

# Mar 6th, Tip of the week: Set clear boundaries and stick to them

This week, you will remind yourself of your rights so you can set clear boundaries and stick to them.

*Create a personal Bill of Rights to set your own boundaries.*

## **My Personal Bill of Rights**

1. *E.g. I have the right to say no without an explanation.*
2. *E.g. I have the right to express all my feelings, positive or negative.*

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

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8. \_\_\_\_\_

