

## Boundary Awareness Exercise

A short reflection to identify where your time, energy, or emotional space is overextended - and what to protect next.

### 1) Where do I feel stretched?

- Time (too many meetings, tasks, errands)
- Energy (too much output, too little recovery)
- Emotional load (managing others, keeping peace)

**My top area of stretch:**

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### 2) What am I saying yes to that costs me?

List 2-3 yeses that create pressure or resentment.

**Yes #1:**

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**Yes #2:**

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**Yes #3:**

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### 3) The boundary sentence

Write one boundary sentence you could use. Keep it calm and simple.

- I can't take this on right now.
- I can do X, not Y.
- I need a decision by (date) to proceed.
- I will respond by (time).

**My boundary sentence:**

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### 4) Protecting the boundary

- What support do I need?
- What consequence or follow-through is realistic?

**Support I need:**

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**Follow-through I will use:**

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