

Progress not perfection

Healthy Boundaries

- Setting healthy limits and boundaries are connected to continually loving and valuing one’s self. We can’t help everyone, so here are a few ways to say no with grace when you need to:
- 1. **Rehearse saying no.** “That doesn’t work for me this time”, is a simple way to say no when we are not up to doing favors.
  - 2. **Be honest, but it’s okay to be vague.** “I already have a commitment that week”, may be telling the truth without sharing all the details of being already stretched too thin.
  - 3. **Focus on the good** that will come from saying no, rather than the guilt. Then turn your attention and time to your needs and priorities. They are connected to changing your beliefs about what you deserve. Set the limits you need in your life at your own pace.

SELF-CARE  
Personal boundaries are flexible and you should decide what is and isn’t acceptable.

**CHALLENGE: PRACTICE SAYING “NO” TO THINGS GRACEFULLY WHEN YOU DON’T WANT TO DO SOMETHING.**  
Use the box in the daily grid below to mark an “X” if you met your daily goal.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>December 2020</div> <div>S M T W TH F S</div> <div>1 2 3 4 5</div> <div>6 7 8 9 10 11 12</div> <div>13 14 15 16 17 18 19</div> <div>20 21 22 23 24 25 26</div> <div>27 28 29 30 31</div>	<div>February 2021</div> <div>S M T W TH F S</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28</div>	<div></div> <div>SLOW COOKER PEA SOUP</div> <div>1 package 16 oz. dried split peas • 2 cups cooked ham, cubed</div> <div>2 garlic cloves, minced • 2 bay leaves • ½ tsp. salt • ½ tsp. pepper</div> <div>5 cups boiling water • 1 cup whole milk</div> <div>In a slow cooker layer all the ingredients except milk, do not stir.</div> <div>Cover and cook on high for 4-5 hours. Stir in milk.</div> <div>Discard bay leaves before serving.</div>			<div>1</div> <div><input type="checkbox"/></div> <div>New Year's Day</div>	<div>2</div> <div><input type="checkbox"/></div>
<div>3</div> <div><input type="checkbox"/></div>	<div>4</div> <div><input type="checkbox"/></div>	<div>5</div> <div><input type="checkbox"/></div>	<div>6</div> <div><input type="checkbox"/></div>	<div>7</div> <div><input type="checkbox"/></div>	<div>8</div> <div><input type="checkbox"/></div>	<div>9</div> <div><input type="checkbox"/></div>
<div>10</div> <div><input type="checkbox"/></div>	<div>11</div> <div><input type="checkbox"/></div>	<div>12</div> <div><input type="checkbox"/></div>	<div>13</div> <div><input type="checkbox"/></div>	<div>14</div> <div><input type="checkbox"/></div>	<div>15</div> <div><input type="checkbox"/></div>	<div>16</div> <div><input type="checkbox"/></div>
<div>17</div> <div><input type="checkbox"/></div>	<div>18</div> <div><input type="checkbox"/></div> <div>Martin Luther King Jr. Day</div>	<div>19</div> <div><input type="checkbox"/></div>	<div>20</div> <div><input type="checkbox"/></div>	<div>21</div> <div><input type="checkbox"/></div>	<div>22</div> <div><input type="checkbox"/></div>	<div>23</div> <div><input type="checkbox"/></div>
<div>24</div> <div><input type="checkbox"/></div>	<div>25</div> <div><input type="checkbox"/></div>	<div>26</div> <div><input type="checkbox"/></div>	<div>27</div> <div><input type="checkbox"/></div>	<div>28</div> <div><input type="checkbox"/></div>	<div>29</div> <div><input type="checkbox"/></div>	<div>30</div> <div><input type="checkbox"/></div>
<div>31</div> <div><input type="checkbox"/></div>	<div>Use this space to write in your health goals for the new year:</div> <div></div> <div></div> <div></div>					