



HEALTHY BOUNDARIES **CHECKLIST**



TIME

Check this box if you allow your cell phone or technology to distract you from quality time with friends & family.

EMOTIONS

Check this box if you feel frustrated, irritated or angry to things you encounter during your day.

ENERGY

Check this box if you notice your energy level exhausted + specifically who or what you are around when this happens.

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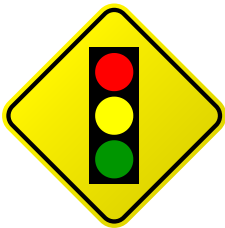


HEALTHY BOUNDARIES CHECKLIST



TIME

Identify & set healthy boundaries for your time



What or who violates your time to fully be present when you are with your friends or family?

Is it your cell phone, client emails or calls after work hours, FOMO on social media, etc.

When & where do you notice this happening?
Is it at home, during family time or dinner with friends?

How much of your time is taken because of this activity or behavior causing you to miss nurturing relationships or making new memories?

Be honest! It will likely be more than you initially thought!

What is a healthy & realistic solution for you to take the wheel, pick a lane and thrive in it?

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EMOTIONS

Identify & set healthy boundaries for your emotions



What or who do I allow to manipulate my emotions to where I'm feeling frustrated, negative, angry or sad?

Is it listening or watching too much news or reading negativity on social media, social media communities, etc.?

When & where do you notice this happening?
Is it at home or work?

What is stopping you from taking action?
What do you feel that you would be missing out on?

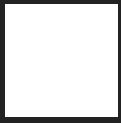
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HEALTHY BOUNDARIES CHECKLIST



ENERGY

Identify & set healthy boundaries for your energy.



What or who drains your energy?

I am talking about those who steal your joy.

I call them oxygen thieves. Identify them. It's ok if they are your family, friends, partner, or co-workers. Just stop, pause and notice when you feel your energy dip.

When & where do you notice this happening?

Home life, work life or leisure life

What is stopping you from taking action to drive your energy into a stress free, positive & productive space?

What would a healthy & realistic solution look like for you to consistently accomplish this?

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