

Staying for tuna&toast	Accepting phone /text from parents/students message after 4pm	CreatingBoundaries	Share Feelings	Peace boundaries
Balance	Staying Committed to boundaries	Saying no without guilt	Affirm yourself for having boundaries	Setting boundariex with friends
Shows gratitude	Staying to sip & chat	FREE	Answering phone calls during me time	Have content boundaries
Having boundaries with family members	Showing appreciation	Nojudgment when others say no	Good Communication	Positive Self-esteem
Enjoy Me time	Appreciating boundaries of others	Setting boundaries with children	Stop working when work stop	Believe in setting boundaries

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