



Ewe Be You Podcast™

Episode 11 Workbook

Honoring Your Boundaries Without Guilt

This workbook accompanies Episode 11 of the Ewe Be You Podcast. Use these pages to reflect on boundaries, self-respect, and releasing guilt while honoring your needs.

Reflection Questions

Where in your life do you feel your boundaries are currently being stretched?

When you say yes but mean no, what emotions usually follow?

What fears arise when you imagine setting a clear boundary?

Who in your life respects your boundaries well?

Boundary Language Practice

Example phrase: That doesn't work for me.

Example phrase: I'm not available for that right now.

Example phrase: If that continues, I will step away.

Grounding Exercise

Take a slow breath in. Place one hand on your heart. Ask yourself: 'Where am I being asked to honor myself more fully?' Allow the answer to come gently without judgment.

Affirmations

- I am allowed to honor my needs.
- My boundaries are an act of self-respect.
- I can be kind and still protect my energy.
- Saying no creates space for what truly matters.

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