



LET'S TALK BOUNDARIES

Use this quick worksheet to reflect on the three areas where boundaries can make your life and work more sustainable. Jot down your ideas during the session.

BOUNDARIES WITH CLIENTS OR WORK

Prompts:

- What boundary would make your workflow smoother?
- How can you better communicate your availability?
- Where do you need clearer expectations?

My Ideas:

BOUNDARIES WITH FAMILY / CAREGIVING

Prompts:

- Where can you protect uninterrupted time for work or rest?
- What do you need from family to help you stay consistent?
- What's one request you could make that would ease daily stress?

My Ideas:

BOUNDARIES WITH YOURSELF

Prompts:

- What habits or patterns drain your energy?
- Where do you tend to overcommit?
- What is one small promise you could keep to yourself this week?

My Ideas:



One Boundary I Want to Try This Week

Write a small, realistic boundary you feel ready to implement.

Blank area for writing a boundary.