

You
are enough
here.
♡

Boundary Reflection

A gentle check-in for clearer, healthier limits.

CLEARER
BOUNDARIES,
CALMER
DAYS.
—

Boundaries help protect your energy, clarify your needs, and support healthier relationships.
Use this gentle reflection to notice where you may need more space, more clarity, or more support.

Pause & Notice

Where in my life do I feel stretched too thin?

What situations leave me feeling drained, resentful, or overwhelmed?

What is one sign that I may need a boundary?



Boundary needs I want to explore

- ☐ More rest
- ☐ More time alone
- ☐ Saying no
- ☐ Asking for help
- ☐ Less people-pleasing
- ☐ Clearer communication
- ☐ Protecting my schedule
- ☐ Limiting emotional overload
- ☐ More space in relationships
- ☐ Honoring my body's signals



What do I need more of?



A boundary I can practice

I can say...

I need...

I am not available for...

To support myself, I will...



When I need support

Pause before
responding

Text someone safe

Take a breath

Step away

Revisit later



A gentle reminder

Boundaries are not about pushing people away.
They are a way of caring for yourself and your relationships.



You are
allowed to
take up space.
♡