

**Setting boundaries tool kit:
A woman who sets boundaries
clearly knows her self worth**

–Coach Gayathri Murukan





Hi, I'm Gayathri Murukan, your Mindset transformation Specialist.

If you've ever felt guilty for saying no, worried about what others might think, or found it easier to please people than to protect your peace then you are in the right place. This toolkit is for you.

Remember ,boundaries are one of the greatest acts of self-love. So let's reclaim them together.

SECTION 1: WHY BOUNDARIES ARE ESSENTIAL

"Boundaries aren't about keeping others out. They're about keeping yourself safe, whole, and respected."

Remember–

- ◆ 1. Boundaries protect your energy, not your ego.
You don't need to explain or justify every "no." Your energy is sacred . So protect it like you would your most precious belonging.
- ◆ 2. Without boundaries, resentment builds.
Every time you say yes when you mean no, you chip away at your inner peace.
- ◆ 3. Boundaries create better relationships.
Clear boundaries don't push people away . They teach others how to love and respect you better.
- ◆ 4. Boundaries are self-worth in action.
When you set boundaries, you say:
"I matter. My needs matter. My peace matters."
- ◆ 5. Boundaries give you space to grow.
You can't evolve while constantly managing others' expectations. Boundaries give you the space to breathe, reflect, and become who you're meant to be.

SECTION 2: SIGNS YOUR BOUNDARIES NEED WORK

Check all that apply:

*I feel drained after social interactions.

*I say yes even when I want to say no.

*I feel guilty taking time for myself.

*I struggle to ask for what I need.

*I avoid confrontation and “keep the peace.”

*I feel resentment building in certain relationships.

3 or more? It's time to gently rebuild your boundary system.

SECTION 3: 5 CORE BOUNDARY TYPES

◆ 1. Emotional Boundaries

Protect your peace. It's okay to say, "I'm not ready to talk about that."

◆ 2. Time Boundaries

Your time is valuable. You are allowed to protect it without guilt.

◆ 3. Physical Boundaries

From touch to personal space — it's okay to say, "I'm not comfortable with that."

◆ 4. Mental Boundaries

Not every conversation needs agreement. You're allowed to think differently.

◆ 5. Digital Boundaries

Your phone is not an open invitation. Silence is a response.

REFLECTION PROMPT:

Which type of boundary do you struggle with most?

Which one are you ready to strengthen starting today?

SECTION 4: SCRIPT LIBRARY

"You can say no without explanation. You can be kind and clear at the same time."

Use these guilt-free, respectful scripts to protect your energy:

“Thanks for thinking of me, but I’ll pass this time.”

“I’d love to support you, but I need to take care of myself right now.”

“That doesn’t work for me, and I hope you understand.”

“Let me check my schedule and get back to you.”

“I’m not comfortable with that, and I’m honoring how I feel.”

SECTION 5: GUILT DETOX

"Feeling guilty for setting boundaries doesn't mean you're doing something wrong . It just means you're doing something new."

Why does guilt show up?

- Childhood conditioning (“Good girls don’t say no.”)
- Fear of disappointing others.
- Belief that your worth comes from being needed.

So let’s reframe the guilt:

Guilt isn’t a sign you’re selfish .It’s a signal you’re shifting.
The more you practice setting boundaries, the quieter guilt becomes.

REFLECTION PROMPT:

Where does your guilt come from — your past or your patterns?
What new belief would you rather live by?

SECTION 6: AFFIRMATIONS TO REWIRE GUILT

"Affirmations aren't just words . They are new agreements with yourself."

Say these aloud or journal with them daily:

“It’s safe to put myself first.”

“I can be kind and still say no.”

“My peace matters.”

“I release the need to explain my boundaries.”

“I deserve to rest without apology.”

“I protect my time, energy, and soul.”

REFLECTION PROMPT:

Which affirmation do you need most today?

What would your life feel like if you truly believed it?

SECTION 7: BOUNDARY MAP WORKSHEET

"Boundaries become easier when you define them clearly."

Fill in your personal boundaries below to gain clarity:

I will not answer calls/messages after _____

I will take _____ minutes of uninterrupted time each day

I will say no to _____ without guilt

I will rest when _____

I will speak up when _____

TIP:

Print this page. Keep it somewhere visible. Revisit it weekly.

NEXT STEP — THE CARE PROGRAM

"Boundaries are just the beginning. What you really want is emotional freedom."

If this toolkit spoke to your soul — imagine what's possible when you go deeper.

The CARE Program helps you:

✓ Gain clarity on what you truly want ✓ Build awareness around your patterns ✓ Release what's holding you back ✓ Step into full empowerment with ease.

This is your time. Let's begin your transformation.

Book a discovery call with me or sign on to the next CARE workshop happening soon.

Change is possible. It all begins from taking the first step.

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