

here is
to loving 
you

**...by setting strong
boundaries**

HAPPY
VALENTINE'S DAY



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**when we don't set
boundaries, most
often we disappoint
ourselves more than
anyone else.**

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**Who do you need to
set boundaries with
the most? What
small step can you
take today?**

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**What boundaries do
you need to set for
yourself so you can
thrive?**

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**Before you make that
decision, ask yourself:**

**"If I say yes to that,
what am I saying
no to?"**

Now ask the converse.

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**What three boundaries
can you set to
ensure that your
needs are met?**

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**Now, when's the last
time you celebrated
your wins?**

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