



21 Day Challenge

Course Printable



Dee Castelli
LEMONS AND SAGE, LLC

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Intro

Boundaries fall into two categories - external and internal

External boundaries include setting limits around our time, bodies, and personal space - there's so much information these days about boundaries and most are from the perspective of external boundaries - the mechanics of boundaries is how I refer to it

BEFORE we can effectively "do" external boundaries we need really good **internal boundaries** - that's the real key right there - full ownership of yourself

Bulletproof Boundaries covers both internal and external boundaries in depth including weekly checkin calls PLUS so much more in depth on internal boundaries to really make boundaries completely impervious, powerfully solid

Internal boundaries relate to how we think and feel, what we internalize and how we respond to the incoming flood of information

If you have good internal boundaries:

- feedback is just information, not a personal attack
- you can grow from setbacks instead of ruminating
- you can experience all emotions instead of splitting them into negative vs positive
- emotions flow through you instead of getting stuck
- you're internally accountable and motivated
- you encourage others rather than fixing them
- you're better able to release toxic people and situations

Internal boundaries are **key to emotional balance**. They are key to squashing the negative self-talk, moving forward with emotional growth and freedom. The key to gentle love in place of self-destruction. Learning to be your best friend, protect yourself, stand up for yourself. They're key to being confident with our external boundaries and owning our life and our choices

We need:

- ✓ mental boundaries so we can release the negative self-talk and internal critic
- ✓ boundary between emotion and mind so we can learn to feel and release feelings
- ✓ emotional boundaries so we can see clearly where our reactions are from past wounds rather than the present situation
- ✓ boundary between emotions and our physical self so we can learn how to change behaviors and thinking patterns that don't serve us or our goals

This may be something you need to sit with for a while so take time to give it some thought. For now, note it and see if it's something you can look into at some point. If you have a journal make some notes. If you don't have a journal consider just taking a plain old notebook so you can **jot some observations** from these thoughts and for the next 21 Days. If you choose to share in the chat I'd love to hear your thoughts

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Internal Boundaries - Step One

Feelings of guilt, shame or resentment signal you have an issue to address. Let's break it down...

Guilt isn't actually a true emotion. It's a judgement. You're either guilty or not. The simple definition is that you have committed an offense or crime. It's a fact, or not. So think about letting go of guilt and focusing instead on shame. If you **are** guilty then what you feel, the emotion, is shame. Read on...

Shame is an emotion and is a consequence of committing an offense or crime. It's a gift that keeps us in check, helps us make amends, release guilt and stop rumination. It's simple - acknowledge who you hurt and make it right. Make atonement and restore your self-worth and self-respect

Ideally shame arises the moment we offend, we say we're sorry, apologize sincerely, without excuses. Other times someone comes to us with an offense we were unaware of and shame will arise as we acknowledge inwardly, we apologize sincerely, without excuses

If the other chooses not to forgive, that's on them, you are free

If you have unavoidable consequences as a result of something you did that's now your load to carry, adjust and pick it up

Either way YOU ARE FREE to let guilt go – no more ruminating over past wrong

Healthy shame aligns you to an inner code of ethics and keeps watch that you don't offend and wound others. It helps you honor others. It also keeps you motivated to do things that are right for you – eat healthy, exercise, etc. It keeps you from committing crime and intentionally hurting others. It's your internal moral compass and code of desired behaviors

Inappropriate shame results in negative self-talk, endless internal flogging over past wrongs, we are verbally abusing ourselves in an unproductive and vicious cycle. If that's you take a look at information on taming the inner critic. If you need good resources please let me know. I have some really good ones

Resentment is huge and is a deep form of hatred. The root of it though is NOT the other person. It arises from things you can't accept about yourself and you imprint that onto others. Resentment only comes when we don't feel strong and whole in our own self. It's a mirror, so difficult to look into, but it's a mirror just the same. It can help you face some difficult things about yourself, provide piercing vision and intense awareness that can lead to real growth

Food for thought....

Everyone makes mistakes, yes? They happen all the time, right? Like every day, many times a day? None of us are perfect...

How we deal with mistakes can be helpful and constructive *or* unhelpful and destructive.

So, in reality aren't mistakes neutral? They can be a path to growth if we let it or it can tear us to pieces. We can reflect, learn a lesson, grow and move on, or not...

True, living with the consequences of our mistakes is one thing, sometimes we cause irreparable damage by our mistakes. But we can still move on, let go and be free.

What do you think? Share your thoughts in the chat!

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Internal Boundaries – Step Two

Did you know you have a **relationship with yourself**? Yes you do! Like all relationships, for the relationship with yourself to thrive you need to be kind and encouraging. Let your inner voice be encouraging and uplifting.

If you wouldn't say it to a **friend** DO NOT say it to yourself!

Use self-talk to **reinforce and encourage**

Mindfully limit, check and thought stop – this is called setting a **boundary between your mind and emotions**. As soon as you notice you're talking unkindly to yourself, as soon as you hear that internal critic starting to beat you, stop! Turn it around, here's how – try this...

- ✓ Avoid always and never statements – instead try “I can't do this yet but I can learn”
- ✓ Challenge the negative thought – take it to court and put it on trial – is it absolutely true with no possibility of ever changing? Am I sure? Have you tried? What have I tried? What have I not tried?
- ✓ Whose voice is this? My voice? Some past memory or lesson that no longer serves me? Old ways of thinking and doing? Where did the voice originate?
- ✓ If something undesirable has happened is there anything at all I can learn? Can I take that lesson forward at all? Then the experience, while unpleasant, has served a purpose. Learn and move on
- ✓ Go back to the thoughts from last week on shame. Am I spinning in needless guilt?
- ✓ It's my job to let people know how I feel, they're not mind readers
- ✓ If I feel sad, angry or scared, what is the message? What do I need to reset? What situation do I need to address?
- ✓ Feeling that way doesn't mean I'm bad or broken, it means I'm human
- ✓ Come to one of the workshops for creating amazing affirmations and goals using “upgraded language”

Discover how your superpower sense of smell can clear away limiting beliefs using the daily videos

This week practice some thought stopping – challenge your negative thoughts. If it helps write down some tips. I find it helpful to put sticky notes in different places to prompt me throughout the day – a drawer, a cabinet. Maybe a pop-up reminder on my phone.

Have you ever tried this before? Do you think it would help? Please share in the chat what is working, what challenges you're experiencing, let's brainstorm some forward momentum for you!

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Internal Boundaries – Step Three

Visualization – this is super powerful! Before that difficult conversation or situation try these tips:

- ✓ Try a **grounding** exercise – picture yourself with roots like a tree reaching into the ground, deep into the earth, this can steady you a bit
- ✓ Picture yourself **protected** – whatever that means to you – to keep aware of where you end and other begin
Some people picture a bubble or force field around them
Others picture some protective clothing or armor
- ✓ Try checking in with a quick **body scan** – from head to toe check in and see if you're relaxed – be self aware, stay clear on what emotions are yours and which are not yours, pay attention to your feelings and tune into your body
- ✓ How's your **breathing**? Can you slow it down? Do you know that lowers your heart rate and helps you level emotions and hormones?
- ✓ If you start to wobble during a difficult exchange bring yourself back and **stay in the moment**, don't escape mentally – for me essential oils or natural herbs and spices were powerful because they directly impact the emotional and memory centers of the brain
- ✓ Use ALL your senses to **check in** – observe your surroundings visually, physically touch something, hear sounds, observe what you smell
- ✓ **Cleansing** – after an unhealthy encounter or if you feel like you unintentionally picked up negativity, lost yourself a bit or absorbed others emotions try something to help you feel like you've shaken off that negative energy – wash your hands or sweep your hands on your body like you're dusting yourself off
- ✓ Your **sense of smell** is the only one of the 5 senses that enters the brain unfiltered and straight to the part of the brain that processes memory and emotions – this is your **super power**! That superpower is your foundation building block to massive clearing of what's holding you back. What I do with Aroma Freedom sessions is based in neuroscience – learn more here <https://deecastelli.com/about-aft>

This week practice some visualization, stay present, make note of techniques that work for you

If you come up with some not listed here and you feel comfortable sharing please do! I love learning what others discover that's helpful and effective for them!

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Internal Boundaries – Step Four

Here we are at the last in the series – how are you doing so far? Let's talk about where you end and others begin. It's a huge step in learning external boundaries

Do you internalize too much? Absorb others emotions? Take on what isn't your responsibility? We need to be responsible for our own self absolutely! But **only** ourself. We are responsible **to** others (for how we treat them) but not **for** others – each carries his own load and is their own person.

We cannot control other people

Sometimes it's easy to lose touch with knowing where we end and others begin. We get too **absorbed** and **ruminate** endlessly because we have no control over the situation – because we have no control over others. We only have control over our own self. So, having done everything we can – think back to lesson one about shame – if you're still stuck ask yourself...

- ✓ What's my responsibility?
- ✓ What lies with the other person?
- ✓ Have I done everything I can?
- ✓ Have I communicated clearly?
- ✓ What's within my control?
- ✓ What can I let go of?
- ✓ What's outside my control?

Self-reference, come back to yourself, ask yourself:

- ✓ What do I want?
- ✓ What is my goal?
- ✓ How do I feel?
- ✓ What do I believe?
- ✓ Is this my own voice?
- ✓ What do I think?

This will help you absorb others emotions less and keep you focused, knowing where you end and others begin, allowing others to make their own choices and becoming firm in your own authentic self and personal values

Well there you go! How do you feel after 21 Days? Stronger? Able to handle external boundaries better? Ready for more massive, empowered growth?

It takes practice – I'm still practicing! Remember self-growth is a never ending process much like plants and trees – constant new growth and shedding what no longer serves us. It's not something that ever ends. Healing and growing isn't something we want to end! It's a continual process. **If we're not growing then we're not living – we're just existing.** Read that again.

Now having covered some internal boundaries you're ready to learn more about external boundaries. Let's talk about how to get that series and start the workshop! 