

Rise & Root

Finding Your Emotional Boundary Balance

Take a moment to reflect on your current emotional boundary journey. Below are three prompts designed to spark thought and reflection. Choose the one that resonates most with you right now, and feel free to think through it or journal your thoughts.

Protecting My Energy

What drains my energy – and what restores it?

How can I set limits to protect my peace and emotional space?

Speaking My Truth

How do I express my needs without feeling guilty?

What helps me communicate my feelings clearly and respectfully?

Choosing Healthy Connections

Who makes me feel calm, supported, and seen?

How can I spend more time in those kinds of relationships?