



# Boundaries Worksheet

Basis For Boundaries

[betterdayscanbeyours.com](http://betterdayscanbeyours.com)

① What areas in my life do you need boundaries?

---

---

---

② What are my requirements in my relationships?

---

---

---

③ What are my personal values that need to be honored?

---

---

---

④ What internal boundaries do I need to be able to hold external boundaries?

---

---

---

⑤ What do you want the end result to be FOR ME?

---

---

---



# Boundaries Worksheet

Crafting Healthy Boundaries

[betterdayscanbeyours.com](http://betterdayscanbeyours.com)

1 What are my barriers to setting boundaries?

---

---

---

2 What are my barriers to holding boundaries?

---

---

---

3 Do I feel confident in communicating my boundaries?

---

---

---

4 Do I feel confident in holding my boundaries?

---

---

---

5 What goal FOR ME will I reach in holding my boundaries?

---

---

---

# BOUNDARY PRACTICE WORKSHEET

## RELATIONSHIP 1

## RELATIONSHIP REQUIREMENTS

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## PERSONAL VALUES

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## BOUNDARIES BEGIN WITH THE END IN MIND

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# BOUNDARY PRACTICE WORKSHEET

## RELATIONSHIP 2

## RELATIONSHIP REQUIREMENTS

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## PERSONAL VALUES

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## BOUNDARIES BEGIN WITH THE END IN MIND

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# BOUNDARY PRACTICE WORKSHEET

## RELATIONSHIP 3

## RELATIONSHIP REQUIREMENTS

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

## PERSONAL VALUES

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

## BOUNDARIES BEGIN WITH THE END IN MIND

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_