



Back *to* Self



WORKBOOK

A GUIDED WORKBOOK FOR
REFLECTION, SELF-CARE &
PERSONAL GROWTH

Created by
Raven Sky

✦ The Witch Club Creations ✦



*Notes to
Myself* ♥



*Breathe
Reflect
Reset*



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Day 3: Boundaries



Theme: Boundaries

Daily Introduction:

Today is an invitation to protect your energy and honor your limits. Boundaries are not walls that keep others out; they are thresholds that define where you end and others begin. Without apology or over-explanation, simply practice saying no to what depletes you and yes to what sustains you. As you move through the day, notice where you give more than you have, where you silence your needs to keep the peace, and where you abandon yourself to please others. Boundaries are not selfish; they are acts of self-respect that allow you to show up fully and authentically. The goal is not to isolate or harden, but to create enough space to breathe, choose, and remain connected to yourself.

Daily Check-In

- Energy level
- Sleep quality
- Physical sensations in my body
- Current mood
- Energy protection
- Personal limits
- Saying no

Reflection Prompts

Take a few quiet moments to explore these questions with honesty and care.

1. Where in my life am I giving more than I can comfortably sustain?
2. What situations, people, or responsibilities leave me feeling drained?
3. Where do I struggle to say no, and why?
4. What boundary would most support my well-being right now?
5. How do I typically respond when my limits are crossed?
6. What would honoring my needs look like today?

Reflection Notes:

Today's Affirmation

Affirmations can help you return to your center when the day feels full or distracting. Let this one be a gentle reminder that awareness grows through patience and presence.

My boundaries protect my peace and well-being.

Repeat this affirmation throughout the day whenever you want to pause
and come back to yourself.



Action Step

Choose one small boundary to practice today, such as saying no to a request that drains you, turning off notifications for an hour, or leaving a conversation that feels unhealthy. Set a clear intention this morning about where you will protect your energy. As you hold this boundary, notice any fear, guilt, or discomfort that surfaces without abandoning yourself. Remind yourself that boundaries are not walls; they are thresholds that honor what you need. The purpose is not to be rigid or unkind; it is to practice choosing yourself with compassion and clarity.

Pause & Notice

Where am I giving too much of myself?

Notes & Reflections

Use this space to capture thoughts, insights, feelings, or anything else you notice today.

Action step ideas: ● Say no to one non-essential request. ● Identify one energy-draining activity. ● Set one clear boundary today.



Ready to Continue Your Journey?

If you enjoyed this sample lesson, the complete **Back to Self** workbook is available in my Etsy shop.

Back to Self contains **33 pages** of guided reflections, journal prompts, and practical exercises designed to help you reconnect with yourself—one step at a time.

 **TWCCByRaven on Etsy**

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