

SETTING BOUNDARIES EXERCISE

Areas of my life

List three to five areas of your life that are important to you.

1. _____
2. _____
3. _____
4. _____
5. _____

Put a heart above the area you are thriving in.

In which area are you barely surviving and/or tolerating?

If you were to create a boundary for the area you are surviving in (pick one), what would that boundary be?

What is the obstacle for you in setting this boundary?

What boundary, if you were to put it in place, would be the easiest one for you to commit to right now?

What boundary, if you put it in place, would make the biggest impact right now to achieve some balance?

Who will you share your boundary with?

Who will be your accountability partner?

When will you set this boundary?
