

# Build Boundaries Checklist

## NURTURE THE NURTURER

- Enact a morning routine.
- Journal your emotions each morning.
- Schedule mindfulness each day.
- Process your uncomfortable emotions.
- Find quiet space an hour each week.
- Assess your relationships.
- Assess your needs.
- Assess your expectations.
- Review your homeschool vision.
- Create a plan for non-supporters.
- Decide on boundaries with kids.
- Give eyeball to eyeball time to kids.
- Learn to speak to yourself kindly.
- Schedule a coaching call with me.

*Teresa Wiedrick, your Homeschool Life Coach*