

More Happi.

Boundaries Worksheet

A self-assessment tool to help you evaluate the strength of your boundaries across seven key types: Time, Emotional, Digital, Internal, Social, Material, and Physical.

Give each boundary a score out of 10
(1=I can't say 'no' & 10=Superhero strength)

Identifying the areas in your life where your boundaries may require more attention or strengthening. Take the section with the lowest score to your Coach.

TIME Allocating time for self-care, work, and relationships thoughtfully.
e.g. Setting aside quality time with family despite a busy schedule.

EMOTIONAL Safeguarding feelings while respecting others' emotions and needs.
e.g. Sharing emotions with close friends, but not oversharing at work.

DIGITAL Regulating screen time and protecting online privacy and relationships.
e.g. Disconnecting from devices during dinner.

INTERNAL Preserving thoughts and opinions while respecting diverse viewpoints.
e.g. Engaging in healthy conversations without attacking someone's beliefs.

SOCIAL Defining acceptable behaviors and interactions in various social settings.
e.g. Knowing when to be professional at work and casual with friends.

MATERIAL Managing finances, possessions, lending and respecting others' belongings.
e.g. Lending books to trusted friends and expecting them to be returned.

PHYSICAL Protecting personal space and setting comfort levels with touch.
e.g. Hugging close friends vs. maintaining distance with acquaintances.

