

# Self Healing Invitation: Boundary Audit



Here is a boundary audit you can try over the next 30 days: Choose one boundary you really want to land firmly with and consider some habits that will support that boundary. Maybe you need to set a boundary with your spouse and kids in the evenings to reserve some time for yourself to meditate, read, or take a hot bath. You might want to consider boundaries at work if you're not feeling respected and your boss is constantly adding more work to an already existing load. Consider one boundary and work on it for thirty days.

At the end of each week, reflect on your answers to the questions on the next page so you know where you have made progress and where you still need to put in some work. Allow your progress to build on each week and assess where you are after the thirty days are up. Sometimes just holding ourselves accountable on paper where we can track our progress and cultivate awareness can provide the motivation and clarity needed to achieve our goals and make lasting changes.

The boundary I will focus on over the next 30 days is:

# Boundaries Audit Results Summary

My Score: \_\_\_\_\_

## 81-110 (Strong Boundaries):

- **Overview:** You understand your needs and limits, and you're effectively setting and communicating boundaries. Others likely respect your boundaries, and you maintain a healthy balance that supports your well-being.
- **Next Steps:** Overall, you're doing an excellent job of protecting your time, energy, and personal needs. Continue to build on these strengths.

## 51-80 (Moderate Boundaries):

- **Overview:** You're doing well in certain areas, but there may be inconsistencies. Some boundaries are respected, while others might need reinforcement or clearer communication. You may occasionally feel drained or overwhelmed, which is a sign that some boundaries aren't fully supporting you.
- **Next Steps:** Focus on the areas where scores were lower and strengthen consistency, assertiveness in communication, or seeking support from others.

## 21-50 (Weak Boundaries):

- **Overview:** Boundaries might be a challenge for you, leading to frequent overwhelm, exhaustion, or a sense that others aren't respecting your limits. It might feel challenging to firmly set boundaries.
- **Next Steps:** Start small by identifying specific areas where you can set clearer boundaries. Practice saying "no" or allocating time for yourself without interruptions.

## 0-20 (Minimal or Absent Boundaries):

- **Overview:** There is an urgent need to establish boundaries. You may often feel drained, taken advantage of, or lacking control over your time and energy. There's likely little distinction between your needs and what others ask of you.
- **Next Steps:** Focus on the basics: identify a few personal needs and create boundaries that protect them. Practice communicating small boundaries with supportive people.

## Reflection

Once you've rated each question, take a moment to reflect on your scores.

What could you do to improve your boundary?

Are there specific actions or conversations that could help you strengthen this boundary?

How important is this boundary to you?

This provides an at-a-glance view of where your boundaries are working well and where they may need adjustment.