# SETTING BOUNDARIES

**PHYSICAL BOUNDARIES**    *Ex. Limiting "junk" food to social gatherings.*

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**RELATIONAL BOUNDARIES**    *Ex. Limiting attention on unhealthy connections.*

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**FINANCIAL BOUNDARIES**    *Ex. Limiting money spent on things I don't need.*

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**SPATIAL BOUNDARIES**    *Ex. Limiting toxic environments and clutter.*

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**TIME BOUNDARIES**    *Ex. Limiting time spent in procrastination.*

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**LANGUAGE BOUNDARIES**    *Ex. Limiting the usage of defeating & dishonorable words.*

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# LIFECLUB

# BEATING PROCRASTINATION

Ending procrastination starts with where it begins. Some people think of forwarding tasks until tomorrow as merely a bad habit. In actuality, it has deeper roots and finding those roots of resistance towards completing a thing helps to break the cycle.

**List one major task you've avoided:**

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**List the feelings associated with the task:**

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**List the thoughts associated with the task:**

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**List the event that may be the cause of those thoughts and feelings:**

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Once completed, be sure to journal about additional thoughts and emotions that may arise.
Then, **make a list of the First Steps** you will take to start and finish your task!

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