



BOUNDARIES & BALANCE

REFLECTION SHEET

WHISPER NO. 08 OF 52

ABOUT THIS WHISPER

Boundaries protect your peace and help you honour your energy, time and emotions. Balance allows you to care for yourself while showing up for life in a way that feels aligned. This Whisper invites you to create healthy boundaries and find harmony within your daily rhythm.

"You can't pour from an empty cup. Honouring your boundaries is a form of self-love and self-respect."
— UNKNOWN

DATE: _____

A SIGN I NOTICED OR QUESTION I HAVE: _____

	WHERE DO I NEED STRONGER BOUNDARIES? What situations or relationships drain my energy?	
	WHAT WOULD IT LOOK LIKE TO SAY "NO"? Where could I honour my limits with more kindness and clarity?	
	WHAT DOES BALANCE MEAN TO ME? How would I describe a balanced day or week?	
	WHERE AM I GIVING TOO MUCH? What could I gently release or let go of?	
	HOW CAN I PROTECT MY TIME? What time am I willing to prioritise for myself?	
	WHAT NOURISHES ME? What activities, people or places help me feel restored and peaceful?	
	ADDITIONAL REFLECTIONS Anything else I would like to note.	

CAROLE'S WHISPER
"Boundaries are not walls; they are gates that protect your peace. When you honour your needs, you show up as your best self for yourself and others."

AFFIRMATION
"I honour my boundaries with love and protect my peace. I create space for balance, rest and joy."