

My Personal Boundaries Plan

Use this worksheet to reflect on the areas in your life where you need stronger boundaries. Answer the questions below.

1. Where in my life do I currently feel overwhelmed, drained, or resentful?

2. What boundaries have I been afraid to set, and why?

3. What are 3 situations where I often say 'yes' when I want to say 'no'?

4. What would healthy boundaries look like in those situations?

5. What specific phrases can I use to assert my boundaries kindly?

6. What support or reminders do I need to stay consistent with my boundaries?

7. One boundary I will practice this week is:
