

Setting Boundaries with Yourself Worksheet

Setting boundaries with yourself is crucial for creating guidelines for your behavior and habits to protect your well-being and personal growth. It helps you maintain balance, avoid burnout, and stay focused on your priorities.

1. Reflect on areas of your life where you often feel overwhelmed or stressed. What are they?

- Example: "Work, social media use, and procrastination."

2. In what situations do you tend to neglect your own needs?

- Example: "When I take on too many tasks at work or spend too much time helping others without taking time for myself."

3. List three specific behaviors or habits that you would like to change or manage better.

- Example: "Overworking, spending too much time on social media, and not getting enough sleep."

4. How do these behaviors or habits affect your overall well-being?

- *Example: "They make me feel exhausted, stressed, and less productive."*

5. Choose one area where you want to set a boundary. What is it?

- *Example: "Limiting my time on social media."*

6. Define a specific boundary for this area.

- *Example: "I will limit my social media use to 30 minutes per day."*

7. Why is this boundary important for your well-being?

- *Example: "It will help me reduce distractions and improve my focus and productivity."*

8. Outline the steps you will take to implement this boundary.

- *Example:*

- *"Set a timer for 30 minutes when I start using social media."*
- *"Turn off social media notifications on my phone."*
- *"Schedule specific times during the day for social media use."*

9. How will you hold yourself accountable to this boundary?

- *Example: "I will track my social media use in a journal and review it weekly."*

10. What potential challenges might you face in maintaining this boundary?

- *Example: "Feeling the urge to check social media during breaks."*

11. How can you overcome these challenges?

- *Example: "Find alternative activities for breaks, such as reading or going for a walk."*

12. Who can support you in maintaining this boundary?

- *Example: "A friend who also wants to reduce their social media use."*

13. What self-compassionate statements can you use if you struggle with this boundary?

- *Example: "It's okay to have setbacks; I am making progress and will continue to improve."*
