

DAY 15



BOUNDARY SETTING SCRIPT TEMPLATES

PRACTICE GUIDE

**“EACH BOUNDARY I SET IS A LOVING
DECLARATION OF MY WORTH.”**

Fiona Soutter

PART 1

BOUNDARY AWARENESS PRACTICE

1. Scan for Signals

- Where in your life do you currently feel drained, resentful, or overwhelmed?
- Write freely. These feelings often signal that a boundary is missing or unclear.

2. Identify One Area to Strengthen

- Choose one specific situation, relationship, or behavior where a boundary needs to be set or reinforced:

3. Clarify What You Need

- What exactly do you need in this area to protect your energy or wellbeing? (*e.g., time to rest, privacy, space, clarity, consistency*)

4. Write Your Boundary Statement

- Use calm, kind, and clear language.
- Example: *"I need 30 minutes of quiet time after work. I'm happy to talk after that."*

Your statement: -----

5. Prepare for Implementation

- When and how will you communicate this boundary?
- How can you support yourself if your boundary is tested?

Write your plan here: -----

PART 2

BOUNDARY SUPPORT PHRASES

Boundary Support Phrases

- "I need some time to think about that. I'll get back to you."
- "That doesn't work for me right now."
- "I appreciate your understanding."
- "I'm honoring my needs and making space for what feels right for me."

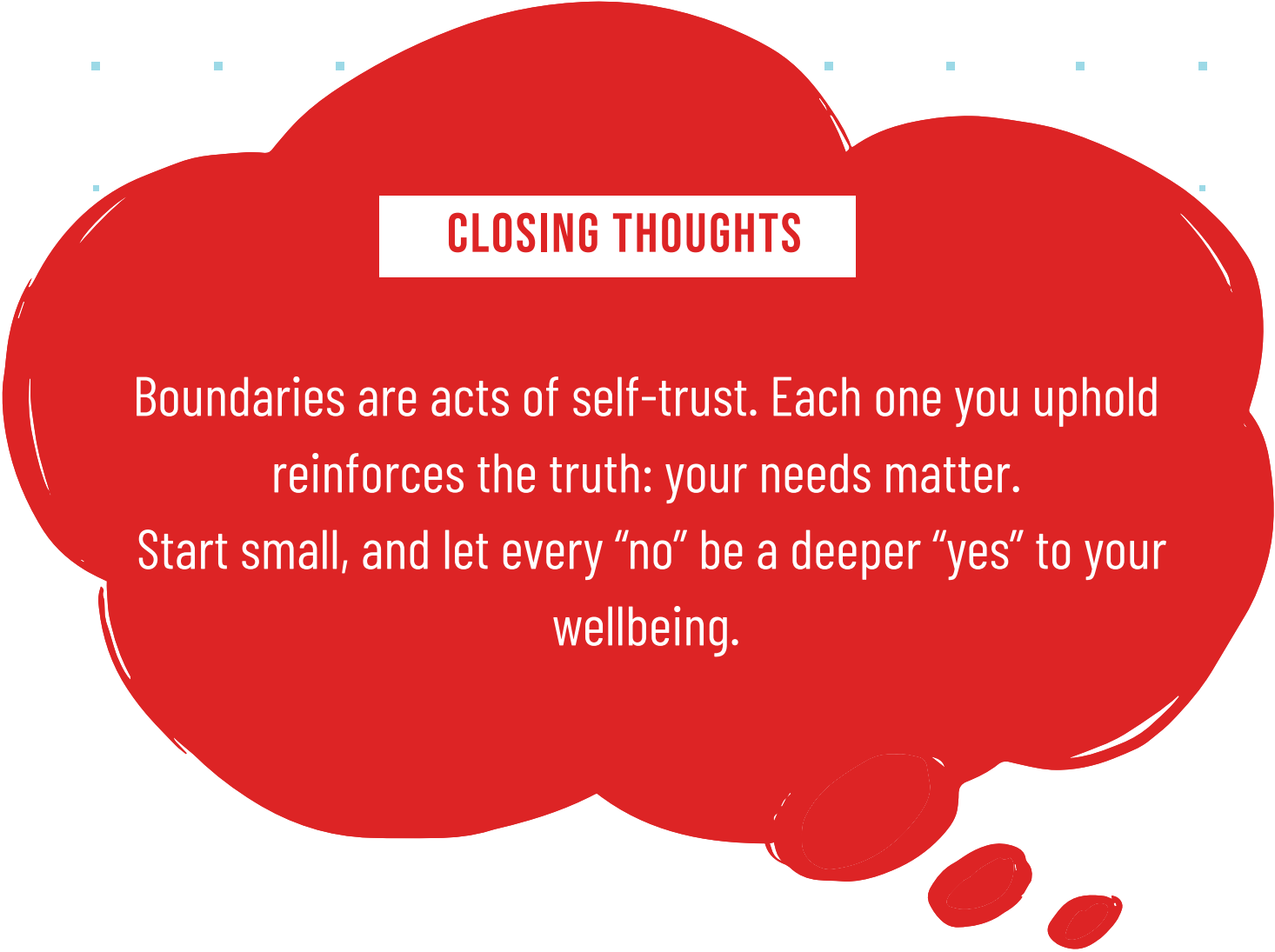
Journal Reflection

- What emotions arose while creating this boundary?

- What old beliefs or fears may have made boundary-setting feel hard in the past?

- What would honoring this boundary say to your inner child about their worth?

- How might your life feel different if this boundary were respected?



CLOSING THOUGHTS

Boundaries are acts of self-trust. Each one you uphold reinforces the truth: your needs matter. Start small, and let every “no” be a deeper “yes” to your wellbeing.

You'll turn today's clarity into powerful, compassionate boundary-setting scripts that make it easier to speak your truth in real-time. ✨
