

# Day 4: BOUNDARIES

**A** Identify 1 **AREA** that you need to set a boundary in. It could be physically, it could be financially, it could be socially, it could be in a relationship with a certain person—whatever it is.

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**B** Define 1 **BOUNDARY**. It could be skipping a dinner that maybe you're getting pressured into. Maybe it's not taking that PTA project they're trying to force on you. Maybe it's as simple as spending 5 minutes alone in the bathroom.

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**C** Push through the **CHALLENGING** moment. Now I promise you, as soon as you set a boundary, the universe is going to test you. It's just the way that it happens. This is your test from the universe to see if you are going to back down or if, for once, you are going to hold your ground!