



Setting Boundaries Worksheet

Say “Yes” to More Freedom!

Foreword

If we are sensitive people, introverts, creatives or romantics, we most probably have hard time setting boundaries. Boundaries are what set the space between where you end and the other person begins.

As sensitive souls, we tend to put others ahead of ourselves, take it personally if someone disagrees with us and fear asking for what we want.

One of the most vital components to create a happy life with healthy and fulfilling relationships is to become a master at setting boundaries.

But how do we do that?

Here is a practical worksheet to begin with:



1. Make a list of what you want, but don't yet have, in different areas of your life.

You can include relationships, health, finances, home life, work life, spiritual growth, and any other areas that are important to you. Add as many desires as you wish. Nothing is too big or too small, open your heart and allow all your deepest desires to emerge and write them down below.

Relationships

1 _____

2 _____

3 _____

Health

1 _____

2 _____

3 _____

Finances

1 _____

2 _____

3 _____

Home life

1 _____

2 _____

3 _____

Work life

1 _____

2 _____

3 _____

Spiritual growth

1 _____

2 _____

3 _____

Other area

1 _____

2 _____

3 _____

2. Make a list of what you will never tolerate again in your life.

This exercise is not aimed to make you dwell on the past or indulge in self-pity. When we are clear on what we don't want, mainly through learning from a negative past experience, we can decide not to hurt ourselves anymore by allowing it to happen again.

Wisdom gained through experience is the best teacher of all.

3. How would you like to strengthen boundaries in various areas of your life?

Now look at your present. What are the simple actions you can take to build and protect your boundaries?

They could be small steps such as turning down an invitation because you have a hectic schedule, distancing yourself from a negative friend, not answering texts or calls late at night so you don't lose sleep.

In the beginning, it could feel scary and uncomfortable but with time, you will grow your confidence into taking firmer steps.

You could talk to a person who is always making critical comments towards you, stand up for yourself at work, refuse to lend money to a friend who never pays you back, refuse to be absorbed in the drama that other people create for themselves but are not willing to take responsibility for.

Write down a couple of actions for each area of your life:

I want to strengthen my boundaries around health by _____.

I want to strengthen my boundaries around finances by _____.

I want to strengthen my boundaries around relationships by _____.

I want to strengthen my boundaries around home life by _____.

I want to strengthen my boundaries around work life by _____.

I want to strengthen my boundaries around spiritual growth by _____.

I want to strengthen my boundaries around fun by _____.

I want to strengthen my boundaries around _____ by _____.

4. Choose three of these boundaries that you are willing to set in different areas of your life this week.

Commit to making these changes. In some cases, you might have to declare your boundary to someone else, such as “I won’t allow you to treat me badly.” In other cases, you may just take a different action to set your boundary.

It can be very scary to operate from a place of what you want, especially when you’re a people-pleaser. It may also take a little time for other people to get used to the new you but if you are persistent, they’ll treat you better for it.

Remember that setting boundaries is an act of taking care of yourself, which is something that we should all do above all else.

The three boundaries I will set this week are:

1 _____

2 _____

3 _____

5. Choose a practice that helps you get grounded.

I would like to warn you that some people may not react well to the changes in your behavior, especially when the boundaries in these relationships have been weak.

In this case, you can expect two consequences:

1. There is backlash from the other person
2. You feel guilty

I want to assure you that this is a normal part of the process and you are not wrong for setting your boundaries.

Do something to help yourself get re-centered and don't spend too much (or any) energy focusing on what happened.

A mindfulness practice can help you overcome the uncomfortable feelings.

Here are a few suggestions:

- ♥ Meditation
- ♥ Breath work
- ♥ Tapping - Emotional freedom technique
- ♥ Positive affirmations
- ♥ Guided visualization
- ♥ Chakra rooting
- ♥ Walk in nature

No matter what happened in your past and where you are in life today, you can start practicing setting healthy boundaries in this moment.

As with any change, it doesn't happen overnight. But if you truly understand the importance and commit to it, you will become more confident, independent, with strong sense of identity, self-worth and self-esteem. And you deserve all of that!

I wish you all the best in your unique life journey and I hope this worksheet has been beneficial for you.

With lots of love,

Maria Toneva

