

When is Enough, Enough?

3

Reclaiming Your Time, Energy & Boundaries

Enough talk—it's time to set boundaries and take action. Let's create a game plan for protecting your time and energy.

1. Define Your “Energy Budget”

You wouldn't spend more money than you have, so why spend more energy than you can afford? Time to make a budget—where are you overspending?

💡 Exercise: Write down the top three things that drain you the most. Now, set a “spending limit” for each. Example: “I will only take on one extra work project per month.”

2. Create a “No Script”

Saying no can feel awkward—but it doesn't have to. Let's make it easy.

💡 Exercise: Write three go-to responses for when someone asks for more than you can give. Example: “I'd love to help, but I don't have the bandwidth right now!” Now, practice saying them out loud.

3. Schedule “Unapologetic You-Time”

If you don't prioritize yourself, no one else will. Block off non-negotiable time for YOU every week.

💡 Exercise: Open your calendar and physically block off two hours this week for yourself. Treat it like an important meeting—because it is.

**Actions speak
louder than
words**

When is Enough, Enough?

3a

Journaling Prompt

Reflect on the biggest shift you need to make to start saying enough is enough.

What's one thing you can do this week to start protecting your peace?



MY THOUGHTS

A large, blank, light-brown area with a torn-edge effect, intended for journaling.