

# Exercise Day 13:

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Setting boundaries and saying no.

Think of a situation that is making you feel uncomfortable.

Now, think about what boundaries you can put in place that are going to make the situation better for you and make you feel more comfortable so that you are taking care of yourself.

How can you take better care of yourself?

What can you say no to that will allow you to have more of what you want in your life and less of what you don't want?



21-day Self-Love Challenge

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