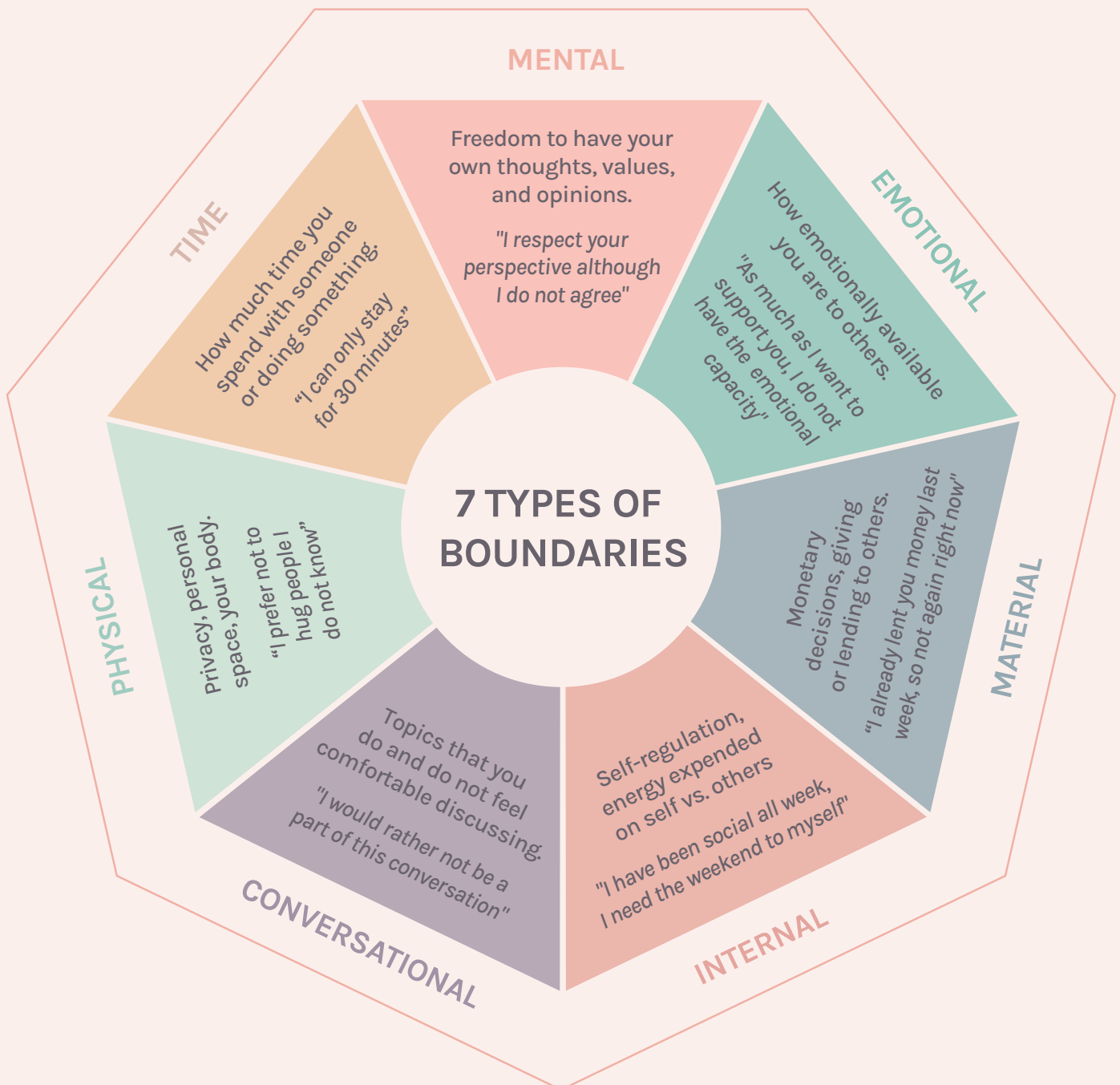


# 7 types of boundaries

Practice building your boundaries in all these areas, every day.  
Journal how you are doing and where you are finding it a struggle.



# advantages of healthy boundaries



**INFLUENCE  
OTHERS'  
BEHAVIOUR**



**GOOD MENTAL  
HEALTH**



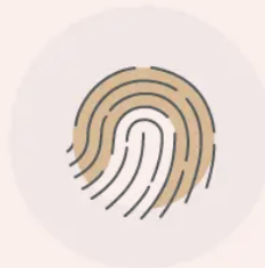
**GOOD  
EMOTIONAL  
HEALTH**



**AVOIDANCE  
OF BURNOUT**



**DEVELOPED  
AUTOMY**



**DEVELOPED  
IDENTITY**