




# BOUNDARIES

Boundaries are like rules, they are rules that YOU get to decide about the people (friends, family, strangers, and partners) you choose to spend time with and how they treat your BODY, your SPACE, your MIND, and your TIME.

<b>I LOVE</b> ❤️	<b>I LIKE</b> 👍	<b>I DISLIKE</b> 👎	<b>I STRONGLY DISLIKE</b> 😡
Ex: I love when my friends call me	Ex: I like whne my partner holds my hand in public	Ex: I dislike it when people call me after 9:00 p.m.	Ex: I strongly dislike it when strangers touch me

# SELF-LOVE

The ways we like to treat ourselves and how we choose to care for our bodies, our minds, and our spirit. When we start listening to and caring for our body, mind, and spirit it's easier to know when someone else isn't treating us in a way that we like.

<b>I SHOW MY BODY LOVE BY:</b> 	<b>I SHOW MY MIND LOVE BY:</b> 	<b>I SHOW MY SPIRIT LOVE BY:</b> 
<p>Ex: I show my body love by eating foods that give me nutrients</p>	<p>Ex: I show my mind love by trusting the decisions I make</p>	<p>Ex: I show my spirit love by spending time outdoors by myself</p>