

Emotional Well-Being Toolkit

Prompts for Anxiety, Boundaries & Healing

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A compassionate space for difficult emotions, anxiety, boundaries, and healing from old patterns or chronic illness. You are not alone.

PROMPTS

1. What emotion did I feel today and what triggered it gently?

2. How did that emotion show up in my body?

3. What boundary do I need to honor?

4. How can I reclaim my power without self-blame?

5. What small safe thing helped me today?

6. How do those I care for teach me unconditional love?

7. What forgiveness can I offer myself today?

8. What story am I ready to change?

9. How can I respond with compassion?

10. What does healing from feeling unappreciated look like?

11. What anxiety am I ready to release?

12. What old pattern am I breaking?

QUICK TOOLS

5 Deep Breaths

Inhale calm, exhale tension.

Boundary Script

"I need space to protect my peace."

Self-Compassion Break

Place hand on heart and say "I am safe. I am enough."