

SACRED BOUNDARIES



A GUIDED JOURNAL FOR
honoring your energy



MONTHLY
REFLECTION
journal



Boundaries are not walls around your heart.

They are the places where your energy remembers what is true, what is loving, and what is no longer yours to carry.

For so many of us, boundaries can feel uncomfortable at first. We may worry that we are being selfish, unkind, too much, too distant, or too difficult. We may have learned to stay available, to soften our needs, to explain ourselves, or to keep the peace by quietly moving away from our own truth.

But a sacred boundary is not a rejection of love.

It is a deeper commitment to it.

It is the moment you stop abandoning yourself in order to be accepted. It is the quiet inner knowing that your peace matters. Your body matters. Your time, your energy, your emotional capacity, and your inner clarity all matter.

This journal is an invitation to explore the places where your energy may be asking for more honesty, more space, or more protection. Not from fear, but from love. Not to close yourself off, but to relate to yourself and others from a place that feels clean, grounded, and true.

As you move through these pages, allow yourself to notice where you have been overextending, where you have been saying yes while something inside you says no, and where your soul may be asking you to come back into alignment with yourself.

You are allowed to be loving and have limits.

You are allowed to care deeply without carrying everything.

You are allowed to stay open-hearted without leaving yourself behind.

May this journal help you remember that boundaries are not a loss of connection. Sometimes, they are the very thing that makes real connection possible.

Lisa Witzel
AKASHIC RECORDS CONSULTANT





As you move through these questions, notice where your energy tightens, softens, or pulls back.

Boundaries often reveal the places where you have learned to override yourself in order to keep peace, stay connected, or avoid disappointing others. You do not need to judge those patterns. Simply let the page show you where your yes has not always been honest, where your no has needed more space, and where your soul may be asking you to return to yourself with more love.





Where have I been saying yes when something inside me already knew it was a no?

What emotions come up when I imagine setting a clearer boundary?

What am I afraid might happen if I honor my own limits more honestly?





Where have I confused being loving with being constantly available?

What does my body usually tell me before my mind tries to explain it away?

What boundary would feel loving to me, even if it feels uncomfortable to express?





How can I stay open-hearted without taking on what is not mine to carry?

What part of me needs permission to choose peace without guilt?

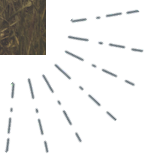
What would change if I trusted that my needs do not make me difficult?





As you repeat these affirmations, let them meet the part of you that has been afraid to have needs.

Boundaries can bring up guilt, fear, and the old instinct to explain, soften, or make yourself easier for others to receive. You do not have to push those feelings away. Let these words remind you that honoring your energy is not unkind.





My
energy
is sacred.



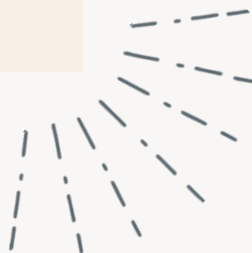
My no
IS
allowed.

I choose
peace without
guilt.

I can honor my
limits.



I do not need to
know everything
today.





I release
what is not mine
to hold.



I do
not have
to overexplain.

I can care
without
carrying.



My boundaries
create much
needed
clarity.

I can stay open
without
overgiving.





THE ONE AFFIRMATION THAT SPOKE TO ME

Of the affirmations you just read, which one is echoing in your heart right now? Write it below or even rewrite it in your own words.

THE ONE QUIET TRUTH I'M HOLDING THIS MONTH

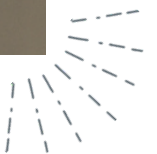
What feels quietly true for you right now, even if it's small, even if you can't explain why? Let it be just one line. A soul note to carry.





As you enter this reflection, notice where your energy has been trying to get your attention.

Boundaries often begin as a feeling in the body, a hesitation, a sense of heaviness, or a small inner no that has been waiting to be honored. Look honestly at where you have been overextending, where you have been asking yourself to carry too much, and where your soul may be guiding you back into a clearer relationship with your own energy.





MY SOUL INTENTION FOR THIS MONTH

Where am I being called to honor my energy more honestly? Let this intention remind me that I can choose love without abandoning myself.

LOOKING AHEAD: WHAT I'M OPEN TO NEXT MONTH

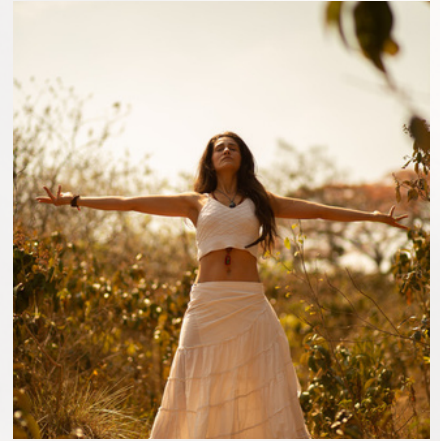
What am I willing to create more space for? A clearer no, a more honest yes, a softer relationship with guilt, or a deeper trust in my own limits.

Check-in

This month, I noticed...

- ☐ A place I overextended
- ☐ A yes that was not true
- ☐ A no I needed to honor
- ☐ A pattern of overexplaining
- ☐ A moment I chose myself
- ☐ A boundary taking shape





My energy is sacred.
My boundaries are love.





If this journal stirred something within you, it may be time to listen more deeply to what your energy has been trying to tell you.

A one-on-one Akashic Records session is a sacred space to explore the patterns, relationships, and soul lessons that may be shaping the way you give, receive, protect, and honor your energy.

You do not need to arrive with everything figured out. You can bring the places where you feel stretched, the boundaries that feel hard to name, the guilt that rises when you choose yourself, or the quiet inner knowing that something is ready to shift.

Together, we will enter the Records with compassion and presence, allowing insight to come forward around what is yours to carry, what is ready to be released, and how your soul may be guiding you back into deeper alignment with yourself.

Your energy is sacred.

And you do not have to keep abandoning yourself in order to feel connected.

BOOK A 1:1 AKASHIC RECORDS SESSION

With love,

Lisa Wetzel
AKASHIC RECORDS CONSULTANT





Lisa
Wetzel



AKASHIC RECORDS
CONSULTANT

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