MY PERSONAL

BOUNDARIES

WHAT'S YOUR LIMIT?

JUST BECAUSE A THING IS OKAY FOR SOMEONE ELSE DOESN'T MEAN IT'S OKAY FOR YOU!

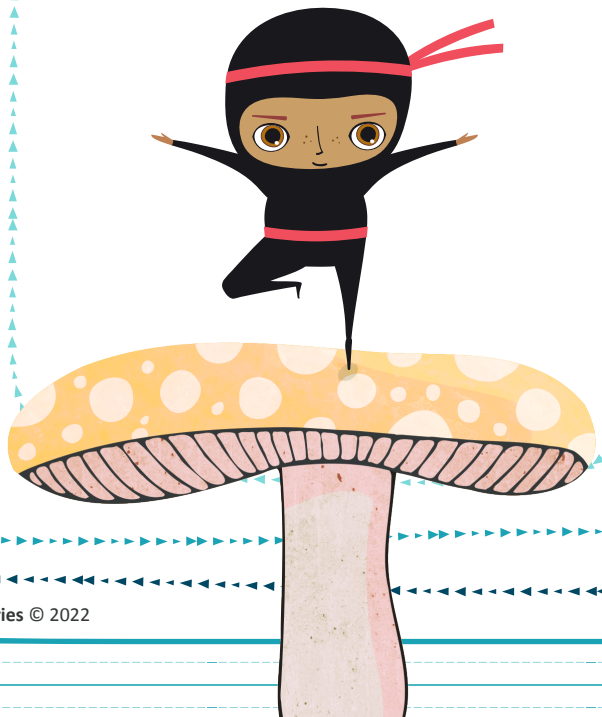
YOU TEACH PEOPLE HOW TO TREAT YOU! IF SOMEONE TREATS YOU IN A WAY THAT DOESN'T FEEL RIGHT, IT'S UP TO YOU TO STAND TALL, HOLD YOUR HEAD HIGH & SAY 'NO!'

Strike a power pose and have a think about what is and isn't acceptable in your friendships. You can write or draw what works for YOU in the spaces below. Knowing your own boundaries will help keep your friendships in the **Green-Zone** on the **Friend-o-Meter**!

THIS BEHAVIOUR IN MY FRIENDSHIPS IS OKAY

THIS BEHAVIOUR IS SOMETIMES OKAY

THIS BEHAVIOUR IS NEVER OKAY



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