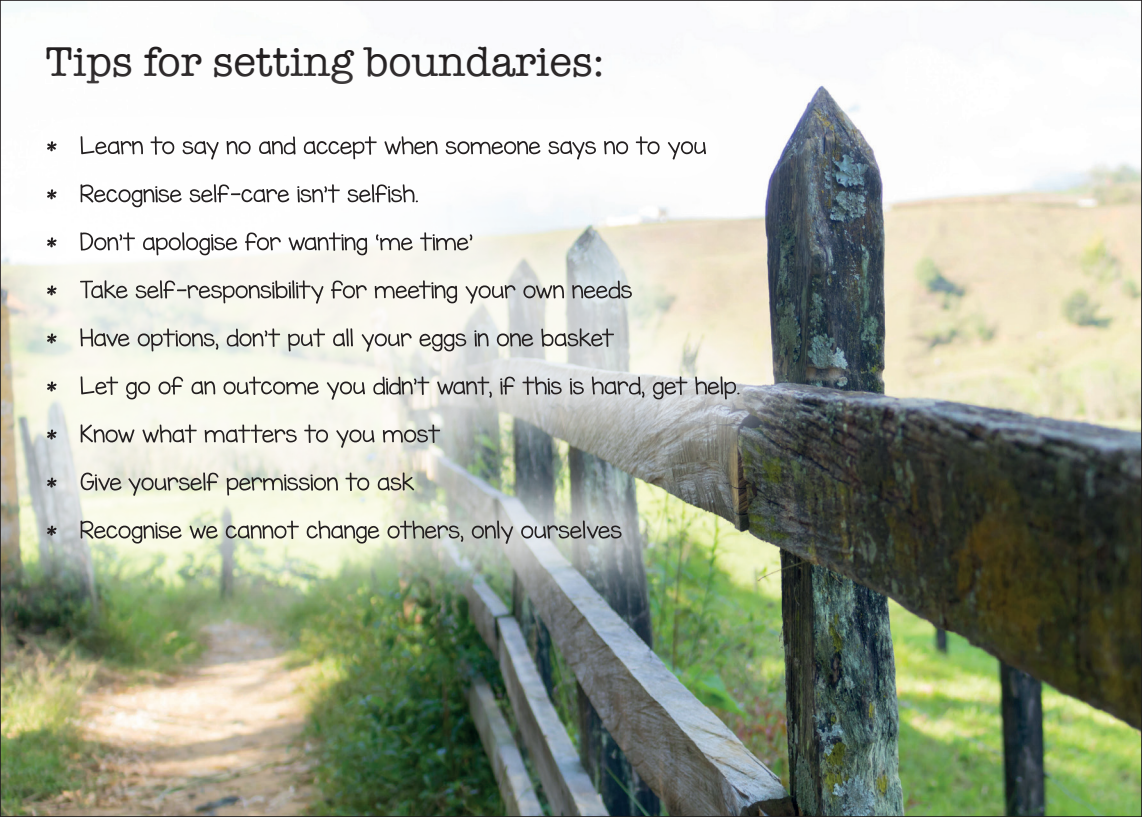


Tips for setting boundaries:

- * Learn to say no and accept when someone says no to you
- * Recognise self-care isn't selfish.
- * Don't apologise for wanting 'me time'
- * Take self-responsibility for meeting your own needs
- * Have options, don't put all your eggs in one basket
- * Let go of an outcome you didn't want, if this is hard, get help.
- * Know what matters to you most
- * Give yourself permission to ask
- * Recognise we cannot change others, only ourselves



To me,

This is to remind me, I can make changes if I choose to, which are good for my wellbeing and I have the right to make my own plans and have my own dreams. On I made a promise to myself to:

.....
.....
.....
.....
.....

Even if I forget, this card is a gentle reminder of the promise I made to myself. To remind me of the opportunity to take steps, no matter how small, each day to help me achieve my goals.

Lots of love,

Me xxx



“Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They’re compassionate because their boundaries keep them out of resentment..”

- Brené Brown

www.cope-scotland.org

 @COPEscotland