

LIMITLESS LIVING

Unleashing Abundance

How to set healthy boundaries?

Process 1:

How to prioritize what's important to you? (Your Value System)

Step 1: Take a pen and paper. Write down what is really important to you in your life. It can be health, family, friends, relationship, sex life etc.

Step 2: Put it in a priority order. Give everything a number from 0-10.

Step 3: Look at it and ask yourself what priority order you needed to be at, to get what you want in life.

Step 4: Once you've reordered, take a deep breath in and out. Look at the first one on the list.

Step 5: Notice the first one on the top. As you notice the first one, go ahead and imagine the first one on a movie screen ahead of you. Notice that movie screen in front of you. Notice every single thing about it, its energy.

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Living in Flow Boundaries Worksheet 04.05.2022.docx

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Step 6: Take that image in front of you. Put it in a circle beneath you. Notice it from the above. Step into that circle doing that action. Notice yourself doing that action; doing all the things that are in alignment with that number 1 value.

Step 7: Step out of the circle. Move everything from that circle in your heart. Let it go in all the cells of your body. Notice how easy it is for you to live your life day-to-day.

Step 8: Notice how would it be when you are living the life that you desire.

Step 9: Open your eyes now.

Process 2

How to create the right energy to set the boundaries you want?

Question: What does your energy have to be to what the person wants (Let's call what they want option A)?

Pause, let them respond.

Answer: _____ (Let's call this option B)

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Question: What does your energy have to be, to realize _____ (fill in the blank with what they responded above as option B)

Pause, let them respond.

Answer: _____ (Let's call this option C)

Question: What does your energy have to be to realize _____ (fill in the blank with what they responded above as option C)

Pause, let them respond.

Answer: _____ (Let's call this option D)