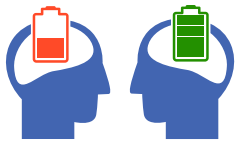


Boundaries and Breaks

Your Self-Respect Checklist



Protect Your Energy



Reset Your Focus

- | | |
|--|---|
| <input type="checkbox"/> I schedule real breaks on my calendar.
<i>Protect your energy like any other priority task.</i> | <input type="checkbox"/> I step away from screens for meals and real breaks.
<i>True breaks reset both brain and body.</i> |
| <input type="checkbox"/> I say “no” or “not now” when my plate is full.
<i>Choosing wisely strengthens your focus.</i> | <input type="checkbox"/> I listen to my body’s cues and adjust.
<i>Awareness helps prevent strain.</i> |
| <input type="checkbox"/> I set a “stop time” for work and stick to it.
<i>Clear endings prevent burnout.</i> | <input type="checkbox"/> I allow myself movement breaks without guilt.
<i>Motion refreshes your mind and body.</i> |
| <input type="checkbox"/> I block my first 15 minutes each morning.
<i>Start your day centered, not reactive.</i> | <input type="checkbox"/> I use status updates to signal deep focus time.
<i>Boundaries protect quality work.</i> |
| <input type="checkbox"/> I limit notifications during meals and rest periods.
<i>Protect your recharge time from interruptions.</i> | <input type="checkbox"/> I reflect: “Where could I create more space?”
<i>Check-ins strengthen healthy habits.</i> |

Every boundary you set is a commitment to your wellbeing.