

WORKBOOK

# BOUNDARY SETTING

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our monthly audit, reflection and  
period for aligned action

OVIE.IO

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## TAKING INVENTORY

Understanding what boundaries we have in place currently, and how we honor these.

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## BOUNDARY SETTING

Broken down by Sophia Dawson, Ovie Psychologist.

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## DELVING DEEPER

Continue to build on your relationship with boundaries.

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## COMMITTED & ALIGNED ACTION

Your plan to integrate more aligned boundaries.

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## REFLECTION

Space for reflection on self learnings, or free journaling space to use as you wish.

# TAKING INVENTORY

**DO YOU HAVE ANY BOUNDARIES CURRENTLY?**

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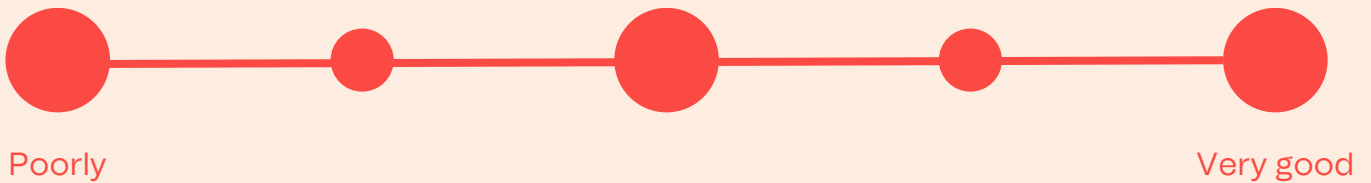
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**HOW WELL DO YOU ASSERT YOUR BOUNDARIES CURRENTLY?**



**WHY DO YOU FEEL YOU ARE/ ARE NOT ABLE TO ASSERT YOUR BOUNDARIES?**

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**DOES ASSERTING YOUR BOUNDARIES FEEL CONFRONTATIONAL?**

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# BOUNDARY SETTING

Your boundaries stem from your values e.g. health or flexibility or mindfulness - ask yourself, is this situation a towards move for my values, neutral or an away move?

If I don't want to make away moves, how can I voice my boundaries to ensure I can continue to make towards moves in the honour of my values?

We like to think of boundaries as values intersecting communications equals boundaries.

It's important to be mindful that others might have different values and different boundaries, so this is where clear and thoughtful communication can be important to maintain healthy relationships in honour of our values.

For example, a friend suggests catching up over a pizza and wine, however you're not wanting to use your 20% in this way. Rather than saying no, how can you communicate a way to catch up in a different setting, such as a walk or coffee date. This maintains relationships, however avoids unnecessary conflict and maintains values.



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# BOUNDARY SETTING

Boundaries don't need to feel aggressive, or be a harsh line in the sand.

Boundaries just allow you to understand where something doesn't align with your values, and presents to you the opportunity to create a change in the situation to better align with your values.

Use your boundaries like a map, your values like a compass, and your voice to help you navigate your world with the understanding of these tools.



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# CLARE & SOPHIA ON BOUNDARY SETTING

Clare & Sophia sit down to discuss boundaries, why they can feel hard to set and implement, and how we can understand what boundaries are helpful for us.

[WATCH HERE](#)

# DELVING DEEPER

**WHAT DO YOU STRUGGLE SAYING NO TO? WHAT WOULD HAPPEN IF YOU DO SAY NO?**

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**ARE THERE TIMES / SITUATIONS THAT ARE MORE DIFFICULT WHEN SPEAKING ABOUT YOUR NEEDS?**

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**WHAT DO YOU NEED IN ORDER TO FEEL SAFE AND SECURE ENOUGH TO SHARE THIS BOUNDARY?**

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**WHAT WOULD AN HONEST AND KIND BOUNDARY SOUND LIKE AND WHO WOULD YOU LIKE TO SAY IT TO?**

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# ALIGNED ACTION

This is where you can begin to craft your game plan for change you're going to make in this area of boundary setting.

**WHAT IS SOMETHING YOU WISH YOU DID MORE CONSISTENTLY? WHAT IS STOPPING YOU FROM DOING IT?**

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**WHAT IS SOMETHING YOU WISH YOU DID LESS CONSISTENTLY? WHAT BARRIERS CAN YOU PUT UP TO STOP YOURSELF FROM DOING IT?**

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**WHAT IS A BOUNDARY, BASED ON YOUR VALUES, THAT YOU ARE GOING TO WORK TOWARDS IMPLEMENTING AND COMMUNICATING?**

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# NEED PERSONALIZED HELP WITH YOUR PCOS?

If there's an area in your life where you feel you need that extra bit of help and guidance regarding your PCOS, look no further. Our Ovie 1:1 coaching offers personalized support tailored to your unique needs and challenges. Our team of experts is here to provide dedicated assistance, whether you're seeking advice on nutrition, fitness, emotional well-being, or any other aspect of managing PCOS. With Ovie's 1:1 coaching, you'll receive individualized attention and strategies to empower you on your journey to a healthier, happier life with PCOS.

TRY OVIE COACHING

