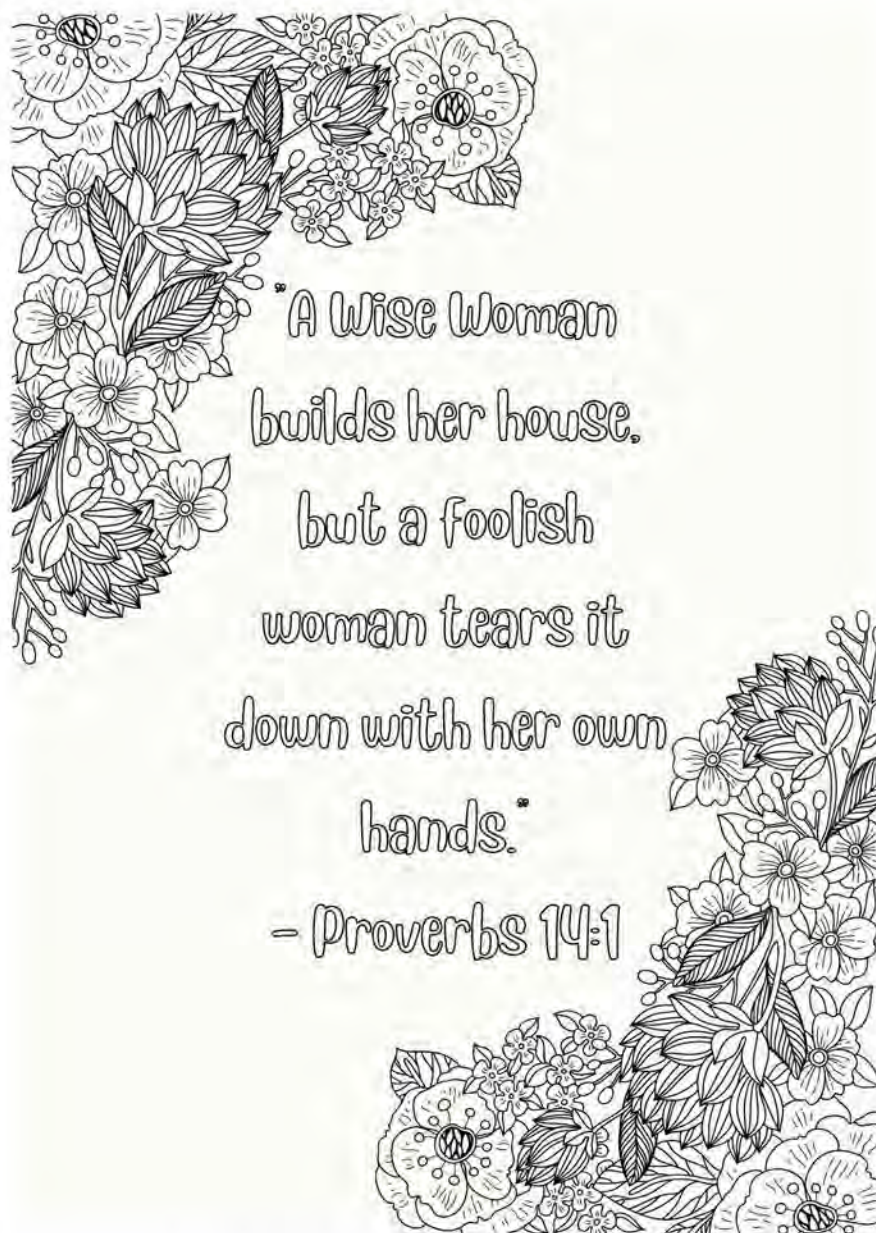


As Wise Women, we are responsible for creating the boundaries, foundations, and walls that piece together our vibrant lives.

When you first buy a house, you get a survey done. This is so you have your boundaries established. It's important to know where that fence is going to go!

In the Carousel of Crazy book, I shared a poignant Bible verse that shook me to my core:



"A Wise Woman builds her house, but a foolish woman tears it down with her own hands." - Proverbs 14:1

## How do we build our houses?

1. By establishing boundaries. I shared the story about our fence, and how we established a 1-foot "buffer" space to separate our dog from the neighbor's dog. When we know what belongs to whom, and where one thing ends and another begins, we respect ourselves and we respect others.
2. By building a foundation out of appreciation, respect, trust, and commitment --for yourself, just as you would have in a relationship.
3. By erecting (and sometimes, breaking down) walls. Sometimes they are built to keep people out, and sometimes they are built to keep people in. They can either be a place of comfort and belonging or a place of imprisonment and division.
4. By building a roof to protect us from the outside elements. Things will come at you--but a roof protects you.
5. By decorating! Let your house (life) reflect who you are - get some tips but create your own aesthetic!