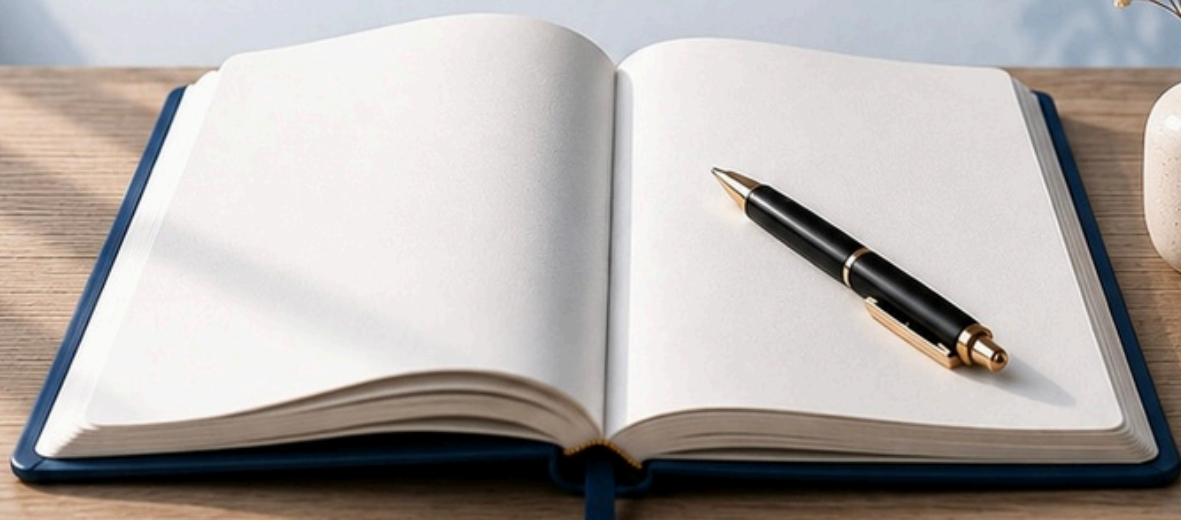


7 DAY HEALTHY BOUNDARIES *Journey* —

WHAT BELONGS TO ME?

A guided journey toward
clarity, healthy responsibility,
and lasting peace.



Carry What Is Yours. **Release** What Is Not.

M A R Y M W A K A L U

About the Journey

Many people move through life carrying responsibilities, expectations, pressures, emotions, and burdens without realising how much weight they are holding.

Over time, carrying becomes normal. What once felt heavy becomes familiar. As a result, many people find themselves exhausted, overwhelmed, frustrated, or struggling to maintain peace without fully understanding why. Often the issue is not a lack of strength, but carrying things that were never theirs to carry.

The 7 Day Healthy Boundaries Journey is an invitation to pause and reflect on what belongs to you and what does not. Throughout these seven days, you will explore the responsibilities you carry, the beliefs that influence your choices, and the boundaries that help protect your peace.

This workbook is not about controlling other people. It is about developing greater clarity, wisdom, and stewardship. The goal is not perfection, but clarity. Because peace often grows when responsibility is carried by the person to whom it belongs.

Carry What Is Yours. Release What Is Not.

A handwritten signature in black ink that reads "Mary Mwakalu". The script is fluid and cursive, with the first letters of each word being capitalized and prominent.

marymwakalu.com

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Day 1

What Am I Carrying?

Recognise the burdens, pressures, and responsibilities you are carrying.

What Am I Carrying?

Today is about awareness.

Many people move through life carrying responsibilities, expectations, pressures, emotions, and burdens without realising how much weight they are holding.

Over time, carrying becomes normal.

What once felt heavy becomes familiar.

What once felt temporary becomes part of everyday life.

As a result, many people no longer stop to ask whether what they are carrying actually belongs to them.

Before healthy boundaries can be established, awareness must come first. You cannot release what you have not recognised.

Today is not about changing anything, but about seeing clearly.

Some things belong to us such as, our choices, responsibilities, commitments, actions, and stewardship are ours to carry.

Other things do not belong to us.

Other people's reactions, expectations, assumptions, responsibilities, and choices remain theirs.

Many people carry both without recognising where their responsibility ends and another person's begins. The result is often exhaustion.

Not simply because life is difficult, but because they may be carrying more than belongs to them. Sometimes this happens gradually.

A person may become the helper in the family, the peacemaker in relationships, the responsible one, the strong one, the provider, or the fixer.

Over time, these roles can become so familiar that they begin carrying more than was ever theirs to carry. They may take on so much responsibility that they no longer know where their responsibility ends and another person's begins.

What once felt heavy becomes familiar. Yet familiar does not always mean healthy. This is where healthy boundaries begin.

Not with saying no, confrontation, or changing other people, but with awareness.

What am I carrying?

Sometimes what we carry is not the situation itself. It is the emotional weight attached to the situation.

A request may feel heavy because it communicates pressure.

A conversation may linger because it communicates dismissal.

A comment may hurt because it communicates criticism. The event and the meaning are not always the same thing.

As you complete today's reflection, pay attention not only to what feels heavy, but also to what that experience may be communicating to you.

Reflection

Take a moment to consider the areas of your life where you feel pressure, responsibility, frustration, guilt, or exhaustion.

Do not judge your answers. Simply observe them.

What feels heavy in my life right now?

What situations repeatedly drain my energy?

What responsibilities do I think about most often?

What pressures do I feel from family, relationships, work, ministry, or other commitments?

What do I worry about most?

What do I feel responsible for?

Journal Exercise

Complete the sentence below as many times as needed.

Right now I am carrying...

Right now I feel responsible for...

Right now I feel pressure to...

Right now I feel guilty about...

Right now I feel expected to...

Do not edit your answers or justify them or overanalyse them, but simply recognise them for what they are.

Key Insight

Awareness comes before change. You cannot decide what belongs to you until you first recognise what you are carrying.

Other people may influence how you see yourself, but they should not determine who you are.

People matter. But they were never meant to become the custodians of who you are.

Closing Reflection

As you finish today, remember that awareness is not weakness. It is wisdom.

Today is not about fixing anything, but about seeing clearly.
Tomorrow we begin exploring where these patterns may have come from.

Day 2

Where Did I Learn This?

Explore the messages, experiences, and patterns that shaped your understanding of responsibility.

Where Did I Learn This?

Yesterday, you spent time identifying what you are carrying.

Today, we begin asking a different question. Where did I learn to carry these things?

Many of the ways we think, respond, and relate to responsibility were learned long before we became aware of them.

What feels natural today may have started as a response to a particular environment, experience, relationship, or expectation.

Patterns often feel like personality because we have lived with them for so long. Yet many patterns were learned.

Today is about becoming aware of where those lessons may have come from.

No one develops their understanding of responsibility in isolation. We learn from the environments around us, including family, culture, faith communities, friendships, relationships, and life experiences.

Sometimes we learn directly through what people tell us. Other times we learn through observation.

We notice what is rewarded, what is expected, what keeps peace, and what creates conflict. Over time, these experiences begin shaping how we think about responsibility, sacrifice, obligation, and self-worth.

For example, a person may learn:

- Good people always help.
- Saying no is selfish.
- It is my job to keep everyone happy.
- Other people's needs are more important than mine.
- I should not disappoint people.
- Strong people carry everything.

Over time, these messages can begin to shape not only what we do, but also what we believe about ourselves. These messages may never be spoken directly, yet they can become deeply rooted beliefs.

The goal today is not to decide whether these messages are right or wrong, but simply to recognise them.

Awareness Insight

What feels natural is not always what is true.

What feels familiar is not always what is healthy.

Many of the things we carry today began as lessons we learned yesterday.

Reflection

Take a moment to think about the messages you received growing up and throughout your life.

Consider both spoken and unspoken lessons.

Reflection Questions

What messages did I receive about responsibility?

What messages did I receive about helping others?

What messages did I receive about saying no?

What messages did I receive about putting my own needs first?

What messages did I receive about conflict?

What messages did I receive about being strong?

Journal Exercise

Complete the following statements.

Growing up, I learned that...

In my family, people expected...

In my culture, people believed...

In my relationships, I learned...

One message I still carry today is...

One message I am beginning to question is...

Do not evaluate your answers yet.

Simply notice them.

Key Insight

Many of the things we carry today began as lessons we learned long before we questioned them.

Closing Reflection

Today's goal was not to change anything. It was to understand.

The patterns you identified on Day 1 did not appear without reason.

Tomorrow we begin looking at the foundation beneath healthy boundaries.

Identity.

Day 3

Identity Before Boundaries

*Examine the beliefs that influence how you see
yourself and relate to others.*

What is true about me?

Over the past two days, you have explored what you are carrying and where some of those patterns may have come from. Today we turn our attention to something deeper.

Truth.

Healthy boundaries require more than awareness. They require a foundation.

Without a clear understanding of what is true, it becomes difficult to know what belongs to you and what does not.

Many people spend years carrying responsibilities, expectations, beliefs, and labels without stopping to ask whether they are true.

Today is about slowing down and asking that question.

What is true?

Not everything we believe is true.

Some beliefs come from experiences.

Some come from the opinions of others.

Some develop through repeated messages.

Some are formed through assumptions, expectations, or difficult circumstances.

Over time, repeated messages can begin to feel true simply because they are familiar. Yet familiarity and truth are not the same thing. A message does not become true because it has been repeated. A belief does not become accurate because it feels familiar.

Many people accept ideas about themselves without ever questioning them. They may believe:

- My needs do not matter.
- I am responsible for everyone else's wellbeing.
- I must keep everyone happy.
- Saying no makes me selfish.
- My value comes from what I do for others.
- I must earn love, acceptance, or belonging.

These beliefs often influence how people live, relate to others, and establish boundaries. Yet before deciding whether a belief should remain, it must first be examined.

Healthy boundaries are built on truth. Before you can decide what belongs to you, you must understand what is true about you.

Awareness Insight

People often make decisions based on what they believe to be true. When those beliefs are inaccurate, the decisions that follow can also become distorted.

Sometimes the greatest boundary challenge is not a lack of confidence. It is accepting something as true that was never true to begin with.

Reflection

Take a moment to consider the beliefs you hold about yourself.

Do not focus on whether they are positive or negative.

Simply notice them.

Reflection Questions

What do I believe about myself?

What beliefs have influenced how I relate to others?

What beliefs influence how I respond to responsibility?

What beliefs influence how I respond to conflict?

What beliefs influence how I respond when someone is disappointed with me?

What beliefs have I never questioned?

Journal Exercise

Complete the following statements.

I have often believed that...

I learned to see myself as...

One message I accepted about myself was...

One belief that influences my decisions is...

One belief I am beginning to question is...

One thing I know to be true about myself is...

Do not rush to change your answers. Simply become aware of them.

Key Insight

Not everything that feels true is true.

Closing Reflection

Today was not about replacing beliefs.

It was about recognising them.

The goal was not to decide who you should become.

The goal was to begin seeing what is already true.

Tomorrow we begin exploring responsibility more closely.

What belongs to me?

Day 4

What Belongs To Me?

Learn to distinguish between your responsibilities and those that belong to others.

What responsibilities belong to me?

Over the past three days, you have explored what you are carrying, where some of those patterns may have come from, and the beliefs that influence how you see yourself.

Today we focus on responsibility.

Many people carry responsibilities that belong to them. They also carry responsibilities that belong to others. When these become mixed together, confusion often follows. People become exhausted, resentful and overwhelmed.

Not because they lack capacity, but because they are carrying more than was ever theirs to carry.

Healthy boundaries require clarity. Before deciding what to put down, you must first understand what belongs to you.

Responsibility is an important part of life. We are responsible for many things.

Our choices, actions, words, commitments, values, and stewardship. These responsibilities belong to us. They are ours to own and manage. However, there are also things that do not belong to us.

Other people's choices, reactions, emotions, expectations, decisions, and responsibilities. These remain theirs.

Problems often arise when we begin carrying responsibilities that were never assigned to us. A person may feel responsible for keeping everyone happy. Another may feel responsible for fixing problems they did not create.

Others may feel responsible for preventing disappointment, conflict, or discomfort in the lives of those around them.

Over time, the line between what belongs to us and what belongs to others can become blurred. The result is often frustration, exhaustion, guilt, and a loss of peace.

Healthy boundaries help restore clarity.

Awareness Insight

A real need does not automatically become your responsibility.
Someone else's expectation does not automatically become your obligation.

Someone else's disappointment does not automatically become your failure.

Understanding the difference is an important part of healthy boundaries.

Reflection

Take a moment to think about the responsibilities you currently carry.

Consider whether each responsibility genuinely belongs to you or whether you may have assumed responsibility for something that belongs to someone else.

- What responsibilities genuinely belong to me?
- What responsibilities have I assumed that may belong to someone else?
- What situations make me feel responsible for things beyond my control?
- Do I feel responsible for other people's emotions, choices, or reactions?
- Do I feel responsible for solving problems that I did not create?
- What responsibilities bring peace?
- What responsibilities bring pressure?

Journal Exercise

Create two lists.

What Belongs To Me?

Write down the responsibilities, commitments, and obligations that genuinely belong to you.

What Does Not Belong To Me?

Write down the expectations, emotions, choices, responsibilities, or outcomes that belong to someone else.

Take your time.

The goal is not perfection.

The goal is clarity.

Key Insight

Clarity grows when the person to whom it belongs carries the responsibility.

Closing Reflection

Today was not about putting anything down. It was about recognising what belongs where.

Tomorrow we will begin exploring what happens when we continue carrying things that were never ours.

What should I put down?

Day 5

Putting Down What Is Not Mine

Identify what you no longer need to carry and begin releasing it.

What should I put down?

Over the past four days, you have explored what you are carrying, where some of those patterns may have come from, what is true about you, and what responsibilities belong to you.

Today we take the next step. Letting go because awareness, understanding and clarity are important.

However, clarity alone does not remove a burden. Sometimes we continue carrying things even after we recognise they were never ours to carry.

Today is an invitation to consider what you may need to put down. Many people continue carrying things that do not belong to them because they fear what might happen if they stop.

They may fear disappointing others, creating conflict, being misunderstood, judged or seen as selfish.

As a result, they continue carrying responsibilities, expectations, guilt, pressure, and emotional burdens that were never assigned to them. Over time, this can become exhausting.

Not because they are weak. But because they are carrying more than they were designed to carry. Putting something down does not mean it never mattered.

It does not mean the situation is unimportant or that the need is not real. It simply means recognising that not everything that affects you belongs to you.

Sometimes the healthiest thing a person can do is stop carrying what was never theirs in the first place.

Awareness Insight

You can care about something without carrying responsibility for it.

You can love someone without carrying responsibility for their choices.

You can understand a need without becoming responsible for meeting it.

You can be affected by a situation without becoming responsible for the outcome.

Reflection

Take a moment to think about the things you identified yesterday that do not belong to you.

Consider whether you are still carrying them.

Reflection Questions

What am I carrying that does not belong to me?

What expectations am I carrying for other people?

What guilt am I carrying that may not be mine?

What outcomes am I trying to control?

What responsibilities have I assumed that belong to someone else?

What would become lighter if I stopped carrying them?

Journal Exercise

Complete the following statements.

I need to put down...

I am no longer responsible for...

I cannot control...

I cannot carry...

I choose to release...

One thing I am ready to stop carrying is...

Notice any emotions that arise as you write. You do not need to force anything. Simply become aware of what you may be ready to release.

Key Insight

You cannot carry everything. Nor were you meant to.

Closing Reflection

Putting something down is not abandonment. It is recognising the difference between what belongs to you and what belongs to someone else. Tomorrow we will explore another important boundary question.

What deserves my participation?

Day 6

Participating With Wisdom

*Learn to choose where your time, energy, attention,
and emotional investment belong*

What deserves my participation?

Over the past five days, you have explored what you are carrying, where some of those patterns came from, what is true about you, what belongs to you, and what you may need to put down. Today we consider another important question.

What deserves your participation?

Not everything that invites your attention deserves your involvement.

Not every problem requires your response.

Not every disagreement requires your explanation.

Not every expectation requires your compliance.

Not every conversation requires your continued engagement.

Healthy boundaries are not only about what you carry. They are also about what you choose to participate in. Every day we receive invitations. Some are healthy necessary and life-giving.

Others pull us into cycles of frustration, conflict, guilt, pressure, or exhaustion. Many people participate in situations simply because they feel obligated to respond. They explain, defend themselves, argue, try to convince and try to fix repeatedly.

Over time, this can consume significant emotional energy. Wisdom requires us to pause and ask an important question. Does this deserve my participation?

Participation is a choice.

While we cannot control every situation, we can often choose how much time, energy, attention, and emotional investment we give to it. Learning this distinction is an important part of healthy boundaries.

Awareness Insight

Not every invitation deserves acceptance.

Not every expectation deserves agreement.

Not every conflict deserves engagement.

Not every situation deserves continued participation.

Sometimes wisdom is knowing when to step back.

Reflection

Take a moment to consider the situations, conversations, relationships, and commitments that currently demand your attention.

Consider whether your participation is helping, harming, or simply maintaining a cycle that no longer serves you.

Reflection

Where am I spending most of my emotional energy?

What situations repeatedly disturb my peace?

What conversations leave me feeling drained?

What am I repeatedly trying to explain, fix, or control?

Where do I feel pressure to participate?

What deserves my continued participation?

What may require me to step back?

Journal Exercise

Complete the following statements.

I continue participating in...

I feel obligated to participate in...

One situation that drains me is...

One conversation I keep revisiting is...

One thing I no longer need to engage with is...

One thing that deserves more of my attention is...

As you write, pay attention to where your energy is currently being invested.

Key Insight

Wisdom is not only knowing what to put down.

It is knowing what not to pick up again.

Closing Reflection

Healthy boundaries are not built through avoidance. They are built through intentional participation.

As you move forward, remember that your time, attention, energy, and peace are valuable resources. Tomorrow we bring the journey together by exploring the life you want to steward.

What kind of life do I want to steward?

Day 7

Living With Peace

Bring the journey together and create a life guided by clarity, stewardship, and peace.

What kind of life do I want to steward?

Over the past six days, you have explored what you are carrying, where some of those patterns came from, what is true about you, what belongs to you, what you may need to put down, and what deserves your participation.

Today we bring the journey together. Healthy boundaries are not simply about saying no. They are about creating space for the life you want to live.

Every boundary protects something. Your time, energy, values, responsibilities, relationships, wellbeing, and your peace.

As you reach the end of this journey, the question is no longer only what you will stop carrying, rather, what you want to steward moving forward.

Peace is not the absence of responsibility but the result of carrying the right responsibilities.

Many people live exhausted because they are carrying more than belongs to them. Others live overwhelmed because they are participating in situations that continually drain them. Over time, this leaves little energy for what truly matters.

Healthy boundaries help create clarity.

Clarity creates wisdom.

Wisdom creates peace.

When you know what belongs to you, you can give your attention to the things you have been entrusted to steward: your choices, responsibilities, values, well-being, relationships, purpose, and your future.

Living with peace does not mean life becomes easy. It means you no longer carry everything.

Awareness Insight

Peace often grows when the person to whom it belongs carries the responsibility.

Reflection

Take a moment to consider the life you want to build moving forward.

Think about what you want more of and what you want less of.

Consider the kind of person you want to become and the kind of life you want to steward.

Reflection Questions

What brings me peace?

What consistently disturbs my peace?

What responsibilities genuinely belong to me?

What relationships deserve my investment?

What do I want to give more attention to?

What do I want to stop carrying?

What kind of life do I want to build moving forward?

Journal Exercise

Complete the following statements.

I want to steward...

I want more of...

I want less of...

I will protect...

I will give my energy to...

I will no longer carry...

One boundary I want to continue practising is...

Take your time and notice what matters most to you.

Key Insight

Peace grows when we steward what belongs to us and release what does not.

Closing Reflection

This journey was never about becoming distant, uncaring, or disconnected. It was about learning to live with greater clarity, wisdom, and peace.

As you move forward, remember this. You do not have to carry everything you were never meant to.

The goal is not to carry more, but to steward well what has been entrusted to you.

Continue the Journey

Over the past seven days, you have explored responsibility, identity, participation, and peace.

This journey was never about controlling other people. It was about gaining clarity about what belongs to you and what does not.

As you move forward, remember:

- You do not have to carry everything.
- You are allowed to have limits.
- You are allowed to make wise choices.
- You are allowed to protect your peace.
- You are allowed to steward your life well.

Carry What Is Yours. Release What Is Not.

Mary Mwakalu

A GUIDED JOURNEY TOWARD CLARITY, HEALTHY RESPONSIBILITY, AND LASTING PEACE

The 7 Day Healthy Boundaries Journey
invites you to pause and ask an
important question.

What belongs to me?

This is not a workbook about
controlling other people.

It is a workbook about
understanding yourself.

Because healthy boundaries begin when
responsibility is carried by the person
to whom it belongs.

**Carry what is yours.
Release what is not.**



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