Goal Setting

My goals are:					
1.					
2.					
3.					
My non-negotiable boundaries:					
1.					
2.					
3.					
My negotiable boundaries:					
1.					
2.					
3.					
	• • • • • • • • • • • • • • • • • • • •				
I will share my bounda	ries with:				
The consequences if I break my boundaries are:					

