~ No!-Vember ~ Worksheet One – November 2021

A worksheet to kickstart your awareness for this month – whatever comes up top of mind for you is the perfect response – no one will see this but you.

Ideally, fill this in BEFORE you watch this month's tutorial.

When do you feel taken advantage of or taken for granted?

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When do you tend to feel a bit resentful?

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When do you, be honest now, feel angry? It is ok to feel angry. Identify when it gets sparked in you.

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Which situations or who brings out the worst in you?

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Why do you think that is? What is it that bothers you so much?

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Where and with who are you biting your tongue, or avoiding conflict?

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Who is "needy" in your life?

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What do you always seem to run out of time for?

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In what situations do you tend to feel guilty?

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Why? What is it about this person or situation that brings guilt up for you?

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When or where have you put your foot down and felt really good about it?

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Who in your life models really clear boundaries on a particular aspect of their life or work?

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Well done – that's a great first step in awareness for this month's module Healthy Boundaries for Kind People! We cannot transform that which we are unaware of - so that was great work.

Go dive into the tutorial and your tools for this month.