



# SAMPLE BOUNDARY SCRIPTS

## CLIENT SCRIPTS

- "My availability is Monday–Thursday, 9–3. I respond to messages within 24 hours during that time."
- "I'd love to take this project on, but my current schedule opens up in two weeks... would that timing still work?"

Your Turn

## FAMILY SCRIPTS

- "I can help after 2 p.m. once I wrap up client work... mornings are my focus time."
- "I'd love to come over Sunday, but I need Saturday to rest and reset."

Your Turn

## SELF BOUNDARIES

- "I'm done checking email after dinner."
- "Just because I can squeeze in another project doesn't mean I should."

Your Turn

**Remember:** You teach others how to treat your time by how you treat it yourself.

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