



**PURSUE
THE REAL
YOU**

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Boundary Exploration Worksheet

Identify Your Boundaries

Boundary Exploration

Boundaries are like a forcefield that protect you from the choppy waters of life. They are a set of strategies or intentional decisions that you make about your life, what you let in, what you push out, and are the ultimate self-care in achieving a simple, easier life on your terms!

What this worksheet will do for you

It will help you identify some simple, realistic boundaries for key areas of your life. Key areas include physical, mental, emotional, spiritual, material, and time boundaries.

How to use this worksheet

If you can, find a few quiet minutes to sit and reflect. Think about a person, or a group of people, with whom you struggle to set healthy boundaries. This could mean that your boundaries are too rigid (you keep this person at a distance), too porous (you open up too much), or there is some other problem that isn't easily labeled.

You can make multiple copies to identify boundary needs with different people as well. While our focus is on family, this can be done with anyone you share any kind of relationship with. Friends, church members, co-workers, etc.

Boundary Exploration

Who do you struggle to set healthy boundaries with?
(e.g. "my partner" or "my son")

In your relationship with the person you listed above, how are your boundaries in each of the following categories? Add a check in the appropriate column for each boundary category.

Boundary	Porous	Rigid	Healthy	Other
Physical Boundaries				
Mental Boundaries				
Emotional Boundaries				
Spiritual Boundaries				
Material Boundaries				
Time Boundaries				

Boundary Exploration

Take a moment to imagine what it will be like when you begin to establish healthy boundaries with this person. If your boundaries are too rigid, that might mean opening up. If they're porous, it might mean setting limits and saying "no".

What are some specific actions you can take to improve your boundaries?

How do you think the other person will respond to these changes?

How do you think your life will be different once you've established healthy boundaries?
