

BOUNDARIES

JOURNAL PROMPTS

The peaceful strength of choosing yourself.

A Gentle Note Before You Begin

Boundaries protect your energy, honor your needs, and create space for healing. These prompts help you explore what you're holding, what you're carrying, and what you need in this chapter to feel grounded, safe, and supported.

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Grieve. Go. Grow

Part 1 — Understanding My Needs

1. What do I need more of — emotionally, spiritually, mentally, or physically — in this chapter?
2. What drains me the quickest?
3. What situations leave me feeling overstimulated or overwhelmed?
4. What brings me a sense of safety and peace?
5. What do I wish people understood about my needs right now?

Part 2 — Energy Leaks & Emotional Overload

1. Where do I give too much of myself?
2. What patterns cause me to feel resentful?
3. What obligations or expectations feel heavy or outdated?
4. What requests do I say yes to even when I don't want to — and why?
5. What emotional labor am I carrying for others that isn't mine?

Part 3 — Redefining My “Yes” and “No”

1. Where in my life do I need more “no”?
2. Where do I want to say yes more freely?
3. What does a healthy “no” look like for me?
4. What signs tell me I'm ignoring my own limits?
5. What beliefs or fears make saying no difficult?

Part 4 — Boundaries in Relationships

1. Which relationships feel supportive — and which feel draining?
2. What boundary would improve my sense of safety with a specific person?
3. What expectations do I need to adjust with family or friends?
4. What social pressures am I releasing in this season?
5. How can I protect my energy without apologizing for it?

Part 5 — Boundaries in Grief, Healing & Travel

1. What boundary protects my emotional space while grieving?
2. What boundary helps me travel with confidence and calm?
3. What do I need more of (or less of) while traveling solo?
4. What type of behavior — from others or myself — is no longer acceptable during this chapter?
5. How can I support myself when my emotions change unexpectedly while traveling?

Part 6 — Becoming Boundaried, Grounded & Free

1. What does a boundary-loving version of me look like?
2. What is one boundary I can implement this week?
3. What internal boundary (self-talk, expectations, perfectionism) needs adjusting?
4. What would my life feel like with stronger boundaries?
5. What intention do I want to hold as I protect my peace?

