



The Mind Garden
bloom where you're planted

PERSONAL BOUNDARIES ASSESSMENT

CHECK-UP *of your limits*

Please take some time to reflect on each area listed below and consider what your boundaries are in those areas. Rate yourself on a scale of 1 to 5 (1 being low and 5 being high) to indicate how well you currently maintain these boundaries. Feel free to provide specific examples or descriptions for each category.



Relationships: Provide examples of how you communicate your needs and expectations in relationships

Work: Describe how you assert yourself and maintain boundaries with colleagues or supervisors

Personal Space: Provide examples of how you set boundaries around physical space and privacy

Emotions: Describe how you communicate your feelings and set limits on emotional labor

Time: Provide examples of how you prioritize your time and say no to activities or obligations that don't align with your values or goals



The Mind Garden
bloom where you're planted

WHERE'S the line?

This activity is designed to help you assess your personal boundaries by reflecting on recent instances where you felt they were violated. This activity will help you become more aware of your boundaries, understand how they can be violated, and empower you to assert them more effectively in the future.

Description: Think about a recent situation where you felt your boundaries were crossed. Consider who was involved and what happened. Write a brief description of the scenario.

Emotional Impact: Reflect on how the boundary violation made you feel. Consider any emotional reactions you experienced during or after the situation, as well as any impact it had on your well-being or mental state.

Learning and Growth: Use this reflection as an opportunity to learn and grow. Consider what you've learned from the experience and how you can use it to better assert your boundaries in the future. Reflect on any insights or strategies you can apply to improve your boundary-setting skills.



The Mind Garden
bloom where you're planted

PICK YOUR

power moves

Think about different boundary-setting strategies and reflect on which ones resonate with you the most. Consider your past experiences and preferences when responding to the following questions:

1

How comfortable are you with directly communicating your boundaries to others?

2

Do you find assertive body language helpful in conveying your boundaries?

3

How do you feel about saying "no" without feeling guilty or obligated to explain yourself?

4

Are there specific actions or behaviors you use to establish and maintain boundaries?

5

Do you find it helpful to have prepared scripts or phrases for setting boundaries?

6

Consider your personal comfort zones when it comes to boundary-setting strategies. Which strategies align best with your natural tendencies or preferences?