use to figure out if something is worth your time and energy. If the answer is no, that could be a sign you need to let it go.

Spend 15 minutes today turning your top values into possible boundaries. Look at each value and think about what supports that value and what you would and wouldn't tolerate given that value. Write down your answers and come back to them anytime you're struggling with something.

DAY  
16

## Day 16: Protect your physical space.

Physical boundaries can help you protect your body, personal space, and privacy. Your physical boundaries are just as important as everyone else's—and should be respected and taken seriously when overstepped. Never forget that you deserve to feel safe.

For today, try establishing one new physical boundary. This could be adding a password on a personal device, storing private items—like your journal—in a locked drawer or box, talking to someone about physical boundaries you share, or exploring your comfort levels when you change the amount of physical space between yourself and others.

DAY  
17

## Day 17: Choose consequences.

Life isn't perfect—and sometimes boundaries get crossed. Then what? Having a healthy relationship with yourself and others can mean holding people accountable. And like setting boundaries, enforcing them doesn't have to be as hard as you may think.

Go back to the value-based boundaries you listed. Look at each and write down an action you could take if it were crossed—something you're comfortable with that also respects your needs. Maybe it's a conversation that focuses on your values when a conflict arises. Maybe it's leaving a friend's house when others are drinking. Or distancing yourself from an unhealthy relationship. Then, you can always come back to your list when you need it.

DAY  
18

## Day 18: Practice establishing boundaries.

By now, you know the importance of communicating your boundaries. And you've started to build the foundation for how to do it. Establishing boundaries will always be a work in progress—something you can continuously practice and change. But you can do it.

Choose a few simple boundaries that you can talk to people about today. Build off the "I" statements and your prepared "no's". Remember to be clear, calm, and direct. Start where you're comfortable for now. It could be letting that friend who constantly texts know you need "you" time tonight. Addressing something that's been bothering you in a relationship. Or talking to a parent about areas in your life where you want more privacy.

DAY  
19

## Day 19: Show yourself kindness.

It's time for another self-care day.

What do you need today? Are you tired? Overwhelmed? Bored? Lonely? Get specific about how you're feeling. And choose a self-care activity that aligns. Spend 30-60 minutes giving yourself that attention and protecting that space for you to be fulfilled from it.

DAY  
20

## Day 20: Listen to your inner voice.

Much like self-validation, trusting your gut instincts is another way to recognize where you need boundaries and when they've been crossed. You know the difference between feeling safe and feeling uncomfortable—but trusting those "red flags" when you sense them can take practice.

Pay close attention to your inner voice today. This can be while you're alone, spending time with others, or even while watching a movie. Notice what or who drains your energy, makes you nervous, or takes you out of your comfort zone. Be mindful of your body—are you tense? Identifying and listening to these things can empower you to protect your space, self-respect, and energy more than you may realize .

DAY  
21

## Day 21: Reflect and ask questions.

Last week, you spent time being mindful of others' boundaries. Did you learn anything new? Chances are it's okay if you've never directly talked about boundaries with the people in your life. They've probably been communicating those boundaries in other ways. And if you're ever unsure, ask. Something as simple as, "Is this okay?" can be all you need.

Take time to reflect on your relationships again. This time think about how you can be more inclusive and understanding. This could be considering cultural or spiritual differences in your relationships. Or taking other's mental health or current situations into account. And if you think you're ready, try asking someone close to you about their boundaries and if there are ways you can be more respectful of them.

DAY  
22

## Day 22: Find your support.

When it comes to boundaries, there are a lot of great reasons to have support. Everyone needs help sometimes—whether it's navigating a difficult conversation, venting your emotions to help you calmly approach something later, or just needing to talk after your boundaries have been disrespected.

Spend 5-10 minutes today thinking about who you can turn to as you continue to set, communicate, and enforce boundaries in your life—kind of like a gratitude list for the people, groups, or communities that are there for you. And don't forget outside resources, like your school staff, health care professionals, and help lines—including TeenLink.org.

DAY  
23

## Day 23: Put your needs first.

A lot of us struggle with putting ourselves first. But it isn't about doing what you want all the time or dismissing others' needs, it's about expressing and respecting your own. And while just the thought of it may make you feel guilty, selfish, or stressed out—it's important to remember that you can't be there for others if you're not there for yourself.

So, put your needs first today—however that looks for you. Keep getting comfortable with turning people down—you've already got that "no" list. Look out for the things that are disrupting your routine, bringing on anxiety, causing burnout. Let those go. And instead give your time (guilt-free!) to what you need right now.

DAY  
24

## Day 24: Recognize unhealthy boundaries.

In order to build healthy boundaries in your life, you have to look at the existing ones that aren't working. It's not always easy to spot unhealthy boundaries, but you already have everything you need to do it. Remember your limits and to validate your feelings, listen to that inner voice, and trust yourself when something doesn't feel right.

Spend 15 minutes today thinking about your unhealthy boundaries. Do you feel like you do things just to please people sometimes? Go against your values for someone else's approval? Have a hard time being honest when you're uncomfortable? Let others control how you live or spend time? Write down and reflect on your answers. Remember, your boundaries have likely been influenced by your culture, society, and family—so don't blame yourself for any missteps. This about moving forward, happier and healthier.

DAY  
25

## Day 25: Have an alternative.

Hopefully by now, you're feeling more confident about saying no. And while you never need to explain yourself for saying it, it can be helpful to have ideas ready for how to navigate a conversation afterwards. One way to do this is to offer an alternative.

Spend 10 minutes today writing down some ideas for alternatives that protect your boundaries. Think about areas where you have trouble speaking up or go back to your priorities and values. For example, if you don't like turning down your friends when they invite you somewhere, say no and offer an invitation that fits into your schedule. Or, if you want to hang out but are uncomfortable with what they want to do, bring some other ideas into the conversation that everyone can enjoy.

DAY  
26

## Day 26: Take time for you.

Ready for another self-care day? Quieting that voice that says you need to be productive all the time takes practice.

So, enjoy some downtime, relaxation, and fun today.

DAY  
27

## Day 27: Protect your mental space.

Emotional and intellectual boundaries can help you protect your self-esteem and personal goals, separate your feelings from others', have confidence in your thoughts and opinions, practice spirituality, and take more ownership over your choices.

Try setting one emotional and one intellectual boundary today. An emotional boundary could be deciding not to share personal information in certain situations or working on not feeling responsible for others' emotions. Your intellectual boundary could be talking to someone about respecting each other's perspectives or regaining control in an area of your life that you feel like others' have too much influence.

DAY  
28

## Day 28: Connect with your support.

Setting boundaries is a deeply personal and sometimes difficult thing to do. It can be even harder if you or someone in your life lives with mental illness, depression, anxiety, or a history of trauma. Having a support system in place can help you get through it.

Go back to your support list. Choose one person or resource on it and reach out to them today. Talk

with them about how you're feeling—things that have been challenging and the good things. Ask about them as well. Try to stay present in that moment and remember your support list anytime you're not sure about what to do.

DAY  
29

## Day 29: Reevaluate.

When it comes to your priorities—and even goals—it's normal for change to happen over time. Your life isn't set in stone, so why would what's important to you be?



It's been almost a month since you made your priority list. Check in with yourself today. Have you stayed focused or made progress? Have you discovered new ones? Lost touch with some of the old? Maybe nothing will have changed, and that's okay too. Come back to your priorities regularly and remember to be kind to yourself when doing it.

DAY  
30

## Day 30: Reflect.

You did it. You made it to the final exercise. And it's time to reflect everything you've learned so far.



Today is about continuing your boundary-setting journey. Take as long as need to go back through your writings. Think about what's worked for you over the past 30 days. Will daily schedules help you be more mindful about how you spend your time? Will self-care be your new weekly routine for stress-relief? What still needs work? Have you discovered new limits to add to your list? Want to keep practicing your no's? Think about how your actions can bring you back to your priorities and values. How you can protect your physical and mental space. Have compassion for yourself and know however you're feeling during this process is okay and it matters. If you feel ready, start taking action. You can do it.