# Say It Without Guilt – Boundary Scripts Toolkit for Women

Say It Without Guilt The Ultimate Boundary Scripts Toolkit for Women



From: Mindfully Hers For the courageous woman choosing peace over people-pleasing Setting boundaries can feel intimidating at first — especially if you were raised to put everyone else first.

But clear boundaries protect your energy, honor your feelings, and make your relationships healthier.

This guide provides practical scripts you can use right now, as well as simple journal prompts to help you reflect and grow into the woman who holds her boundaries with ease.

Keep this cheat sheet close.

# Scripts for Friends

Speak your truth without guilt. Be kind. Be clear. Be free

#### 1. When Your Friend Always Trauma Dumps Without Asking

#### 🗩 You want to support her, but you're not always emotionally available.

#### Scripts:

- "I want to be here for you, but I need you to check in first before diving into something heavy. Some days I'm not in the space to hold that kind of conversation."
- 2. "I care about you, but I'm also managing a lot emotionally. Could we set a time to talk when I can be fully present?"
- 3. "Right now, I don't have the capacity to process deep stuff. Can we talk later or when I'm in a better mental space?"

#### ◆ 2. When They Disrespect Your Time or Cancel Last-Minute

#### 🗩 You feel like your time isn't being respected.

#### Scripts:

1. "I understand things come up, but when plans change last-minute, it throws off my day. I'd appreciate more notice next time."

- 2. "My time is important to me, just like yours is to you. Can we make sure we're both honoring our commitments?"
- 3. "If things keep changing last minute, it might be better to plan when we're both 100% sure we can commit."

#### 3. When You Need Alone Time or Space

# 🗩 You're overstimulated, tired, or just need solitude.

#### Scripts:

- "I'm in a quiet space right now and just need some alone time to recharge. I'll reach out when I feel more social."
- 2. "I love our friendship, but I need space to reflect and breathe today. Thank you for understanding."
- 3. "It's nothing personal, I'm just feeling a little emotionally drained and need time to myself."

# ◆ 4. When Your Friend Is Being Too Controlling or Over-Involved

# You feel like your independence is being dismissed.

- 1. "I value your advice, but I need space to make my own choices—even if I make mistakes. That's how I learn."
- 2. "I'm working on trusting myself more. I'd really appreciate support without pressure to follow a certain path."
- 3. "I hear where you're coming from, but I want to try doing this my own way."

• 5. When They Guilt-Trip You for Saying No

# You're being emotionally manipulated for setting boundaries.

# Scripts:

- 1. "I said no because I'm honoring what I need right now. I hope that can be respected."
- 2. "It's hard for me to say no sometimes, but I'm learning that I have to put myself first in some situations."
- 3. "I'm not available for this, and I hope we can still maintain mutual respect even when our answers differ."

# ◆ 6. When She Shares Your Personal Info Without Permission

# 🗩 She breaks your trust by oversharing.

# Scripts:

- 1. "I shared that with you in confidence, and it really hurt to hear it was passed on. Can we agree to keep things between us moving forward?"
- 2. "It's important for me to feel safe in my friendships. I'd like to ask that my personal stuff stay private unless I say otherwise."
- 3. "I was surprised to hear you told someone about [X]. That crossed a line for me."

# • 7. When Your Values No Longer Align

The friendship feels misaligned or stagnant.

- 1. "I've grown a lot and my priorities have shifted. I still care about you, but I think we're heading in different directions."
- 2. "I don't feel as connected anymore, and I think it's okay to admit that with love and grace."
- 3. "Sometimes friendships fade and it's no one's fault. I'm choosing to create space for what aligns with who I'm becoming."

# • 8. When She Makes Passive-Aggressive or Hurtful Comments

# You're tired of being the butt of jokes or shady remarks.

#### Scripts:

- 1. "I know you were joking, but it didn't land well with me. I'd prefer we keep our humor kind."
- 2. "That comment felt a bit sharp. Can we avoid making jokes at each other's expense?"
- 3. "It may not have been your intention, but it felt hurtful. I'd rather we speak openly than hide things behind sarcasm."

# • 9. When You're Always the One Giving

# 🔎 The friendship feels one-sided.

- 1. "I've realized I'm doing most of the emotional lifting in our friendship. I'd love for support to feel more mutual."
- 2. "Right now, I need to step back from being the go-to person and prioritize myself for a bit."
- 3. "I've been pouring from an empty cup lately, and I need to reserve some of that energy for myself."

#### 10. When She Brings Constant Negativity

# 🗩 She drains your energy instead of lifting you up.

# Scripts:

- 1. "Can we shift this convo to something lighter? I've been trying to stay in a more positive headspace."
- 2. "I understand life is hard sometimes, but I also need space to protect my peace."
- 3. "Lately, I've been limiting conversations that focus only on problems. Can we talk about something else?"

# 11. When She Crosses Physical Boundaries

# She touches your belongings or your body without asking.

# Scripts:

- 1. "I'm working on being more in tune with my physical boundaries—can we ask before hugging or touching?"
- 2. "I'd appreciate it if you didn't go through my things without asking. It helps me feel respected."
- 3. "That made me uncomfortable. Please ask next time before entering my space like that."

# 12. When She Pressures You to Conform

She mocks your beliefs, growth, or choices.

- 1. "I get that my path may look different, but it's right for me. I'd appreciate support, not judgment."
- 2. "I'm not asking you to agree with me-just to respect my choices."
- 3. "Let's honor each other's growth, even if we're evolving in different ways."

# 13. When the Friendship Feels Competitive

#### She compares, competes, or undermines your wins.

# Scripts:

- 1. "I want friendships where we can both celebrate each other without comparison. Let's lift each other up."
- 2. "I don't see our journeys as a competition. I hope we can support one another instead."
- 3. "I feel like I'm being measured or compared, and that makes me hesitant to share my wins."

# 14. When You Feel Unseen or Unheard

# Your opinions or feelings are constantly dismissed.

- 1. "I'd really like to feel more heard in our conversations. Can we work on giving each other space to speak?"
- 2. "I notice when I talk, the focus shifts quickly. I want to feel like my words matter too."
- 3. "Being seen and heard matters deeply to me—can we be more mindful of that?"

#### ◆ 15. When You Want to Say "No" Without Guilt

#### You want to decline invitations or requests without justification.

#### Scripts:

- 1. "I won't be able to join, but thank you for inviting me."
- 2. "I'm not up for it, but I hope you have an amazing time!"
- 3. "That doesn't work for me right now. Let's catch up another time."

#### 16. When You Decide to End the Friendship

#### 🗩 You're done and need peace.

- 1. "I've given this a lot of thought, and I don't feel this friendship is healthy for me anymore. I'm choosing to step away with respect."
- "I wish you well, but I need to move forward without this connection in my life. It's a decision I'm making for my well-being."
- 3. "Thank you for the good memories, but this season of friendship has come to a close for me."

# Scripts for Work

A high-value resource for self-respecting women at work

# 1. **S** When You're Given Tasks Outside Your Role

#### Scenario: You're constantly asked to do work that's not in your job description.

#### Scripts:

#### 1. Respectfully Assertive

"I'm happy to help when I can, but I'd like to stay aligned with my role's priorities. Can we discuss what's most urgent on my actual responsibilities first?"

#### 2. Calm and Professional

"This falls outside my current scope. Let's see who might be more suitable or if it needs to be reassigned."

#### 3. Direct but Firm

"I need to stick to my defined responsibilities. I won't be taking this on."

# 2. 🕒 When a Colleague Frequently Interrupts Your Focus Time

Scenario: You've blocked out focus time, but a coworker keeps chatting or interrupting.

#### 1. Respectfully Assertive

"Hey! I'm deep in something right now. Can we catch up later after my focus window?"

# 2. Calm and Professional

"I'm currently working in a focused block—can you drop me a message and I'll circle back once I'm done?"

# 3. Direct but Firm

"I can't talk right now. Please respect my work hours and check in later."

# 3. 📩 When You're Contacted After Work Hours

# Scenario: A manager or coworker expects a reply during off-hours.

#### Scripts:

#### 1. Respectfully Assertive

"I saw your message—I'll get back to you first thing tomorrow during work hours."

# 2. Calm and Professional

"I'm offline after [X PM] for personal time. Let's reconnect in the morning."

# 3. Direct but Firm

"I don't respond to work communications after hours unless it's urgent. Please email instead."

# 4. 😤 When a Colleague Takes Credit for Your Work

# Scenario: Your ideas or efforts are presented as someone else's.

# Scripts:

# 1. Respectfully Assertive

"Thanks for highlighting that. That idea was something I worked on, and I'm glad it's resonating with the team."

#### 2. Calm and Professional

"Just to clarify, that contribution was part of my work on the [project name]. Happy to share more if needed."

# 3. Direct but Firm

"That was my work. I expect credit where it's due—let's keep the record straight moving forward."

# 5. 💬 When Someone Talks Over You in Meetings

# Scenario: You're interrupted repeatedly or not given space to speak.

# Scripts:

# 1. Respectfully Assertive

"I'd like to finish my thought before we move forward, thank you."

# 2. Calm and Professional

"Let me complete this point—I'll be brief."

# 3. Direct but Firm

"I wasn't finished speaking. Please allow me to complete my thought."

# 6. <a>@ When You're Asked to Mentor Without Recognition or Pay</a>

# Scenario: You're informally expected to train or mentor others without acknowledgment.

# Scripts:

# 1. Respectfully Assertive

"I'm honored to support, but I'd like to discuss how mentoring fits into my role officially."

# 2. Calm and Professional

"Can we evaluate how this impacts my workload and whether compensation or role adjustment is possible?"

#### 3. Direct but Firm

"I'm no longer able to offer mentoring unless it's recognized as part of my responsibilities."

#### 7. Discrete When Someone Makes Passive-Aggressive or Sexist Remarks

#### Scenario: Subtle digs, condescension, or undermining disguised as "jokes."

#### Scripts:

#### 1. Respectfully Assertive

"That comment didn't sit right with me. Let's keep things professional."

#### 2. Calm and Professional

"I prefer we avoid those kinds of remarks—it affects the tone of the workplace."

#### 3. Direct but Firm

"That was inappropriate. Please don't speak to me like that again."

#### 8. 🔄 When You're Overloaded & Can't Take On More

#### Scenario: You're asked to take on more work when you're already overwhelmed.

#### **Scripts:**

#### **1. Respectfully Assertive**

"I want to give each task my best—right now my plate is full. Can we revisit this after current priorities are done?"

#### 2. Calm and Professional

"I'm at full capacity at the moment. If this is a priority, something else will need to be deprioritized."

#### 3. Direct but Firm

"I'm at my limit. I can't take on anything additional right now."

Scenario: A coworker repeatedly invades physical boundaries or gets too close.

Scripts:

#### 1. Respectfully Assertive

"I'm not comfortable with that. Please respect my space."

# 2. Calm and Professional

"I prefer not to be touched in the workplace. Let's keep our interaction professional."

# 3. Direct but Firm

"Please don't touch me again. It's not appropriate."

# 10. 📕 When You're Expected to Stay Silent About Unfair Practices

# Scenario: You're pressured to "let things go" or not speak up.

# Scripts:

# 1. Respectfully Assertive

"I believe in fairness and I'm not comfortable staying silent about this."

# 2. Calm and Professional

"I'll be raising this through the appropriate channels—I want to do what's right."

# 3. Direct but Firm

"I won't stay silent on this. I'm going to report it and take the necessary steps."

+ Optional Closing Statements You Can Add:

- "Thanks for understanding."
- "Let me know if you'd like to revisit this professionally."
- "I value clarity and honesty in my work relationships."

#### MINDFULLY HERS

# Scripts for Relationships

For Women Learning to Voice Their Needs with Confidence

#### SCENARIO 1: You're Being Emotionally Invalidated or Gaslit

#### ► What's happening:

You're told you're "too sensitive," "imagining things," or being dramatic when expressing your feelings or concerns.

#### V Boundary Scripts:

- 1. "My emotions are valid, even if you don't understand them. I need space to feel and process without being dismissed."
- 2. "I'm open to having a conversation, but not if I'm going to be mocked or belittled for expressing my truth."
- 3. "Please don't minimize my feelings. If I say something hurt me, I'd appreciate if you took it seriously."

#### SCENARIO 2: They Cross a Physical or Intimacy Boundary

#### ► What's happening:

They push for intimacy when you're not ready or comfortable, ignore your cues, or guilt-trip you into physical closeness.

**V** Boundary Scripts:

- 1. "I need you to respect my pace. My comfort matters just as much as your desires."
- 2. "I care about this relationship, and I need you to know that 'no' isn't rejection it's a boundary."
- 3. "If I say I'm not ready, I need that to be heard not debated."

#### SCENARIO 3: You're Always Giving and Not Receiving

# ► What's happening:

You're always the one compromising, initiating, fixing, or understanding. You feel drained and emotionally abandoned.

#### V Boundary Scripts:

- 1. "This relationship feels one-sided lately. I need effort and presence from both of us, not just me."
- 2. "Love isn't just about showing up when it's convenient. I need you to meet me halfway."
- 3. "I'm done overextending myself to hold this together. If I'm the only one trying, something needs to change."

#### SCENARIO 4: They're Disrespecting Your Time, Energy, or Priorities

#### ► What's happening:

They show up late, cancel last minute, expect emotional availability 24/7, or mock your goals/passions.

**W** Boundary Scripts:

- 1. "My time is just as valuable. I won't keep making room for someone who doesn't respect it."
- 2. "I won't drop everything to accommodate someone who doesn't reciprocate that energy."
- 3. "If being ambitious or having personal goals bothers you, this might not be the partnership you're looking for."

# • SCENARIO 5: You're Ready to End the Relationship, But They're Manipulative or Love Bombing

# ► What's happening:

You've decided to walk away but they use guilt, grand gestures, or emotional threats to pull you back in.

#### **W** Boundary Scripts:

- 1. "I've made my decision. Please respect it. I won't allow guilt to override what's best for my well-being."
- 2. "Your sudden affection doesn't erase the pattern of harm. I deserve consistency, not confusion."
- 3. "I'm not changing my mind. This isn't easy, but it's necessary. Please don't contact me for now."

# SCENARIO 6: They Involve Others in Your Private Relationship Matters

# ► What's happening:

They share your private conversations or conflicts with friends, family, or online without consent.

# **V** Boundary Scripts:

- 1. "I'm not okay with our private issues being public. I need trust and privacy in this relationship."
- 2. "If you need to vent, talk to me not the whole world. That's how we build trust, not break it."
- 3. "If this continues, I'll need to pull back. I don't want to be in a relationship that doesn't protect my dignity."

# SCENARIO 7: You're Being Emotionally Manipulated with Silent Treatment or Passive Aggression

► What's happening:

They punish you with silence, sarcasm, or moodiness instead of direct communication.

# **W** Boundary Scripts:

- 1. "I'm willing to talk when you're ready, but I won't accept being punished emotionally in the meantime."
- "Communication is key. If something's wrong, let's discuss it not act it out with silence."
- 3. "If you're upset, say so. I can't keep guessing how to fix what hasn't even been shared."

# SCENARIO 8: You're Not Ready for a Serious Commitment Yet

► What's happening:

You're pressured to define the relationship, move in, or make future plans you're unsure about.

# 🗹 Boundary Scripts:

- 1. "I value what we have, but I need to move at my own pace without pressure."
- "I'm not ready to make long-term promises yet that doesn't mean I care any less."
- 3. "If this is worth building, it'll stand even if I take things slowly."

 SCENARIO 9: They Try to Control Your Appearance, Friends, or Life Choices

# ► What's happening:

They tell you what to wear, who to hang out with, how to behave, or what job to take.

# **V** Boundary Scripts:

- 1. "I'm not here to be controlled. I value your opinion, but I make my own choices."
- 2. "A healthy relationship supports individuality not erases it."
- 3. "My life is mine to lead. If being with me requires controlling me, then this won't work."

# SCENARIO 10: You Want to Rebuild Trust, But Need Time and Space

# ► What's happening:

They've broken your trust, but expect quick forgiveness without accountability or healing time.

# 🗹 Boundary Scripts:

- 1. "Rebuilding trust takes time. You can't rush healing if you want this to last."
- 2. "I'm open to trying, but I need space to process. Pressuring me will only push me away."
- 3. "If you truly want to fix this, it'll require consistency, not just apologies."

# 💬 Note for Your Readers:

Let this serve as a reminder: Setting boundaries is not selfish — it's self-respect.

Every woman deserves to feel safe, heard, and valued in her relationships.

Use these scripts to reclaim your voice, honor your truth, and protect your peace.

# Scripts for Family

For Women Ready to Stand Tall Without Guilt

#### **SCENARIO 1:** When family members constantly criticize your choices

(e.g., career, appearance, lifestyle, parenting decisions)

# 🔆 Script 1: Gentle

"I know you care, but your comments about my choices are starting to feel more hurtful than helpful. I'd appreciate support, not judgment."

#### 🆐 Script 2: Firm

"I've made this decision because it's right for me. I'm not asking for permission or approval — just mutual respect."

#### Script 3: Final

"If the criticism continues, I'll need to take space from these conversations or visits. My peace is not up for negotiation."

# SCENARIO 2: When family expects you to be constantly available or puts emotional pressure on you

("You're the only one who helps," "We're family, you have to...")

🔆 Script 1: Gentle

"I love helping when I can, but I also have limits. Please understand when I say no, it's not out of disrespect — it's self-care."

# 🥌 Script 2: Firm

"I can't be everything for everyone. I need you to respect my boundaries and not guilt me when I say no."

# Script 3: Final

"If my boundaries are going to be met with pressure or manipulation, I'll need to limit how often we talk or see each other."

# SCENARIO 3: When they disregard your privacy

(Going through your things, pressuring you to share personal details, interfering in your decisions)

# 🔆 Script 1: Gentle

"I know you're trying to stay involved, but I need some privacy on this. I'll share what I'm comfortable with, when I'm ready."

# 🆐 Script 2: Firm

"This is my personal space and decision. Please respect it — I'm not open to discussing it further."

# Script 3: Final

"If you continue to push past my privacy, I'll need to take a step back from our conversations. Boundaries are non-negotiable."

# SCENARIO 4: When a family member says hurtful things "as a joke"

(e.g., body-shaming, dismissing your ambitions, mocking your emotions)

# 🔆 Script 1: Gentle

"I know you may not have meant harm, but that joke hurt. I'd appreciate if you don't make fun of me like that again."

# 🆐 Script 2: Firm

"Calling it a joke doesn't make it okay. I need you to stop saying things that belittle me — it's disrespectful."

# Script 3: Final

"If this behavior continues, I won't engage in conversations where I feel disrespected. I expect basic decency."

# **\*** SCENARIO 5: When they bring up triggering or painful topics after being asked not to

(e.g., ex-relationships, trauma, fertility, finances, etc.)

# 🔆 Script 1: Gentle

"I've asked not to talk about this before because it's sensitive for me. Let's focus on more positive conversations."

# 🆐 Script 2: Firm

"I'm setting a boundary around this topic. If it's brought up again, I'll end the conversation."

# Script 3: Final

"I won't tolerate being re-traumatized or pushed beyond what I've made clear. If this continues, I'll step away from this relationship for a while."

# SCENARIO 6: When you're pressured to conform to cultural roles

(e.g., marriage expectations, household duties, 'speak less, obey more')

# 🔆 Script 1: Gentle

"I respect our culture, but I also need space to make choices that align with who I truly am. I hope you can respect that."

# 🆐 Script 2: Firm

"I'm not here to live out someone else's version of what a woman should be. Please stop forcing expectations onto me."

# Script 3: Final

"If you can't respect my identity and choices, I'll have to create more distance for my mental and emotional health."

# 🌼 Final Notes for Women Reading This:

Setting boundaries with family doesn't make you disrespectful, ungrateful, or selfish. It makes you *self-respecting*. This cheat sheet is here to remind you:

- 🢬 You are allowed to say no.
- You are allowed to choose yourself.
- You are allowed to protect your peace.

# Scripts for Yourself

Empowering women to honor their needs, reclaim their energy, and break self-destructive cycles.

Scenario 1: Saying No to Overworking or Burnout

Context: You constantly push yourself to be productive—even when you're emotionally, mentally, or physically drained.

#### Scripts to Set the Boundary:

- 1. "I deserve rest, not guilt. My worth isn't tied to my productivity today."
- 2. "I will stop working by 7 PM and not check emails until tomorrow. My well-being matters."
- 3. "I give myself permission to do nothing today and still be valuable."
- Scenario 2: Breaking the Cycle of Negative Self-Talk

Context: You find yourself spiraling into criticism, perfectionism, or harsh self-judgment.

#### Scripts to Set the Boundary:

1. "This voice isn't the truth—it's a wound. I choose compassion over criticism today."

- 2. "Would I speak to a loved one like this? No. So I won't speak to myself like this either."
- 3. "I will pause every time I hear 'I'm not enough' and replace it with 'I'm doing my best and that's enough today.'"

#### Scenario 3: Protecting Your Time From Distractions

Context: You struggle to stay committed to goals because you constantly say yes to distractions—social media, mindless scrolling, over-committing, etc.

#### Scripts to Set the Boundary:

- 1. "I will give myself a 2-hour window today with no phone, just to focus on *me*."
- 2. "This notification can wait. My dreams can't."
- 3. "I will commit to my schedule like I would to a meeting with someone I respect. That includes me."
- Scenario 4: Letting Go of People-Pleasing

Context: You overcommit, say "yes" when you mean "no," and betray your own needs just to maintain peace.

#### Scripts to Set the Boundary:

- 1. "If it costs me my peace, it's too expensive. I'm allowed to say no without guilt."
- 2. "I don't owe anyone an explanation for protecting my energy."
- 3. "My needs matter just as much as theirs. I choose to honor mine first this time."

Scenario 5: Stopping Emotional Numbing and Escapism

Context: You use scrolling, binge-watching, overeating, or busyness to avoid emotional discomfort.

# Scripts to Set the Boundary:

- 1. "I'm not running away anymore. I will sit with this emotion—even if it's uncomfortable."
- 2. "I don't need to fill this silence. I need to hear what I've been avoiding."
- 3. "Discomfort is part of healing. I choose presence over escape today."

#### Scenario 6: Creating a Morning or Evening Routine for Yourself

**Context:** You keep pushing your self-care time for others or out of laziness, leading to burnout or disconnection.

#### Scripts to Set the Boundary:

- 1. "This 10 minutes is mine. No one gets it but me."
- 2. "If I keep postponing my healing time, I'm postponing my growth. I won't do that today."
- 3. "I show myself I matter by keeping the promises I make to myself."

#### Scenario 7: Releasing the Fear of Being Behind

Context: You constantly compare yourself to others and feel you're not progressing fast enough.

Scripts to Set the Boundary:

- 1. "I'm on my own timeline. Growth is not a race."
- 2. "I am allowed to move slowly and still arrive where I'm meant to be."
- 3. "Comparison steals my peace. I refuse to measure my worth with someone else's ruler."

#### ➡ Final Note for Your Readers:

"The hardest person to set boundaries with is yourself—but that's where the deepest freedom begins."

**3-Day Practice Challenge Try this boundary-building challenge:** 

Day	Situation	Script Used	How I Felt	What I'd Try Next Time
1	A friend asked me to go out, but I needed rest	"I'd love to catch up, but I'm staying in to rest tonight."	Nervous at first, but relieved after	Remind myself I don't need to over- explain
2	Manager gave me a last-minute task at 5 PM	"I can't take this on today — can we schedule it tomorrow? "	Empowered , proud	Keep my tone calm and confident
3	A family member made a comment about my choices	"I'd prefer we keep the conversatio n supportive.	Uncomfort able, but strong	Prepare phrases ahead for emotional situations

1 2 3 Take 5 minutes at the end of each day to reflect. Growth is in the repetition.

# **Boundary Affirmations Practice**

Repeat these daily to strengthen your mindset around boundaries:

Affirmation	How It Made Me Feel Today	Situation I Applied It To
I am not rude for having needs.		
I don't owe anyone my exhaustion.		
My peace is more important than their comfort.		
Saying no is self- respect in action.		
I am allowed to protect my energy unapologetically.		
Write your own:		

*Tip: Repeat them aloud or write them down each morning. Confidence comes from consistency.* 

#### A Reminder From Noorsleha K. -

Healthy boundaries are not a wall — they are a foundation. They allow you to stay rooted in your values while navigating relationships with clarity and confidence. Every time you speak up, pause before saying yes, or choose your peace over performance, you are reinforcing your self-worth.

This guide is not meant to be read once and forgotten. It's a tool you can return to whenever you need to re-ground yourself. Whether you're new to boundary-setting or reclaiming it after years of over giving, the ability to protect your time, space, and energy is one of the most lifechanging forms of self-respect.

You do not need to justify your needs to be worthy of honoring them. Use this space to grow, reflect, and practice — because boundaries are not just something you set. They are something you live.

With strength and softness, always

Owner Of Mindfully Hers

Noorsleha K.