BALANCE AND BOUNDARIES

facebook live notes

LOOKING BACK, IS THERE SOMEWHERE YOU NEED TO DRAW A LINE IN THE SAND?

ARE YOU IN A SEASON OF REST OR A SEASON OF WORK?

HOW CAN YOU BETTER LEAN INTO THE CURRENT SEASON YOU'RE IN?

"DARING TO SET BOUNDARIES IS ABOUT HAVING THE COURAGE
TO LOVE OURSELVES EVEN WHEN WE RISK DISAPPOINTING OTHERS."
brené brown

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