



*Your boundaries are valid
—even if others don't
understand them*

What are boundaries?

Boundaries are invisible lines that help you understand what's acceptable and unacceptable to you—emotionally, physically, mentally, and energetically. They're not walls that shut others out, but inner guidelines that help you stay connected to your sense of self. Boundaries protect your time, energy, and well-being. They remind you of where you end and others begin.

Many of us weren't taught how to recognise or honour our own boundaries. We may have learned to overextend, people-please, or stay silent to keep the peace. But when our boundaries are unclear or consistently crossed, it often leads to resentment, burnout, disconnection, or self-abandonment.



Boundaries are an act of self-respect. They help you preserve what matters most, so you can show up more fully, honestly, and with integrity—in your relationship with yourself and with others.



Getting clear on your boundaries means listening more closely to your body and inner signals. It's learning to say no when something doesn't feel right and yes when something truly feels right for you.



Start tuning in:

As you move forward, take a few moments to reflect on how boundaries show up in your daily life—where they feel clear and where they feel blurred.

This isn't about getting it perfect—it's about noticing what your body, energy, and emotions are already trying to tell you. Even subtle shifts in awareness can help you begin honouring your needs in deeper ways.

To finish this module, head to the quiz.

Take a moment to explore *How Clear Are Your Boundaries?*—a short quiz to help you reflect on where your boundaries feel strong, and where they might need support.