



# The Law of Abundance

## Instructions for the Personal Boundaries Exercise

1. Begin with the “I Am”/”I Am NOT” page.
2. On the inside of the circle enter words that described the ideal you—the you that you really like and love. Only descriptors that feel good to you go inside the circle.
3. On the outside of the circle, put all the things others have told you about who you are or should be and all the things you have told *yourself* that don’t produce feelings of satisfaction and complete self-acceptance. If it makes you feel even the least bit uncomfortable, it goes *outside* the circle.
4. Once you have completed that, go to the “I Accept”/”I Do NOT Accept” page.
5. Here you will put all the things you are willing to accept from yourself and others on the inside of the circle.
6. On the outside of the circle, put all the things you will no longer accept from yourself or from others.

As you create this outside-the-circle list, think about what the opposite of what you will *not* accept is and consider whether that goes inside the “I Am” or “I Will Accept” circle.

For example, if outside the circle you put “Manipulation,” meaning you will not accept being manipulated by others and will not play the manipulation game yourself, look at that term and decide what the opposite of manipulating or accepting manipulation would be. Perhaps it’s (1) being assertive and courageous enough to step away from the manipulations of others and (2) being kind and honest with others so you never manipulate. In that case “assertive,” “courageous,” “kind” and “honest” go inside the “I AM” circle (page 1).

Separating acceptable from unacceptable with *a visual circle* gives the subconscious mind a clear picture of what you choose to own and what you choose to disown. You will be surprised and delighted by what your subconscious mind does with those clear visual boundaries once you have defined them.