

Chapter 8 – Your Playlist, Your Power

Yes/No Playlist Cards

Create a go-to deck for setting confident boundaries.

Instructions:

1. Cut out each card below. On the YES cards, write things you want more of—joy, connection, calm.
2. On the NO cards, list what drains your energy—obligations, pressure, toxic vibes.
3. Shuffle through your deck whenever you need a boundary boost.
4. Keep them in your wallet, planner, or mirror for daily mindset reminders.

YES

Write your playlist boundaries here

NO

Write your playlist boundaries here

YES

Write your playlist boundaries here

NO

Write your playlist boundaries here