



The Mind Garden
bloom where you're planted

BOUNDARY VISUALIZATION ACTIVITY

IN YOUR MIND

guided imagery

Close your eyes and imagine yourself in the following scenarios. Take a moment to visualize each scene as vividly as possible. Afterwards, reflect on your experience by answering the questions below:

Scenario 1: Setting Boundaries at Work

Imagine you are at work, and a colleague asks you to take on additional tasks outside of your job description. Visualize yourself confidently asserting your boundaries while maintaining professionalism. How does it feel to communicate your limits effectively in this scenario?

Scenario 2: Maintaining Personal Space

Visualize yourself in a social gathering where someone invades your personal space. See yourself calmly but assertively communicating your need for space. How does it feel to prioritize your comfort and boundaries in this situation?

How did it feel to visualize yourself setting and maintaining boundaries in different scenarios?

Did you notice any common themes or emotions arising during the imagery exercise?

How might you apply the feelings of confidence and assertiveness from the visualization to real-life boundary-setting situations?

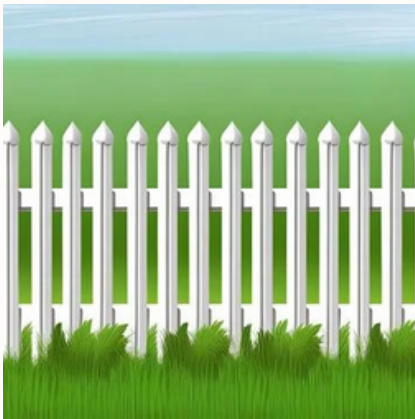


The Mind Garden
bloom where you're planted

SYMBOLIC

showdown

Reflect on the following symbols commonly associated with boundaries. Write down what each symbol represents to you personally, and then incorporate these symbols into your boundary vision board.

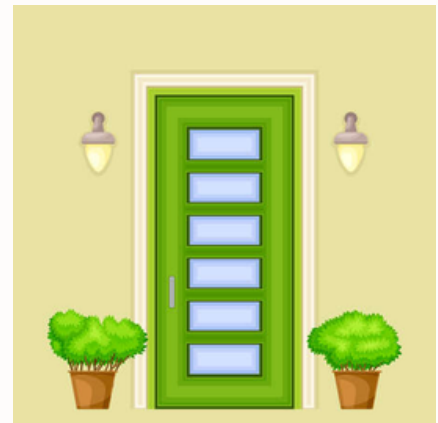


FENCE

What does a fence represent to you in terms of boundaries? How does it relate to your understanding of setting and maintaining personal limits?

DOOR

Consider the symbolism of a door in relation to boundaries. How does a door represent opportunities for access or closure in your life?



BRIDGE

Think about the symbolism of a bridge as a connection between two separate entities or spaces. How does it represent the negotiation of boundaries in your relationships or life transitions?



The Mind Garden
bloom where you're planted

MIX, MATCH, *and manifest*

Use the space below to create your own boundary vision board. Cut out images, words, or phrases from magazines or printouts that represent your ideal boundaries. Arrange them on the page to create a visual representation of what boundary-setting means to you.

What symbols or images did you choose to include on your boundary vision board?

How do these elements reflect your values, desires, or aspirations related to boundaries?

What insights did you gain from creating this visual representation of your boundaries?