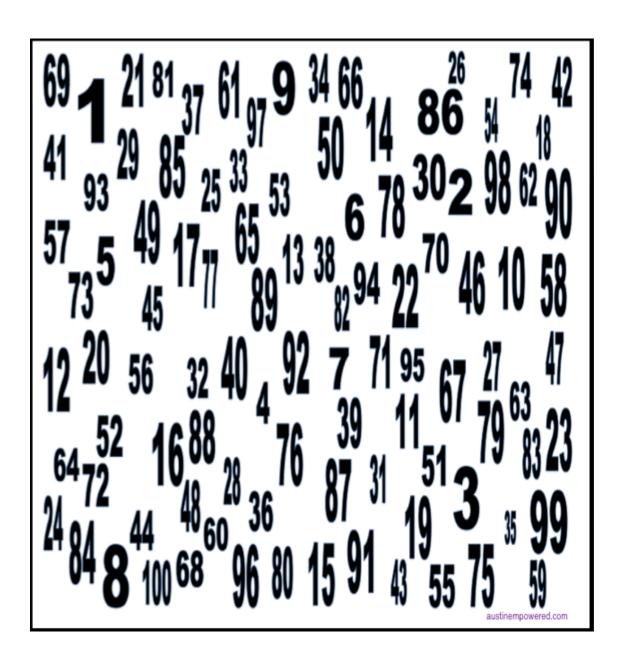


4500 Alamosa Drive Austin, Texas, 78759

(512) 422-1712 cindy@austinempowered.com AustinEmpowered.com

## **Boundaries Matter - A**

Set a timer for a minute. Circle as many numbers as you can in sequential order.





4500 Alamosa Drive Austin, Texas, 78759

(512) 422-1712 cindy@austinempowered.com AustinEmpowered.com

## **Boundaries Matter - B**

Set a timer for a minute. Circle as many numbers as you can in sequential order. Compare to the number you got in A.

