

# SETTING HEALTHY BOUNDARIES

WORKSHEETS

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WORKBOOK



## REINFORCE & MAINTAIN YOUR BOUNDARIES

WORKSHEETS

### INTRODUCTION

You'll learn how to check in with yourself, adjust boundaries as needed, and create habits and rituals that protect your space and well-being long term.



## STAY CONSISTENT WITH YOUR BOUNDARIES

Consistency builds trust – with yourself and other. When you hold your boundaries firmly over time, people will learn how to treat you, and you will feel more confident in protecting your needs.

If you set a boundary, follow through with it. For example, if you tell someone you're not available after 8pm, avoid answering calls or messages during that time. When your words match your actions, people begin to trust your limits.

### MEAN WHAT YOU SAY

You don't need to say "sorry" for putting your well-being first. Taking time to rest, space, or silence isn't selfish – it's necessary. Saying "I need this for my health" is enough.

### DON'T APOLOGIZE FOR TAKING CARE OF YOURSELF

If someone forgets or ignores your boundary, calmly remind them. You don't have to argue or explain again and again. A simple "I've mentioned this before – I need this to stay well" is enough.

### REPEATING BOUNDARIES IS

### OKAY

At first, enforcing boundaries might feel awkward or uncomfortable, especially if you're not used to it. But over time, it gets easier. The more consistent you are, the more natural boundary setting will feel.

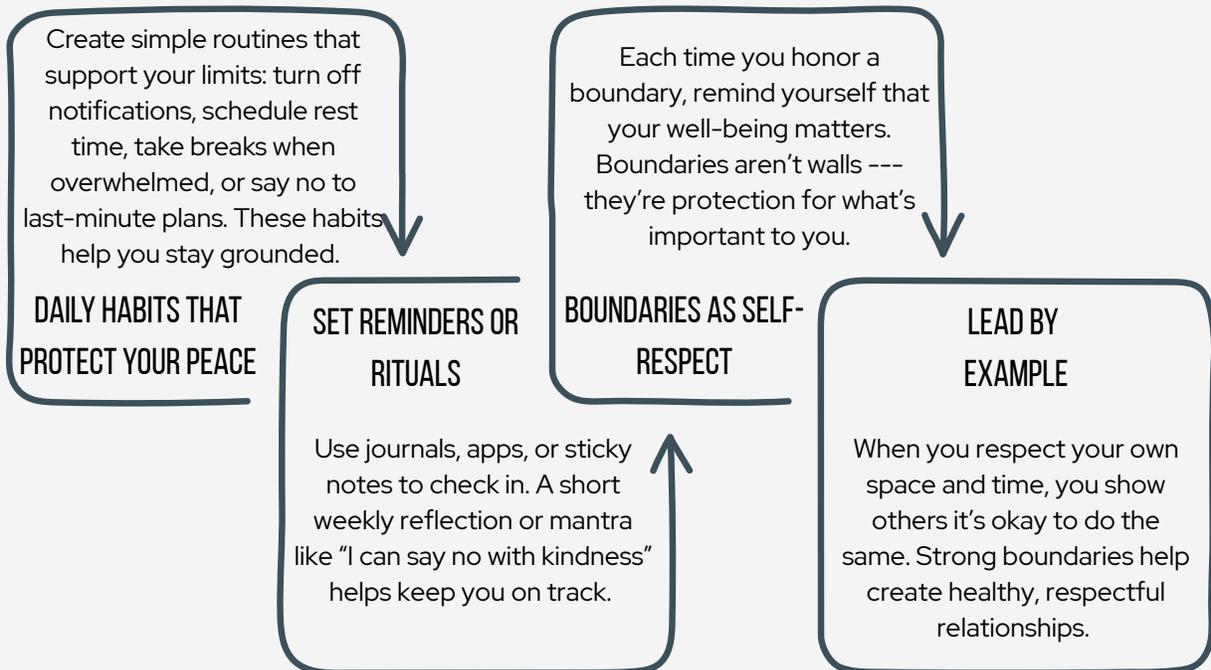
### TRUST THE PROCESS

## CHECK IN WITH YOURSELF REGULARLY

Boundaries shift as you grow, so it's important to check in often. Ask yourself weekly: What boundary did I keep? Where did I feel drained or stretched? These reflections help you stay connected to your needs. Exhaustion, resentment, or anxiety are signs a boundary may be missing or ignored. It's okay to adjust as your life or energy changes. Celebrate even small wins – each moment of self-respect builds confidence.

## MAKE BOUNDARIES A PART OF YOUR LIFE

Boundaries work best when they're part of your daily routine – not just something you say, but how you live and care for you.



## WEEKLY BOUNDARY CHECK-IN

What boundary did I keep this week that I'm proud of?

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Where did I feel drained, stressed, or uncomfortable?

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What caused that discomfort? Was a boundary missing or ignored?

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## WEEKLY BOUNDARY CHECK-IN

What small change can I make next week to protect my peace?

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How did I feel emotionally and physically after holding a boundary?

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## PERSONAL BOUNDARY MAINTENANCE PLAN

What are three boundaries I want to stay strong with this month?

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How will I remind myself to hold these boundaries?

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## PERSONAL BOUNDARY MAINTENANCE PLAN

What signs tell me that a boundary needs adjusting or reinforcing?

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What support or self-care will help me stay consistent?

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## PERSONAL BOUNDARY MAINTENANCE PLAN

How will I handle it if someone pushes back against my boundary?

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What's one way I'll celebrate myself when I honor my boundary?

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