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# The Protective Gates Map

Visualizing what you need to keep out, and what is safe to let in.

A gate does not mean you are hiding; it means you have the power to choose who and what enters your space. You can write or simply reflect in these spaces. There are no wrong answers.

## The Safe Harbor (Inside the Gate)

What is inside your gate today? Write down the things, people, or feelings that bring you a sense of quiet, safety, or nourishment.

(Examples: My morning coffee, time with my kids, feeling grounded, my right to rest.)

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## Outside the Gate (What Needs to Pause)

What feels too loud, demanding, or unsafe to let into your harbor today? What are you choosing to leave outside the gate for now? (Examples: Other people's opinions, the pressure to have a perfectly clean house, checking my phone before 8 AM, a specific draining relationship.)

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## You Hold the Key

What is one small "Protective Gate" you can close today to protect your harbor?

(Example: "I will put my phone on Do Not Disturb for one hour." or "I will say 'Let me think about it' instead of saying 'Yes' right away.")

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"My peace is precious, and I have the right to protect it."

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