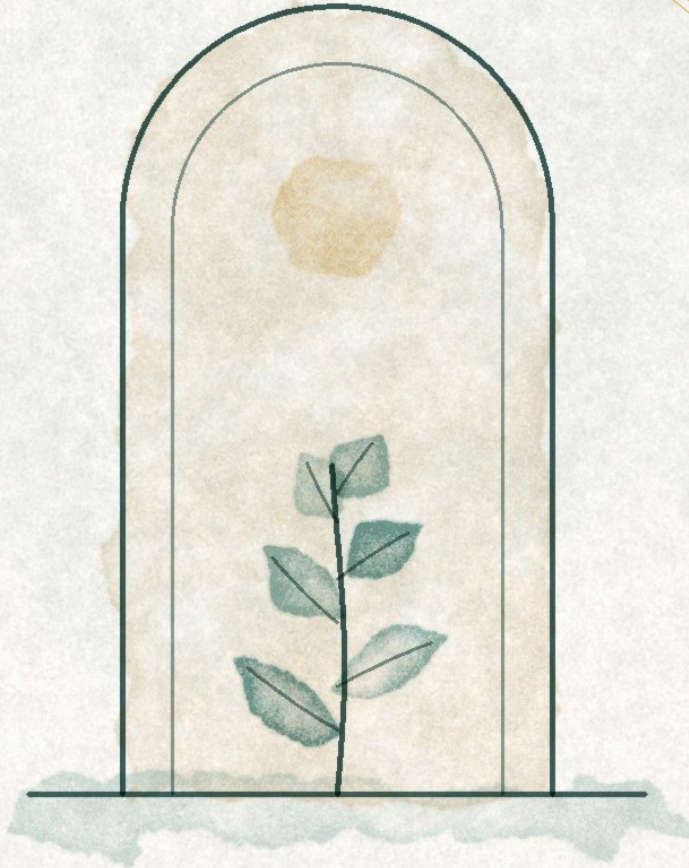


THE CARING FOR ME COLLECTION



EMOTIONAL BOUNDARIES JOURNAL

My Space Matters



30 days to listen to your signals, say no and care for your relationships

30
DAYS



This journal belongs to



MY NAME

START DATE

WHY I AM STARTING THIS JOURNAL

These pages are a place to listen to what you need and practice protecting it.

Making space for me



A healthy boundary isn't a wall: it's clear information about how I can relate.



1

Listen

Recognize tiredness, tension, resentment and other signals before you feel overwhelmed.

2

Communicate

Express needs and decisions clearly, without endlessly justifying yourself.

3

Hold

Sit with guilt or discomfort without abandoning what you need.

You don't have to set every boundary today. Start with a small one you can hold.