



Reflections on
How to Set Boundaries
and Live the Life We Love

What Matters to Me?

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What *matters* to you?

As teachers and caregivers, we find ourselves overworked, overwhelmed, and often underpaid, all while working at a hectic pace with limited breaks. This leads to stress, frustration, and exhaustion. Many of us feel like we just don't have time to work on the things we enjoy, connect with our students in a deeper way, create engaging lesson plans, or just take a moment to rest and breathe. We have too much on our plates, have a hard time saying no, and want to care of everyone.

One of the yoga sutras states, "Bringing your mind to a single focus will help eliminate life's obstacles."

In this booklet, we're going to reflect on what are the most important things to you, so that you can start to set healthy boundaries in your life and begin to discover more of what lights you up. Let's bring the joy back into our lives by reducing (or eliminating) what is pulling us down and increasing what makes us feel good. By focusing on what matters to you, you can spend more time on your goals and dreams—ultimately reducing your stress and bringing yourself a sense of fulfillment, so you can be the best teacher you want to be!

Begin by writing down what's important to you. Choose someone or something in each of these categories: People, Practice, Passion, and Purpose. Then choose a "Word of the Year" that will act as your single focus, your north star.





Word of the Year

Passion

- Hobbies
- Projects
- Travel
- Learning

People

- Family
- Friends
- Social life
- Community

Purpose

- Legacy
- Impact
- Finances
- Career

Practice

- Exercise
- Yoga
- Health & Wellbeing
- Self-Discovery





Word of the Year

Passion

- What lights you up?
- What's your "zone of genius"?
- What do you want to learn about?
- What hobbies would you like to continue or start?
- Where do you want to travel?
- What causes are important to you?
- What special projects have you always wanted to do?
- What are your big dreams and your heart's desires?
- Is there anything on your bucket list that you can do within the next year?
- What are your passion projects that bring a spark and joy into your life?

Purpose

- What do you feel is your purpose in life?
- What legacy are you living into and leaving behind?
- What impact do you want to make with your family and community in the world?
- What activities bring in the necessary finances to live the life you enjoy?
- How are you ensuring your career fulfills you?
- How much money do you want to make yearly?
- What are your finance goals?

People

- Who are your family and friends who build you up?
- What social life would be ideal?
- Which relationships are most important to you?
- How do you support each other?
- How are you engaged in community activities?
- Who are people you want to spend more time with or learn from?
- What practices do you have to ensure you are connecting with people on a deeper level on a regular basis?
- What are your relationship goals?

Practice

- What's your favorite exercise routine?
- How many times a week are you practicing yoga and doing cardio activities?
- What healthy food are you eating daily?
- How do you know when you're feeling your best?
- How do you pamper yourself and ensure you have lots of opportunity for self-care?
- What does your breathing, meditation, and spiritual practice look like?
- What are your health and wellness goals?



My Word of the Year is:

This lights me up because . . .



The people in my life are . . .

How I want to feel:

A large, empty rectangular area with a light teal background, intended for a child to write their response to the prompt "How I want to feel:".



The practices that fulfill me are . . .

How I want to feel:

A large, empty rectangular area with a light teal background, intended for a child to write their response to the prompt "How I want to feel:".



The passions I want to pursue are . . .

How I want to feel:

A large, empty rectangular area with a light teal background, intended for writing or drawing.



The purpose of my life is . . .

How I want to feel:

A large, empty rectangular area with a light teal background, intended for a child to write their response to the prompt "How I want to feel:".



My Reflections

What I'd like more of . . .

What I'd like less of . . .



Record your main ideas here:

