

BOUNDARIES FOR *Bad Asses*



The behavior that isn't for me

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The action I will take if I experience that behavior

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Regaining my emotional health and safety

My emotional health and/or well-being would increase if I set a boundary around:

The behavior or situation that isn't for me is:

The behavior that isn't for me

Some actions I could take if I experience that behavior or situation are:

What stories am I creating about how others might respond if I take those actions?

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Some obstacles that might get in the way of setting this boundary are:

My bad ass account-a-bil-a-buddy is:

And I want this person to support me and hold me accountable by:

I can overcome these obstacles by:

When I set and hold this boundary, how will my health and well-being increase?

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In 2018, Jill experienced a life-changing loss. She left her career and followed her obsession with coaching. Today, she empowers women to live their passions by helping them silence their self-doubt, overcome hesitation, take action and live confidently. She is a Co-Active and International Coaching Federation Certified Coach and trained Playing Big facilitator. Jill has worked with leaders across the globe, empowering them to own their most authentic, powerful selves.

