

Personal Boundaries Worksheet

List some tasks that you wish you could spend more time and/or energy on:

List some tasks that you know drain your time and/or energy:

How can you redistribute your time/energy from tasks that drain you to the tasks you care about?

Personal Boundaries Worksheet

Create a personal boundary below that reflects what you've identified on the previous sheet:

How can you implement this boundary? Are there people in your life who can help? Is there technology (e.g., apps, phone limits) that can help? What will help make this boundary successful?

Reflect: After 1 week of utilizing the personal boundary identified above, how are you feeling? Have you made more time/saved energy for the tasks you care about?