

Financial Boundaries:

What, Why, How

Define it: What financial boundary are you creating? You can include whom you are thinking of.

Why do you want to create this financial boundary?

Enforce it: What will you do when this boundary happens?

What will make it hard for you to enforce it?

Learn from it: The next time the boundary comes up, you will practice enforcing it.

What did you do well?

What didn't go as well?

What did you learn from this experience? What will you do differently next time?

Do you still want to keep this boundary? Why or why not?