



# BE THE WELLNESS

## *Day Two*

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### ESTABLISHING HEALTHY BOUNDARIES

WHAT IS MOST IMPORTANT TO YOU RIGHT NOW?

IN LINE WITH THAT, WHAT IS THE HIGHEST AND BEST USE OF YOUR TIME RIGHT NOW?

HOW CAN YOU CREATE A ROUTINE THAT ALIGNS WITH THOSE NEEDS?



WHO DO YOU NEED TO TALK TO IN ORDER TO MAKE THAT HAPPEN?

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WHAT DO YOU NEED TO MAKE TIME FOR IN THE DAY CURRENTLY?

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WHAT OR WHO CAN YOU DRAW ON TO HELP AND SUPPORT YOU?

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