



Healthy Boundaries Owners' Manual

respect yourself and others
at the same time

I Matter

I NEED & DESERVE MY OWN LOVE &
ATTENTION AS MUCH AS OTHERS DO



Self-
Nurturing



Self-
Discipline



"Non-Violent" Respectful Communication

I ACKNOWLEDGE THE GOOD & DIVINE
IN MYSELF & THE OTHER PERSON



Free
Will

yes

No
THANKYOU

Healthy Sense of Entitlement

I'M WORTHY OF THE GOOD IN LIFE & EXPECT IT
WITHOUT EXPECTING OTHERS TO DO EVERYTHING FOR ME



realistic
expectations
of self, others, & life

*you can't
please ALL
the people
ALL
the time*

Healthy Awareness of Value

MY UNIQUE SET OF TALENTS ARE WORTH CULTIVATING
& MY WORK DESERVES TO BE FAIRLY COMPENSATED



*I'm a channel of Divine blessings
for the highest possible benefit
to myself, others, & the world.*