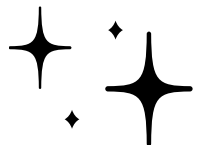


Month: _____

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------------|--|----------------------------|-----------------------------|---|--------|---|
| Set your boundaries for the month! | | | | Don't forget to be ready to hold your line! | | |
| | | A few days in! GREAT JOB!! | | | | |
| | | | You can do it! Keep going!! | | | It's the weekend! Yay rest!! |
| | | | | | | |
| | Almost completed this month with your boundaries in tact!! | | | Keep going! You're doing great! | | |
| | | | | | | YOU DID IT!! You completed a month of boundaries! |



YOUR BOUNDARIES MATTER

Month: _____

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------------|--|----------------------------|-----------------------------|---|--------|---|
| Set your boundaries for the month! | | | | Don't forget to be ready to hold your line! | | |
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| | | | | | | YOU DID IT!! You completed a month of boundaries! |

YOUR BOUNDARIES MATTER

1. Print out your calendar
2. Add your current month and dates
3. Plan and maintain your boundaries all month!