

Boundaries

Quick-Start

Your gentle guide to saying no and
reclaiming your time
Because every tiny boundary is a **BIG** act
of self-care.

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Welcome

You've just taken a beautiful step toward reclaiming space, clarity, and self-kindness. This printable is designed to help you gently begin setting boundaries — not with guilt or rigidity, but with grace and self-respect.

Whether you're navigating relationships, routines, or your own inner expectations, this guide is here to remind you: saying “no” is not rejection — it's redirection toward what truly matters.

You'll find two versions of this guide:

- A colourful version for when you want a little visual joy 🌈
- A plain version for when simplicity feels soothing 💙

Choose whichever suits your mood or sensory needs today.

How to Guide

1. **Start with the Quick-Start Page:** Read through the gentle overview. Let it sink in. You don't need to act immediately — just notice what resonates.
2. **Explore the Script Bank:** Use the sample phrases and reflection prompts to begin crafting your own boundary language. You can write directly on the printable or use a journal.
3. **Choose One Area to Begin:** Pick one situation, one relationship, or one internal dialogue where a boundary might bring relief. Start small.
4. **Keep It Visible:** Pin it to your noticeboard, tuck it in your planner, or keep it on your desk. Let it be a quiet reminder that your needs matter.
5. **Be Kind to Yourself:** Boundaries are a practice, not a perfection. You're allowed to wobble. You're allowed to change your mind. You're allowed to grow.

The Gentle Boundaries Script Bank

Pick and practice these easy, polite ways to say no.
Tick one to try this week—or highlight your favourite.

- Thanks for thinking of me, but that's not something I can take on right now.
- I'd love to help, but I need to prioritise my energy today.
- Let me check my schedule and get back to you.
- That sounds lovely, but I'm stretched thin right now.
- I'm focusing on some personal time and won't be available.
- I need to say no to this so I can say yes to what really matters.
- I appreciate the offer, but I have to pass this time.
- I need to protect my time and won't be able to join.

Pick Your First Boundary Prompt

This week, I will protect my time by...
Tick one that feels doable—or write your own!

- Taking 10 quiet minutes after waking up without phone or emails
- Telling family I need 20 minutes alone after work
- Setting a timer to finish work by a set time
- Using headphones to signal focus mode
- Turning off phone notifications during certain hours
- Blocking 15 minutes for a mindful break
- Saying no to one small request
- (Your own idea)

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Quick Reflection Box

How did it feel?

Write 1–2 sentences, or simply draw a smiley face or doodle!

Date: _____



Gentle Reminder

Every tiny boundary is a BIG act of self-care.

You're doing great.

Keep going.

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Thanks

Thank you for downloading the Boundaries Quick-Start Guide. By taking this small step, you've honoured your energy, your time, and your well-being — and that's something worth celebrating.

Setting boundaries isn't always easy, but it's one of the kindest things you can do for yourself. Whether you've ticked one box or simply read through the pages, you've already begun. And that matters.

A Gentle Affirmation to Carry With You

“Every tiny boundary is a big act of self-care.”

Where to Find More Support & Inspiration

Here's where you can connect with me and explore more tools for creativity, clarity, and self-kindness:

- 🌸 *Visit the Swift Digital Stationery Blog:* A growing collection of tools designed to support midlife women in reclaiming joy and space.
 - 🖱️ <https://www.swiftdigitalstationery.co.uk/blog>
- 📁 *Explore My Etsy Shop:* Printable planners, emotional clarity kits, and seasonal tools to support your journey.
 - 🖱️ <https://swiftdigistationery.etsy.com>
- 💬 *Join the Facebook Group:* A warm, supportive space for midlife women to connect, share, and cheer each other on.
 - 🖱️ <https://www.facebook.com/groups/450204481304694>
- 📌 *Follow on Pinterest:* For visual inspiration, blog posts, and product highlights.
 - 🖱️ <https://uk.pinterest.com/swiftdigitalstationery/>

You're doing brilliantly — right where you are.
Keep showing up gently. Keep choosing yourself.
And remember: you don't have to do it all.
You just have to begin.

Cherie

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