



# Bonus Reflection: Protecting What Matters Most

## A Self-Reflection Worksheet

As you continue to clarify your core values and calling, it's important to examine the boundaries that will protect what matters most. Use the categories below as a lens to consider areas where you may need to set intentional boundaries. You are invited to identify 1–2 boundaries total – not in every area – but in the area(s) where you're most at risk of drifting from purpose.

### Instructions

Review the four focus areas below: Time, Space, People, and Projects. Use the table to note what specifically needs protection and what boundaries would support your leadership, energy, and faithfulness.

Area to Consider	What Needs Protection?	Boundary You Will Set
Time	My planning and spiritual discernment	I will block 2 hours weekly for strategic prayer and planning.
Space	My personal rest space at home	I will not use my bedroom for meetings, work, or emails.
People	My personal availability after hours	I will stop taking work and/or ministry calls/texts after 8:00 PM.
Projects	Saying yes to too many outside requests	I will evaluate every new project against my current call focus.

Area to Consider	What Needs Protection?	Boundary You Will Set
Time		
Space		
People		
Projects		

Your Reflections: