

Boundaries Checklist

Healthy limits are an act of self-respect and care for others

“A boundary is not a wall. It’s a door you get to choose to open.”

Boundaries are how we protect our energy, values, and relationships. Use this checklist to reflect on where your boundaries feel healthy — and where they might need attention.

Tick what feels true for you right now. No judgement — this is just for your own awareness.

EMOTIONAL BOUNDARIES

- ☐ I can say no without excessive guilt
- ☐ I don't take responsibility for other people's emotions
- ☐ I can express disagreement without fear of rejection
- ☐ I protect my emotional energy from draining relationships
- ☐ I don't feel obligated to fix or rescue others

TIME & ENERGY BOUNDARIES

- ☐ I protect time for rest and things I enjoy
- ☐ I can decline requests without over-explaining
- ☐ I don't regularly overcommit and feel resentful afterwards
- ☐ I notice when I'm running on empty and adjust

DIGITAL & SOCIAL BOUNDARIES

- ☐ I can be unavailable without anxiety
- ☐ I limit social media when it affects my mood
- ☐ I don't feel obligated to respond immediately to every message

RELATIONAL BOUNDARIES

- ☐ I can ask for what I need in relationships
- ☐ I notice when a relationship consistently drains me
- ☐ I don't betray my own values to keep the peace

REFLECTION

Where did I notice the most gaps?

One boundary I want to strengthen: