



# *Cultivate Cooperation & Harmony for Wellbeing*

*Set Effective Boundaries and Establish a Nourishing Self-Care Practice*

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*Workshop 3 Exercise*

**BOUNDARIES**

**METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC**

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# Cultivate Cooperation & Harmony for Wellbeing

*Set Effective Boundaries and Establish a Nourishing Self-Care Practice*

*Personal Exercise*

## **SET EFFECTIVE BOUNDARIES**

### **Part I**

#### **Take Care of Boundary Conflicts...**

**Switch from setting limits on others to setting limits on your self!**

What are the symptoms in your life that are keeping you from a joyful and soulful life?  
*(p.3 of presentation)*

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What are their roots? What caretaking did you have? What are the hurts (wounds) around this? *(p.4 of presentation)*

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What is the prevalent boundary conflict in your life? *(p.4 of presentation)*

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Who needs to take ownership? Who's circle does it belong in? *(p.5 of presentation)*

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**What do you need?**

- What feelings/hurts come up when the boundary conflict happens?

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- Translate the feelings into needs...

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**Meet your needs!**

Choose a practical and tangible action or behavior to be implemented on a pattern repetition that targets and meets the underlying need (the ongoing driver)...

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Choose a practical and tangible action or behavior to be implemented that addresses the boundary conflict with a limit / consequence...

*\*Remember, the solution involves you doing something different! If you X, then I Y...*

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**Part II**  
Step Up Your Own Accountability and Ownership...

*Develop higher levels of Self-Ownership, accountability and agency. Set up all areas of your life clearly, with Authenticity and accountability, starting with:*

Pick a task, project, responsibility, contribution, gesture, etc. that you can be more accountable on:

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Devise a plan for tackling this – schedule, calendar, delegate, hire support, etc. Put something in place today to make it happen:

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Pick a task, project, responsibility, contribution, gesture, etc. that you nag your partner on and:

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**LET IT GO!**



**Part III**  
**Create Amazing Days!**

**Structure:** Create your next step TimeMapping – select “chunks of time” for specific kind of activities (label neatly leaving space to write in more detail)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before “Work” or Day Activities							
Morning							
Afternoon							
Evening							



**Focus & Routines:**

**Select 3 main value driven themes (life areas) you want to focus on:**

*(i.e., health, relationship, professional)*

[your goal setting workshop work]

Theme 1: \_\_\_\_\_

Theme 2: \_\_\_\_\_

Theme 3: \_\_\_\_\_

**Select activities / habits related to each theme that are small and repeatable that would move the needle forward in that area...:**

Theme 1 Activity / Habit / Behavior:

\_\_\_\_\_

Theme 2 Activity / Habit / Behavior:

\_\_\_\_\_

Theme 3 Activity / Habit / Behavior:

\_\_\_\_\_

**Plop them into your TimeMap!**

**Energy:**

Brainstorm clean Feel Good activities and behaviors that change your mood and make you feel happy - list them here:

[your goal setting workshop work]

\_\_\_\_\_

\_\_\_\_\_

*Go back to your TimeMap and sprinkle them as appropriate to assist you create and sustain your high frequency vibration – feeling happy, grateful and joyful...*

**Part IV**  
**Treat Your Self Right!**

What needs more attention in your body, home, life?

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Select one you want to target now:

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Select between 1 and 3 (no more!) Extreme Self Care items that you'll work on integrating (better) into your life to address the above:

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**Plop them into your TimeMap!**

*Tighten Things Up:*

Go back to Part I and II, grab behaviors and Plop them into your TimeMap!

*Insight:* \_\_\_\_\_



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