



Boundary Reset Worksheet

Step 1: Quick Check-In

How are you feeling right now?

- Energised
- Fine, but stretched
- Drained or overrun

→ Why do you think you're here on the scale?

Step 3: Zoom Out

What's your "why" for this boundary?

→ E.g. I need rest so I can show up fully, not half-present.

Step 2: Where's the Line Blurring?

Which area feels most overstepped right now? (✓ tick one or more)

- Work boundaries
- Emotional boundaries
- Time/availability boundaries
- Social boundaries
- Digital boundaries
- Something else:

→ What's one recent example of this?

Step 4: Reset with Clarity

Choose one boundary to reset.

→ What would a clear version of this boundary sound like in words?

"I will _____so that I can _____"

e.g. "I will not respond to emails after 6pm so that I can recharge my energy for the next day."

Step 5: Make It respectful

Boundaries don't have to be harsh to be firm.

→ Rewrite your boundary with respect but clarity:

"Thank you for understanding that I _____ right now."