



STEP FOUR: LIVING OUT BOUNDARIES

Worksheet: The rule of threes.

“When anxiety was great within me, your consolation brought me joy.”

-Psalm 94:19 (NIV)

- Take time for yourself
- Go to a cafe and drink a coffee or tea with a book
- Listen to the radio station you like
- Say, “No”
- Put on a face mask
- Get your nails done
- Go get a massage
- Start exercising (or pick it back up)
- Eat a really healthy salad
- Eat dessert
- Spend time in the quiet with God
- Go to bed early
- Do something nice for a stranger
- Schedule self-care into your day
- Wear clothes that are comfortable and make you feel good
- Get a haircut
- Drink more water
- Have a bath
- Meet with a nutritionist
- Start using essential oils (like lavender!)
- Plant a garden
- Spend time with animals
- Colour a pretty colouring book
- Learn to knit or crochet
- Light some candles
- Go through your closet and get rid of EVERYTHING you don't like, doesn't fit right, is faded, stretched, torn, etc. (even if that only leaves you with thirty pieces of clothing)
- Go dancing
- Unsubscribe from all your junk emails
- Look around your bedroom and donate all the clutter (other people need your stuff!)
- Spend time in nature- the mountains, a beach, a park, whichever nature makes you feel best!
- Get a spray-tan
- Watch a funny movie
- Learn a new language (Duolingo, anyone?!)
- Turn off your phone for a whole day
- If possible, have more sex (and don't be afraid to ask for what feels good in bed!)