

Set Boundaries, Find Peace

by Nedra Glover Tawwab

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **Write your resentment inventory**

List three places you feel dread, irritation, or quiet scorekeeping. For each, write the need underneath it before drafting any boundary language.

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- ⁰² **Draft a one-sentence limit**

Use Tawwab's direct style: 'I am not available for...' or 'I need...' Keep it short enough to repeat without defending it.

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- ⁰³ **Choose the follow-through before the conversation**

Decide what you will do if the pattern continues: leave the room, end the call, delay the reply, or move the deadline. Consequences need planning, not anger.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Run a digital access reset**

Pick one person or app that gets too much access to you. Change one notification, reply window, or availability expectation today.

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- ⁰⁵ **Practice the broken-record response**

Write one boundary and repeat it three times without adding new evidence. Calm repetition is often stronger than a longer explanation.

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- ⁰⁶ **Repair without retracting**

After setting a limit, send one warm connection cue: 'I care about us, and this boundary helps me stay honest.' Do not use warmth to undo the limit.