

# SETTING HEALTHY BOUNDARIES WORKSHEET

The need to please, accommodate, help, solve, or rescue other people because of your willingness to share your love, compassion and kindness with others comes at your OWN expense. Use this mindful, reflective exercise to begin exploring where your boundaries are set?

**1. WHO DRAINS YOU OF YOUR ENERGY THAT'S NOT DESERVING OF IT?** (that includes your time, thoughts and emotions that may be a result of interaction with this person/people)

**2. WHO DO YOU HAVE A HARD TIME SAYING 'NO' TO?**

Why do you feel you have to say yes all of the time?

**3. WHAT OBLIGATIONS/COMMITMENTS DRAIN YOU OF YOUR ENERGY OR CONSUME TOO MUCH TIME?**

This includes family commitments, extra-curricular, leisure, children's activities..etc. Write down EVERYTHING that is on your schedule before you begin. Once you have every single thing that takes up your time, begin to reflect on which of those may be compromising your energy or time.

**4. WHAT THINGS DO YOU DO FOR YOUR KIDS OR SPOUSE THAT THEY HAVE THE ABILITY TO DO FOR THEMSELVES?**

(Think school lunches, making beds, laundry, chores..just a start!)