

# The Green Circle Method

*A simple, practical tool to transform your stress  
into balance and confidence.*



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# Welcome to The Green Circle Method!

I'm so glad you're here, ready to take an important step toward a more balanced and fulfilling life.

This course isn't just a collection of lessons—it's a journey to reconnect with yourself, strengthen your confidence, and create clarity in your daily decisions.

Life can be overwhelming, with stress, responsibilities, and outside pressures pulling us in every direction. The Green Circle Method was born from a desire to simplify this chaos. It's a practical tool to help you focus on what truly matters, protect your inner peace, and make decisions that align with your happiness.

Throughout this course, you'll learn how to:

- Recognize what belongs in your Green Circle (and what doesn't).
- Set healthy boundaries and let go of what no longer serves you.
- Use your newfound clarity to create a calmer, more fulfilling life.

Take your time with the exercises and reflect on what resonates most with you. Small steps lead to meaningful transformations. You're not just learning a method—you're building a foundation for lasting balance and joy.

Thank you for letting me guide you on this path. Together, let's create a life that feels lighter, more intentional, and truly your own.

With gratitude,  
**Nicolette Wol**  
**Jinga Vitality**

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# Module 1

## Discover your Green Circle

*Your First Step to Clarity and Balance*

### 1. Introduction: Understanding your Green Circle

Close your eyes and imagine yourself standing in the middle of a glowing green circle. This circle is yours—your personal space for happiness, positivity, and balance. Think of it like an old prayer card where only you are in focus.



The Green Circle is where you are free to focus solely on yourself. It's not selfish; it's essential. When your circle is green, you feel good, balanced, and capable of taking on life's challenges. Your positivity radiates to those around you, creating a ripple effect of happiness.

But what happens when your Green Circle turns red? Red stands for negativity—stress, anxiety, or frustration. When this happens, it's your responsibility to take action and restore the green. This is your most important task in life: to keep your Green Circle vibrant and healthy, so you can live fully and share your best self with others.

## 2. Expanding to the Yellow Circle

Now, imagine drawing a second, wider circle around your Green Circle. This is your Yellow Circle, where you place the people you love and trust—those who genuinely have your best interests at heart.



But here's the key: you should only include people in your Yellow Circle if you are certain they support your happiness and well-being. You might love someone deeply, but if you're unsure of their intentions or if they drain your energy, they don't belong here.

Everyone else stays outside these circles. They may come and go in your life, but they shouldn't have the power to influence your Green Circle. This separation helps you focus on what truly matters.

## 3. Why the Green Circle Matters

The Green Circle is your foundation for:

- **Making decisions with confidence:** When you're clear about what belongs in your circle, saying yes or no becomes easier.
- **Setting boundaries:** By focusing on your Green Circle, you'll learn to protect your time, energy, and emotions.
- **Reducing stress:** A green circle is a calm circle, free from unnecessary negativity.
- **Building stronger relationships:** The Yellow Circle ensures you surround yourself with people who lift you up.



## 4. Practical Application: Protecting Your Green Circle

Example Scenario:

You're invited to a social event, but you feel drained and need rest. Instead of forcing yourself to go, ask:

- Will attending this event keep my circle green, or will it turn red?

If it's red, say no and prioritize your well-being. Spend the evening doing something that recharges you.



## 5. Exercise 1: Visualizing and Drawing Your Circles

### Step 1: Drawing Your Green Circle

- On the next page, we have drawn a small green circle. Imagine yourself standing in the middle.
- Inside, write down:
  - Activities or habits that make you happy (e.g., walking in nature, reading, or spending time with loved ones).
  - Emotions you want to feel every day (e.g., calm, joy, or gratitude).

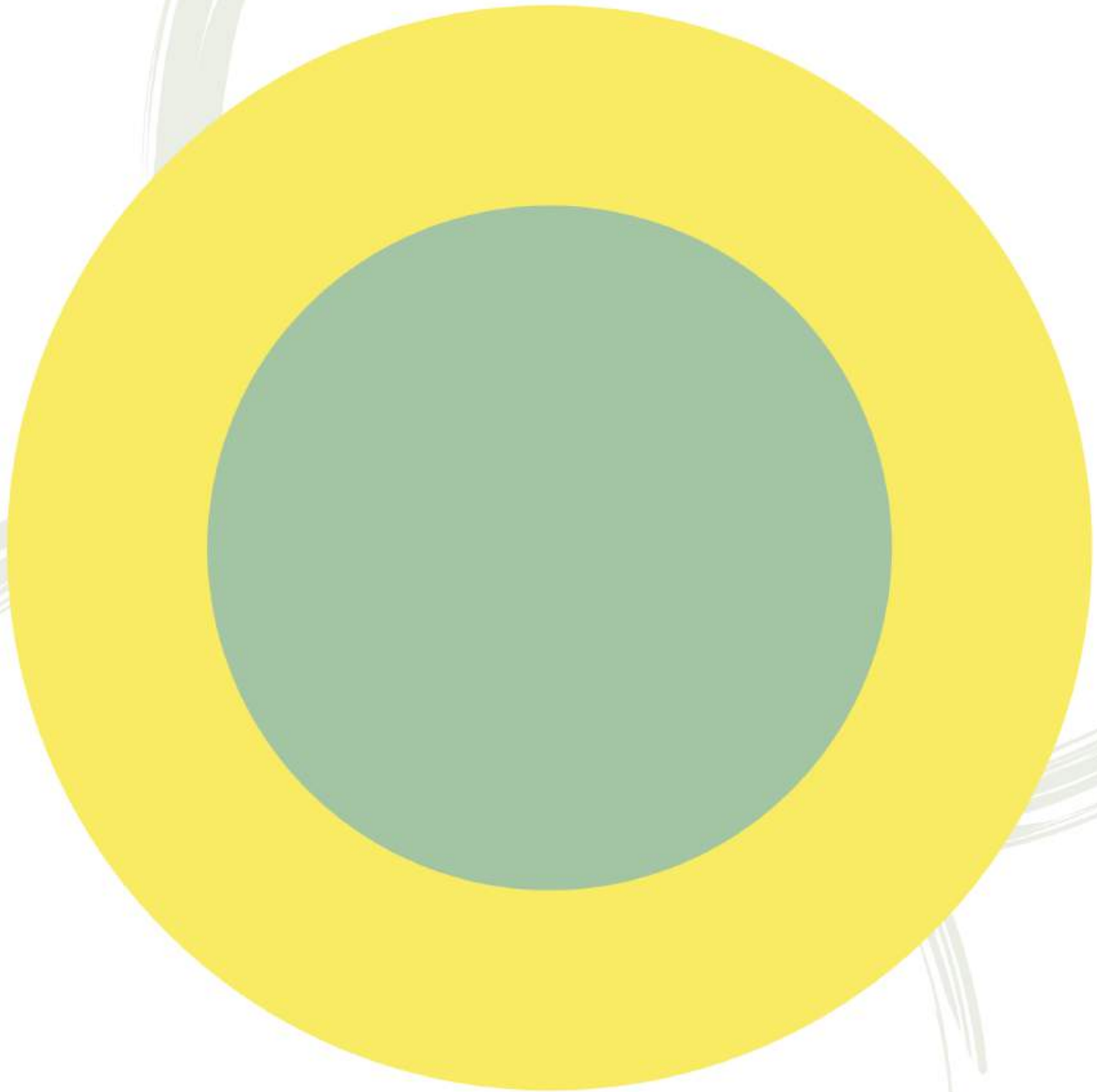
### Step 2: Drawing Your Yellow Circle

- Around your Green Circle, we have drawn a slightly larger yellow circle. Write the names of people who:
  - Truly support you.
  - Genuinely want the best for you.

### Reflection:

- Are there people you thought of who don't belong in your Yellow Circle? Why?
- What emotions or habits might turn your Green Circle red?

## Execution of Exercise 1



### Reflection:

- Are there people you thought of who don't belong in your Yellow Circle? Why?
- What emotions or habits might turn your Green Circle red?

## 6. Exercise 2: Daily Awareness of Your Circles

### Happiness Check

Every day this week, reflect on your Green Circle by answering the following questions:

- What made my Green Circle greener today?
- Did anything turn my circle red?
- What can I do tomorrow to make it green again?

### Example

Day	Circle greener?	Circle red?	Keep it green
Monday	Time spent with family, feeling loved.	A stressful work meeting that made me anxious.	Practice deep breathing during breaks at work.
Tuesday	Morning walk in nature, feeling relaxed and peaceful.	An argument with a friend that made me upset.	Have a calm conversation with my friend to clear the air.
Wednesday	Meditation in the morning set a positive tone for the day.	Negative self-talk when thinking about an upcoming project.	Use affirmations to counter negative thoughts.
Thursday	Completing a task I've been putting off, felt accomplished.	Disagreements with a colleague that drained my energy.	Set boundaries by being clear on my limits in conversations.
Friday	Doing something creative that brought me joy.	Social media comparisons made me feel inadequate.	Limit social media use and focus on my own progress.



## Execution of exercise 2

Day	Circle greener?	Circle red?	Keep it green
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

## 7. Reflection Page

### What Turns Your Circle Red?

Just like it's your responsibility to keep your Green Circle vibrant, it's also your job to recognize when it starts turning red.

Here are a few everyday situations that might affect your circle:

1. **Social pressure:** You're invited to a party, but you're exhausted and need rest. Instead of listening to your body, you go, feeling drained the whole time.
2. **Work stress:** You take on extra tasks to please your boss or colleagues, even though you're already overwhelmed.
3. **Self-doubt:** A small mistake at work makes you spiral into negative thoughts about your abilities.
4. **Toxic relationships:** A friend who constantly criticizes you or dismisses your feelings leaves you feeling drained after every interaction.
5. **Unrealistic expectations:** You scroll through social media and feel pressured to present a "perfect" version of yourself, even if it's not authentic.



### Reflection Exercise:

- Think about your own life:
  - What people, situations, or habits often turn your Green Circle red?
  - Are there things you're doing because you feel you "should," but they don't make you happy?

## 8. Key Takeaways

- The Green Circle represents your happiness, balance, and positivity.
- The Yellow Circle includes people who uplift and support you.
- Protecting your circles is your responsibility, and it starts with knowing what truly matters to you.

***A GREEN CIRCLE IS A HAPPY CIRCLE  
KEEP IT VIBRANT AND YOUR LIFE WILL FLOURISH***



# Module 2

## Self-Awareness and Ownership

*Taking Control of Your Emotions and Decisions*



### 1. Introduction: Why Self-Awareness is Key

Self-awareness is the foundation of emotional freedom.

By becoming aware of your thoughts, feelings, and behaviors, you gain the power to make intentional choices instead of reacting automatically to life's challenges.

In this module, you'll learn how to:

- Recognize the emotions that arise from your thoughts.
- Take ownership of your feelings and actions.
- Use your Green Circle to make more conscious decisions and set stronger boundaries.

Self-awareness isn't just about noticing your emotions—it's about understanding the why behind them and knowing how to respond in a way that nurtures your Green Circle.

## 2. What is Self-Awareness?

Self-awareness is the ability to recognize and understand your emotions, thoughts, and behaviors in the present moment. When you're self-aware, you are not at the mercy of your automatic reactions to situations. Instead, you can pause, reflect, and decide how to respond in a way that aligns with your values and Green Circle.

Self-awareness allows you to:

- **Recognize patterns**: Identify triggers that cause your Green Circle to turn red.
- **Understand your reactions**: Are you reacting based on fear, guilt, or true necessity?
- **Make conscious choices**: Choose how to respond, rather than letting unconscious patterns control you.

## 3. Recognize the Emotions That Arise from Your Thoughts

Emotions don't come out of nowhere; they are triggered by your thoughts. By becoming aware of those thoughts, you can better understand and manage the emotions they create.

How It Works:

### Thoughts Emotions Behavior:

Emotions often result from the meaning we assign to situations, not from the situations themselves.



- Example:
  - Situation: You receive criticism at work.
  - Thought: I'm not good enough.
  - Emotion: Shame or insecurity.
  - Behavior: You withdraw or avoid taking initiative.

By reframing the thought (I can learn from this instead of taking it personally), the emotion changes, and so does the behavior.

### **Exercise:**

Think of a recent situation that triggered a strong emotion. Fill in the following cycle:

- What happened?
- What thought did I have?
- What emotion did this thought create?
- How did I react?

Reflect on how changing your thought could have altered the emotion and the reaction.



## 4. Take Ownership of Your Feelings and Actions

It's easy to blame external factors for how we feel or act. But true strength comes from realizing that you always have control over your response.



How It Works:

- **Stimulus** Reaction: Between any event (stimulus) and your reaction, there is a moment of choice. This is where your power lies.
- **Taking responsibility:** Recognize that your emotions and reactions are yours, even if triggered by others. Owning your responses is key to creating a balanced life.

### Exercise:

Think of a situation where you felt overwhelmed. Answer the following:

- What was my reaction at that moment?
- Was this reaction helpful or harmful to my Green Circle?
- What could I do differently next time?

## 5. Use Your Green Circle to Make More Conscious Decisions

The Green Circle is a practical tool for making better choices. By asking yourself, “Does this choice keep my Green Circle green?” you can prioritize your well-being and set stronger boundaries.

How It Works:



- **Decisions and the Green Circle:**

Before making a choice, ask yourself:

- Does this choice contribute to my happiness, calm, or balance?
  - Or does it bring me stress, guilt, or frustration?
- The Green Circle acts as a filter, helping you decide what to allow into your life and what to let go of.

### Exercise:

Analyze a recent decision through the lens of the Green Circle:

- What was the situation?
- What choice did I make?
- How did this choice impact my Green Circle?
- What could I have done differently?

## 7. Reflection Page

Reflect on these questions to deepen your understanding of self-awareness:

1. What surprised you about the connection between your thoughts and emotions?
2. How did recognizing your patterns change the way you see your reactions?
3. What's one change you can make today to take ownership of your feelings and actions?

## 8. Key Takeaways

- Your emotions are triggered by your thoughts, not the events themselves.
- Taking ownership of your reactions gives you control over your emotional well-being.
- The Green Circle is your compass for making decisions that align with your values and protect your peace.

***AWARENESS IS THE FIRST STEP IN TRANSFORMING YOUR LIFE.  
THE MORE YOU UNDERSTAND, THE MORE YOU CAN CONTROL.***



# Module 3

## Setting and Maintaining Boundaries

*Protecting Your Energy and Prioritizing Your Well-being*



### 1. Introduction: The Power of Boundaries

Boundaries are not walls; they are bridges. They are the limits we set to define who we are, what we stand for, and what we are willing to accept.

#### **Strong boundaries allow you to:**

- Protect your Green Circle from negativity and overcommitment.
- Foster healthier relationships based on mutual respect.
- Maintain your emotional and physical energy for what truly matters.

Without boundaries, life can feel chaotic. You might find yourself saying yes when you mean no, feeling resentful or constantly drained. This module will empower you to recognize where you need boundaries, how to set them effectively, and how to uphold them without guilt.

## 2. Why Boundaries Are Essential

Boundaries are not about pushing others away; they are about protecting what matters most—your Green Circle.

Without clear boundaries, your Green Circle can quickly turn red, leaving you feeling overwhelmed, drained, and disconnected from yourself.

Think of boundaries as the “guardrails” of your Green Circle. They help you prioritize your well-being by filtering out the negativity, stress, or overcommitment that threatens to discolor your space. Boundaries keep your circle green by ensuring that your energy is spent on what truly matters, rather than being consumed by things that don’t align with your happiness and balance.

### Example from the Green Circle Perspective:

- **Without Boundaries:** You say yes to every request from friends or colleagues, leaving no time for rest or self-care. Your Green Circle turns red, filled with frustration and exhaustion.
- **With Boundaries:** You politely decline additional requests, preserving your energy for what recharges you. Your Green Circle stays green, helping you feel balanced and in control.

### How Boundaries Help Keep Your Circle Green:

1. **Protecting Your Energy:** Ensures you’re not drained by situations or people who don’t align with your values.
2. **Fostering Healthy Relationships:** Encourages mutual respect by clearly defining your needs and limits.
3. **Promoting Self-Care:** Gives you the time and space to focus on what nurtures your happiness and well-being.



### **Real-Life Example:**

Imagine a friend who constantly asks for favors but never reciprocates. Without boundaries, you may feel obligated to help, leading to frustration and burnout. With boundaries, you can say no, preserving your energy and peace.

## **3. How to Set Boundaries Effectively**

Setting boundaries doesn't have to be confrontational; it's about clear communication and respect.

### **The 3-Step Boundary Framework:**

1. **Identify the issue:** Be clear on what's turning your Green Circle red.
  - Example: Your weekends are consumed by social obligations, leaving no time to recharge.
2. **State your boundary calmly and clearly:**
  - Example: "I value our time together, but I need Sundays to rest. I won't be available for plans on those days."
3. **Follow through:** Consistency is key to ensuring your boundaries are respected.

### **Tips for Success:**

- Use "I" statements to keep the focus on your needs (e.g., "I feel overwhelmed when...").
- Be firm but kind. Boundaries are about clarity, not conflict.
- Remember: Saying no to others is saying yes to yourself.

### **Additional Tip: Share the Green Circle Concept**

Explaining the Green Circle to your partner or best friend can make boundary-setting much easier. Once they understand the concept, you can simply reference your Green Circle when making decisions.



### Example Scenario:

Your partner asks you to join them at a party and insists that it will be fun. But you feel drained and know you won't enjoy the event. Normally, you might give in to their insistence, but now you have your Green Circle as a guide.

You calmly explain:

- "Going to this party will turn my Green Circle red because I'm tired and need rest. I'd prefer to stay home, recharge, and keep my circle green."

This shifts the focus from saying no to prioritizing your well-being. When your partner understands that your decision is about protecting your balance, they're more likely to support it.

## 4. Exercise 1: Identifying Boundary Needs

Where Are Your Boundaries Missing?

### Instructions:

1. Reflect on areas in your life where you often feel overwhelmed, resentful, or drained. These are signals that a boundary might be missing.
2. Write down specific situations or relationships that make you feel this way.
3. Ask yourself:
  - What is causing this feeling?
  - What boundary could protect my Green Circle in this situation?

Worksheet Example:

Situation	Emotion felt	Needed boundary
Colleague assigning extra work	Frustration, stress	Politely decline tasks outside my role.
Family member criticizing me	Hurt, anger	Limit conversations about personal choices.

Execution of Exercise 1

Situation	Emotion felt	Needed boundary

## 5. Exercise 2: Practicing Boundary Conversations

### Role-Playing Your Boundaries

#### Instructions:

- **Identify the situation:** Think of a specific scenario where you need to set a boundary.
  - Example: A friend frequently calls late at night, disrupting your rest.
- **Draft your boundary statement:** Write down how you will communicate this boundary in a clear, respectful, and kind way.
  - **Example:** "I appreciate our late-night chats, but I need to prioritize my sleep. Can we schedule our calls earlier in the evening instead?"
  - **Tip:** If you're struggling to find the right words, use tools like ChatGPT or other AI assistants. Simply describe your situation, and they can help you craft a polite, effective boundary statement.
- **Practice saying it out loud:** Rehearse your statement in front of a mirror or with a trusted friend to build confidence and ensure it sounds natural.
- **Reflect on the experience:** After practicing, ask yourself:
  - Did my statement feel authentic?
  - Did I convey my needs clearly and respectfully?
  - What adjustments could make it even stronger?



## 6. Maintaining Boundaries Without Guilt

Many people struggle with guilt when setting boundaries, fearing they'll disappoint others. But boundaries are not selfish—they are necessary. They're a way of taking responsibility for your own well-being and protecting your Green Circle.

### **Realize That Your Happiness is Your Responsibility!**

It's important to understand that no one else can make you truly happy. That is your responsibility alone. Expecting others to meet all your needs or compromising your own well-being to please others only leads to frustration and imbalance.

By protecting your Green Circle, you're taking ownership of your happiness and ensuring you can be your best self for those around you. When you prioritize your Green Circle, you're not being selfish; you're taking necessary steps to create a life of balance and fulfillment.

### **Everyone Has Their Own Green Circle**

Just as you are responsible for your own happiness, others are responsible for theirs. Think of it this way: everyone has a Green Circle, and they too are (hopefully) doing their best to keep it green.

When someone reacts negatively to your boundary, it's often because they feel it impacts their own Green Circle. This is natural and doesn't mean your boundary is wrong—it simply reflects that everyone is navigating their own needs.

Understanding this can help you approach boundary-setting with empathy, while still standing firm in your decision to prioritize your well-being.

### **Mindset Shifts to Reduce Guilt:**

- **Reframe your perspective:** Recognize that protecting your Green Circle benefits everyone. When you're happy and balanced, you bring your best self to your relationships.
- **Trust the process:** Those who respect you will appreciate your boundaries, even if it takes time.
- **Affirm your right to self-care:** Remind yourself that boundaries are an act of self-respect, not rejection of others.

### **Example Affirmations:**

- "I am responsible for my happiness, and I honor that responsibility."
- "Setting boundaries is a gift I give myself and those around me."
- "My Green Circle deserves protection, just as others' circles do."

By realizing that everyone has their own Green Circle to protect, participants can approach boundary-setting with confidence and compassion, knowing it's a necessary and mutual part of healthy relationships.

## **7. Reflection Page: What Have You Learned?**

Use the following questions to reflect on your boundary-setting journey:

- Where in your life are boundaries already working well?
- Where do you struggle the most with setting boundaries?
- What is one boundary you will implement this week to protect your Green Circle?



## 8. Key Takeaways

- Boundaries are essential for protecting your Green Circle and prioritizing your well-being.
- Setting boundaries is an act of self-respect and self-care, not selfishness.
- By clearly defining and communicating your boundaries, you create space for balance and fulfillment in your life.

***BOUNDARIES ARE A DECLARATION  
THAT YOUR HAPPINESS IS A PRIORITY***



# Module 4

## Deepening Your Understanding of the Yellow Circle

*Strengthening Connections While Protecting Your Green Circle*



### 1. Introduction: Revisiting the Yellow Circle

In Module 1, we introduced the concept of the Yellow Circle—a space reserved for the people you trust and love, and who you believe have your best interests at heart.

These relationships can uplift and support you, but they can also present challenges if not carefully managed.

This module takes a deeper dive into the Yellow Circle, focusing on how to:

- Evaluate whether someone truly belongs in your Yellow Circle.
- Navigate complex relationships, such as those with family members, while protecting your Green Circle.
- Set and maintain boundaries in a respectful yet firm way.

Even those in your Yellow Circle can, intentionally or unintentionally, drain your energy or push your boundaries. This module equips you with the tools to manage these dynamics effectively.

## 2. Expanding the Definition of the Yellow Circle

The Yellow Circle is a place for meaningful, supportive connections—but not everyone we care about automatically belongs there. Sometimes, people we love, such as parents or long-time friends, may consistently challenge our boundaries or turn our Green Circle red.

### Example 1: A Difficult Parent

Imagine you've placed your mother in your Yellow Circle because she's family, and you love her. But she frequently makes negative remarks, manipulates you with guilt, or questions your decisions. These actions drain your energy and leave you feeling hurt or resentful, turning your Green Circle red.

#### How to Address This:

- **Reevaluate Placement:** It's okay to recognize that while you love her, she might not belong in your Yellow Circle.
- **Set Boundaries:** For example, limit discussions on sensitive topics or reduce the frequency of interactions.
- **Communicate Respectfully:** "Mom, I value our relationship, but I need us to avoid discussing [specific topic], as it affects me negatively."

### Example 2: A Friend Who Drains You

You've placed a long-time friend in your Yellow Circle, but they consistently demand your time and attention without reciprocating.



## How to Address This:

- **Reassess the Relationship:** Does this friendship align with your values and energy?
- **Set Clear Limits:** For example, let them know when you're unavailable or prioritize your needs.
- **Communicate Honestly:** "I care about you, but I need some space to focus on my own well-being right now."

## 3. Exercise 1: Refining Your Yellow Circle

### *A Deeper Evaluation of Your Relationships*

#### **Instructions:**

This exercise builds on the work you started in Module 1, where you identified who belongs in your Yellow Circle. Now, evaluate your relationships more deeply by considering their impact on your Green Circle.

#### **Steps:**

1. List the people currently in your Yellow Circle.
1. Reflect on the following questions:
  - Do they uplift me or drain me?
  - Do they respect my boundaries?
  - Am I holding them in my Yellow Circle out of love, habit, or obligation?
2. Adjust your Yellow Circle if necessary.





Name	Positive impact?	Respects boundaries?	Belongs in yellow circle?	Action plan
Mom	Rarely	No	No	Limit sensitive topics
Best friend	Yes	Yes	Yes	Plan a catch-up call
Colleague	Sometimes	No	No	Reduce interaction

## Execution of exercise 2

Name	Positive impact?	Respects boundaries?	Belongs in yellow circle?	Action plan

## 4. Advanced Boundary-Setting Techniques

Boundaries are not one-size-fits-all. Here are additional strategies for managing complex relationships:

### 1. **Anticipate pushback:**

- Not everyone will immediately respect your boundaries. Stay consistent and firm.
- Example: If a parent frequently criticizes your decisions, calmly reiterate, "I appreciate your concern, but I've made my decision, and I hope you can support it."

### 2. **Use the Green Circle as a reference:**

- Explain your choices in terms of the Green Circle.
- Example: "This decision helps me feel balanced and happy, and I need to prioritize that."

### 3. **Reframe boundary-setting as kindness:**

- Remind yourself and others that boundaries strengthen relationships by fostering mutual respect.

## 5. Exercise 2: Mastering the Art of Setting Boundaries

In this exercise, you'll practice expressing boundaries in a clear, kind, and respectful manner. Instead of role-playing, this exercise focuses on real-life scenarios where boundaries are often challenged. You'll learn to reflect on your needs and articulate them in a way that maintains positive relationships.

## Step 1: Real-Life Examples of Challenging Boundaries

### 1. Managing Overbearing Relatives:

- Scenario: A family member frequently gives unsolicited advice about your parenting style.
- Boundary Statement:
  - "I know you have good intentions, and I really appreciate your concern. I'm trying to find my own way as a parent, and it would mean a lot if you could give me more space to do so."

### 2. Handling a Critical Friend:

- Scenario: A friend often makes subtle remarks that feel critical.
- Boundary Statement:
  - "I really value our friendship and want us to continue supporting each other. Sometimes, certain comments feel a bit hurtful. Could we work on keeping things more positive?"

### 3. Protecting Time at Work:

- Scenario: Your manager frequently assigns tasks outside work hours.
- Boundary Statement:
  - "I want to contribute and do my best work. After work hours, though, I need to focus on maintaining balance. Could we schedule tasks earlier in the day?"

### 4. Saying No to Social Pressure:

- Scenario: Friends pressure you into activities you're not comfortable with.
- Boundary Statement:
  - "Thank you so much for inviting me, but this isn't the right time for me. I'd love to join for something else in the future!"

### 5. Setting Limits with Adult Children:

- Scenario: Your grown child frequently asks for financial help without working toward independence.



- Boundary Statement:
  - "I want to support you as much as I can, but I also think it's time to take steps toward financial independence. Let's work together on a plan for you."

## 6. Navigating Emotional Dependency:

- Scenario: A close friend heavily relies on you for emotional support but doesn't reciprocate.
- Boundary Statement:
  - "I care about you and our friendship, but I also need some time to recharge. Let's find a balance that works for both of us."

## 7. Dealing with a Micromanaging Boss:

- Scenario: Your manager frequently checks on your progress, leaving you feeling undervalued.
- Boundary Statement:
  - "I really value your feedback and involvement. I find I work best when I have some space to focus. Could we set regular check-ins instead?"

## 8. Navigating a Co-Parenting Relationship:

- Scenario: Your ex-partner criticizes your parenting choices in front of your children.
- Boundary Statement:
  - "For the kids' sake, I think it's best if we discuss any parenting differences privately. Let's set a time to talk about it."

## 9. Protecting Your Weekends:

- Scenario: A neighbor frequently drops by uninvited during your downtime.
- Boundary Statement:
  - "I love catching up with you, but weekends are when I focus on family time. Could we plan to chat during the week instead?"

## 10. **Maintaining Privacy with Acquaintances:**

- Scenario: An acquaintance asks personal questions that make you uncomfortable.
- Boundary Statement:
  - "I prefer to keep that part of my life private, but I'd love to hear how things are going for you!"

### **Step 2: Craft Your Boundary Statements**

Think of a situation where you struggle to set boundaries. Use this structure:

- "I feel [emotion] when [situation]. I need [specific boundary/action]."

### **Step 3: Get Support if Needed**

If you find it challenging to express your boundaries, tools like ChatGPT can help. Ask for suggestions to frame your statement in a respectful and clear way.

#### **Example Query for AI:**

"I need help setting a boundary with a colleague who interrupts me during work. Can you help me phrase this in a kind but firm way?"

## 6. Reflection Page: Deepening Your Yellow Circle

Use these prompts to reflect on the relationships in your Yellow Circle:

- Which relationships bring the most positivity to your Green Circle?
- Are there people in your Yellow Circle who consistently challenge your boundaries?
- What's one step you can take to improve a relationship or protect your Green Circle?

## 7. Key Takeaways

- Your Yellow Circle should be a source of support, not stress.
- Boundaries are acts of respect—for yourself and others.
- It's okay to reevaluate relationships to prioritize your well-being.

***EACH CHOICE TO PROTECT YOUR GREEN CIRCLE  
IS A VOTE FOR YOUR OWN WELL-BEING***



# Module 5

## Breaking Free from Societal Expectations

*Embracing Your Authentic Self Within the Green Circle Framework*



### 1. Introduction: The Weight of Societal Expectations

Societal expectations are powerful and often unspoken pressures that tell us how we should look, act, and live. These expectations come from various sources: family, friends, media, and cultural norms. They create a vision of who we “should” be, often leading us to suppress our true selves and prioritize external approval.

**In this module, we'll focus on how to:**

- Recognize the societal pressures influencing your behavior and decisions.
- Break free from societal norms that don't align with your Green Circle.
- Create space for authenticity and build a life that aligns with your personal values.

## 2. Understanding Societal Expectations

The societal pressures we face often fall into these categories:

### 1. **Media and Advertising:**

- Idealized body types, lifestyles, and success stories in the media.

### 2. **Cultural Norms:**

- Expectations about relationships, career choices, and life milestones.

### 3. **Peer Influence:**

- Pressure to fit in with friends or colleagues.

## 3. Breaking Free from External Pressures

### 1. **The Social Media Trap**

Many people, especially after a breakup, feel pressured to appear happy on social media—posting pictures of themselves having fun, doing well, when in reality, they are still processing pain and uncertainty.

#### Real-Life Example:

- Imagine you've just gone through a breakup. You're feeling hurt, lost, and filled with questions. But society expects you to "move on" and show the world that you're fine. The pressure to post happy images can lead to further emotional turmoil, turning your Green Circle red.

#### How to Break Free:

Instead of succumbing to social media pressures, turn inward. Communicate your feelings with your ex, if needed, to seek closure. Express how you feel in a healthy way, respecting your Green Circle.



### Boundary Example:

- “I understand that we’ve broken up, but I need closure to fully move on. Can we talk for a few minutes so I can understand things better?”

## **2. Reclaiming Your Self-Worth**

Another example is the societal pressure on women to look a certain way—often linked to body image. Women may avoid wearing a bikini at the beach because they fear judgment for not having the “ideal” body. The opinions of others can make you hide or avoid things that bring you joy.



### Real-Life Example:

You’re at the beach, and you’re afraid of wearing a bikini because you don’t meet society’s standard of “perfection.” But the people around you—strangers—don’t belong in your Yellow Circle and shouldn’t influence your Green Circle.

### How to Break Free:

If wearing a bikini makes you feel confident and happy, go ahead and wear it! Embrace your body for what it is, without worrying about the judgment of others.

### Boundary Example:

“I understand that others may judge me, but I feel happy and confident when I wear what I feel comfortable in. I’m going to enjoy my time and not worry about others’ opinions.”



## 4. Exercise 1: Defining Your Own Success and Boundaries

### Prioritizing Your Happiness Over External Validation

#### Instructions:

1. Identify a situation where you are feeling pressure to conform to societal norms (e.g., career, relationships, appearance).
2. Write down how you feel when you try to meet these expectations.
3. Create a boundary that helps you stay true to your Green Circle while acknowledging the external pressure.

#### Example:

- Pressure: Social media standards for body image.
- Boundary: "I will stop comparing myself to others. I will focus on being healthy and happy, not meeting unrealistic standards."

Pressure	Feelings	Boundary

## 5. Reflection Page: Releasing Societal Pressure

Use the following prompts to reflect:

- Which societal expectation have you successfully let go of?
- How does this new boundary align with your Green Circle?
- What's one societal expectation you will challenge next to protect your Green Circle?

### 5. Key Takeaways

- Societal expectations can limit your happiness, but recognizing and challenging them frees you to live authentically.
- The Green Circle is your safe space for defining your own success and happiness.
- It's okay to say no to societal pressures in favor of self-care and inner peace.

***THE ONLY APPROVAL YOU NEED IS YOUR OWN***

# Module 6

## Practical Steps for a Balanced Life

### *Living Authentically Within Your Green Circle*



### **1. Introduction: Building a Life That's Truly Yours**

The journey to creating and maintaining your Green Circle has been about reclaiming your peace, defining your values, and prioritizing what truly matters.

As you close this course, remember: your Green Circle isn't just a tool—it's a lifestyle.

This final module is about living with intention, staying true to yourself, and embracing the joy that comes from making choices aligned with your well-being.



## 2.The Power of the Green Circle

Your Green Circle is more than a visual concept; it's a powerful framework for navigating life. Here's how it empowers you:

1. **Simplifying Difficult Decisions:** By aligning your choices with your Green Circle, tough decisions become clearer.
2. **Setting and Protecting Boundaries:** Your Green Circle gives you permission to say no when it's necessary for your peace.
3. **Disconnecting Emotions from Choices:** It helps you make logical, values-driven decisions rather than reactive ones.
4. **Finding and Sustaining Happiness:** True happiness comes from within, and the Green Circle keeps you focused on what brings you genuine joy.



## 3.The Truth About Happiness

Happiness isn't about being liked by everyone or owning the latest luxury items. True happiness comes from within and is cultivated by:

- **Focusing on Your Yellow Circle:** The opinions of people outside your Yellow Circle shouldn't matter. These are not the people who shape your happiness.
- **Taking Responsibility for Your Own Joy:** No one can make you happy except you. Others can contribute to your joy, but the foundation must come from within.
- **Releasing Materialism:** Material possessions can enhance your life but won't create lasting happiness. A beautiful car may bring pride or comfort, but true contentment lies in gratitude and inner peace.

## 4. Respecting Others' Green Circles

One of the most liberating aspects of the Green Circle framework is learning to focus on your own circle while respecting others'.

### Key Reminders:

- **Avoid Giving Unsolicited Criticism:** Everyone is doing their best to protect their own Green Circle, even if their actions differ from yours.
- **Let People Be:** If someone's actions don't harm your Green Circle, let them live their life. Focus on your own growth and let others focus on theirs.
- **Practice Compassion:** Everyone has struggles. Instead of judging, extend understanding and kindness.

## 4. Creating a Manageable World

Life can feel overwhelming, but your Green Circle helps you make it simpler and more manageable.



By narrowing your focus to what truly matters:

- You reduce stress and gain clarity.
- Your decisions become easier because you're guided by your values.
- You learn to stand firm in your choices and prioritize your well-being.

### Example:

- Before Green Circle: You worry about pleasing everyone at work, at home, and in your social circles.
- After Green Circle: You focus on what's most important—your values and the people in your Yellow Circle—allowing you to spend your energy more effectively.



## 5. Tips and Encouragement for Living Green

### 1. **It's Okay to Say No:**

Every time you say no to something that doesn't align with your Green Circle, you're saying yes to your peace.

### 2. **Small Steps Matter:**

You don't have to overhaul your life overnight. Simple changes, like setting one boundary or practicing gratitude daily, can have a huge impact over time.

### 3. **Trust Yourself:**

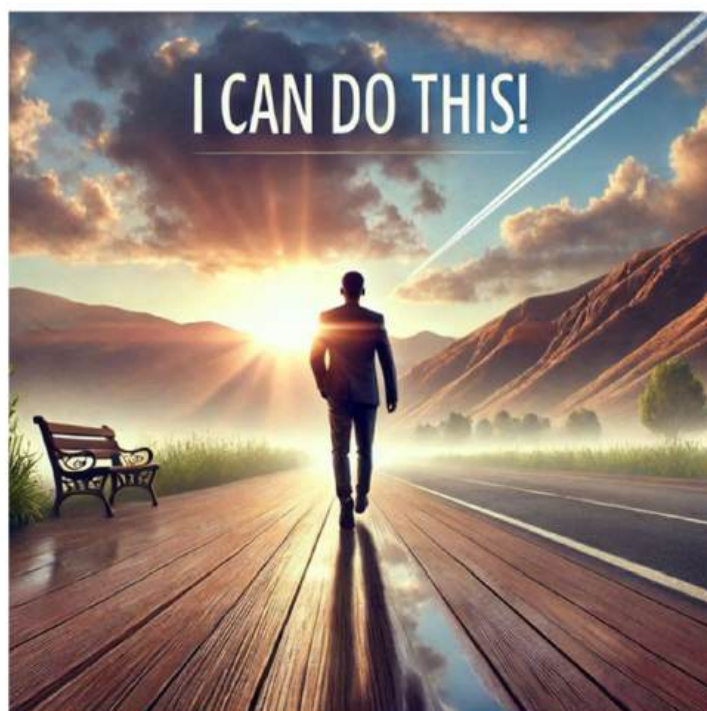
You are the best judge of what's right for you. Trust your instincts and let your Green Circle guide you.

### 4. **Embrace Imperfection:**

No one is perfect, and no one's Green Circle will stay green 100% of the time. What matters is recognizing when it's turning red and taking action to bring balance back.

### 5. **Your Green Circle is a Safe Space:**

Let it be your refuge, a place where you can reflect, reset, and recharge.





# Closing Message

## Your Green Circle, Your Life

The Green Circle isn't just a concept; it's a way to live with purpose, clarity, and happiness. By focusing on what matters most, you can create a life that's authentic, balanced, and fulfilling.

Always remember:

- Your Green Circle is yours to protect.
- Your happiness comes from within.
- And the more you embrace this framework, the more you'll inspire others to do the same.

***HAPPINESS DOESN'T COME FROM THINGS OR PEOPLE  
IT COMES FROM THE CHOICES YOU MAKE TO HONOR YOUR  
VALUES AND PROTECT YOUR PEACE.***