

# EXERCISE:

## Boundaries, Integrity, and Generosity

**Boundaries:** getting clear on what's okay and what's not okay

**Integrity:** choosing courage over comfort; choosing what is right over what is fun, fast, or easy; and choosing to practice our values rather than simply professing them

**Generosity:** working from assumptions and intentions of compassion and grace

What boundaries do I need to put in place so I can work from a place of integrity and extend the most generous interpretations of the intentions, words, and actions of this person? (The person you picked during the exercise in the video.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Barriers to BIG:

- Perfectionism
- Fear of grief
- Sadness
- Fear
- Self-judgment
- Copyright