



Reclaiming Boundaries Worksheet

BOUNDARY



Welcome

My name is Coach AJ, your Dope Life Coach and I strive to empower my fellow human beings to live and love their dope life!

I believe life is full of opportunities. It is my job to help you figure out how, and which opportunities to explore! It is my goal for you to be successful in the next chapter of your life.

It's a personal honour for me to have each client reach their aha moment or their YES! moment. I help people increase their self-care practices to feel more at peace and happy with their life.



Coach AJ



How to use this guide

Find a cozy and comfortable space to work on this guide. Take a few deep breathes and relax.

This guide's soul purpose is to help practice self-care during the colder months on a regular basis. Use this guide to maintain self-care regularly.

QUESTIONS?

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The Reclaim Series: Reclaiming Boundaries

Quote:

**"Boundaries are the distance at which I can love you and me simultaneously."
— Prentis Hemphill**

Tip:

Say "let me get back to you" instead of giving a rushed yes. Give yourself space to honour your truth.

Challenge:

Practice saying no to one thing this week without explaining or apologizing.

Self-Coaching Cue:

Am I honouring myself or abandoning myself in this moment?

Affirmation:

My boundaries are a reflection of my self-worth, not a rejection of others.

Why this matters?

Reclaiming your boundaries isn't just about saying no, it's about saying yes to your peace, your priorities, and your power.

Without boundaries, we betray ourselves in the name of keeping the peace. We lose sleep, energy, clarity, and eventually, identity. Reclaiming your boundaries is reclaiming your voice, your time, and your truth.

Use the B.O.L.D. method to remember why boundaries matter:

B — *Breathe*: Pause before responding. Honor your nervous system.

O — *Own it*: Take responsibility for how you show up.

L — *Let go*: Release guilt, shame, or the need to please.

D — *Declare*: Clearly express your needs and non-negotiables.

Self-Reflection Questions

- 1. Where in your life are you saying yes out of guilt?**
- 2. What does a healthy boundary feel like to you?**
- 3. Write one sentence you can practice saying to honour your limits.**

Are you interested in coaching? Reach out to me today to schedule your complimentary call!



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