

The 5-Day Boundary Awakening Challenge

Companion Workbook



by
Trish Herron

dragonpathcoaching.com



Day 1

The Boundary Audit

Today we're starting with the most important question:
Where are your boundaries actually missing?
Not just "I need better boundaries" in a vague, general sense.
But specifically — with who, in what situations, and how often.

Your Challenge for Today:

Over the next 24 hours, I want you to simply notice –
without judgment – every time you:

- Say "yes" when you want to say "no"
- Do something you don't want to do
- Feel resentful after agreeing to something
- Bite your tongue instead of speaking up

Keep a running list on the next page.

Don't judge yourself. Don't try to change it yet. Just notice.

You might be surprised by how often this happens.



Today's Reflection Question:

"Where in my life do I feel the most resentment right now?"

Resentment is your body's way of telling you a boundary was crossed.

Sit with that question and notice what comes up; write it here:



Day 2

The People-Pleasing Pattern

Here's the truth: You don't have a boundary problem.

You have a fear problem.

At the core of most boundary struggles is people-pleasing.

And people-pleasing isn't really about being nice –
it's about fear.

Your Challenge for Today:

Look at your list from yesterday — all those times you said
yes when you wanted to say no.

For each instance, answer these questions:

- Who was involved? (Family? Friend? Ex? Coworker?)
- What was I afraid would happen if I said no?
- Is there a pattern? (Same person? Same type of situation?)

Write down your answers on the next page.
Once you see the pattern, you can address it.



Today's Reflection Question:

"Who in my life am I most afraid to disappoint, and why?"

This is probably where you need your first boundary.

Sit with that question and notice what comes up; write it here:



Day 3

The Real Cost

Every time you say yes when you mean no,
it costs you something:

Time

Energy

Peace of mind

Authenticity

Yourself

The cost of having no boundaries is way higher than the cost
of setting them.

Your Challenge for Today:

Look at each instance on your list from Day 1.

For each one, identify what it cost you:

- Time? How much? What did you NOT do because you said yes to this?
- Energy? Are you exhausted from doing things you don't want to do?
- Peace of mind? Are you resentful, anxious, overwhelmed?
- Authenticity? Are you pretending to be okay with something you're not okay with?

Write it on the next page; be honest about the true cost.



Today's Reflection Question:

"If I keep saying yes when I mean no, where will I be in six months?"

The cost compounds; it doesn't just stay where it is.

Sit with that question and notice what comes up; write it here:



Day 4

The Boundary You'd Set If You Weren't Afraid

You already know what boundaries you need to set.

Deep down, you know exactly what you need to say. The problem isn't that you don't know; the problem is that you're afraid.

Afraid of the reaction. Afraid of the conflict. Afraid of being seen as difficult or selfish. Afraid of losing the relationship.

Your Challenge for Today:

Pick ONE situation from your list. One time you said yes but wanted to say no.

Write down on the next page what you wish you had said. Not what you think you "should" say to be polite. What you ACTUALLY wanted to say.

Don't send it. Don't say it yet. Just write it.

Let yourself feel what it would be like to speak that truth. Even if it's just on paper. Even if no one ever sees it.

Sample Scripts to Get You Started:

- *"I'm not available for that."*
- *"That doesn't work for me."*
- *"No, thank you."*

Practice saying one of these out loud today. In the mirror. In your car. Wherever you have privacy.

Get used to the sound of your own voice saying "no."



Today's Reflection Question:

"What boundary would I set today if I knew the other person would react perfectly?"

That boundary still needs to be set, even if they don't react perfectly.

Sit with that question and notice what comes up; write it here:



Day 5

What's Possible

This week, you discovered:

- Where your boundaries are breaking down
- Who you struggle to say no to
- What it's costing you
- The boundaries you wish you could set

That's powerful information.

The question is: What are you going to do with it?

Your Final Reflection:

Take a few minutes and sit with these questions:

- What did I learn about myself this week?
- What pattern surprised me the most?
- What's the ONE boundary I need to set first?

What's stopping me?

Write it all down on the next page, and be honest with yourself.





What's next...

You now know WHERE you need boundaries. But do you know HOW to actually set them?

How to handle the guilt that comes up when you say no?

How to deal with pushback? How to make it feel natural instead of terrifying? How to set boundaries with the people closest to you – where it's hardest?

*That's what the next level is about –
the gap between knowing and doing.*

I am excited to keep your momentum moving forward, and I will be in touch soon with an opportunity for you to dive deeper into your boundary practice.

In the meantime, take some time to celebrate yourself for showing up and doing the work of examining your patterns. You created awareness. And awareness is always the first step to transformation.

Be proud of yourself!

Gratefully,
Trish ♥

