


*The Difference Between*  
**PROTECTION & POSITIVITY**

“ PROTECT YOUR PEACE WITHOUT APOLOGY. CHOOSE POSITIVITY ON PURPOSE. THAT'S HOW YOU WIN. ” 

**INSTRUCTIONS:** Take time to reflect honestly. Use this worksheet to gain clarity, protect your peace, and walk in your purpose.

**1. WHAT IS PROTECTION FOR YOU?**

List ways you protect your peace, energy, and mental health.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



PROTECTION IS YOUR BOUNDARY.

POSITIVITY IS YOUR MINDSET.



**2. WHAT IS POSITIVITY FOR YOU?**

List ways you intentionally choose positivity in your life.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





**3. DIFFERENTIATE THE TWO**

Write how PROTECTION and POSITIVITY show up differently in your life.

PROTECTION (Setting Boundaries)	POSITIVITY (Choosing Perspectives)
When I protect my peace, I...	When I choose positivity, I...
Examples: _____	Examples: _____
_____	_____
_____	_____

**4. REAL LIFE REFLECTION**

Answer the following honestly.

-  What drains my energy the most? \_\_\_\_\_
-  What lifts my spirit the most? \_\_\_\_\_
-  Where do I need more protection? \_\_\_\_\_
-  Where do I need more positivity? \_\_\_\_\_

**5. DAILY COMMITMENT**

Write one protection boundary and one positive choice you will commit to this week.

**MY PROTECTION BOUNDARY:**

This week, I will...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**MY POSITIVE CHOICE:**

This week, I will...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**6. AFFIRMATION**

Speak this over your life daily.

“ I PROTECT MY PEACE WITHOUT APOLOGY. I CHOOSE POSITIVITY ON PURPOSE. THAT'S HOW I WIN. ”



ONE WORLD.



ONE PEOPLE.



MANY STORIES.



ONE PURPOSE.



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PRINT THIS WORKSHEET AND USE IT AS OFTEN AS YOU NEED.

