



Gentle Boundaries Check-In

Boundaries are not about shutting people out — they are about protecting your energy, your time, and your wellbeing. This page is a space to notice where you may be giving more than you can sustainably offer.

1. Where do I feel most drained or resentful?

Resentment is often a sign of a boundary that hasn't been honoured. Where do you feel overextended, taken for granted, or emotionally stretched?

2. What am I saying yes to that I would prefer to say no to?

This could be at work, in relationships, within family, or even with yourself. Notice where obligation or guilt is leading your choices.

3. What does this cost me?

When boundaries aren't in place, what do you lose? Energy, time, peace, rest, self-trust, or connection with yourself?

4. One gentle boundary I could explore

This does not need to be a big or confrontational step. It might be pausing before responding, asking for space, reducing availability, or giving yourself permission to choose differently.

Boundaries are a form of self-respect. You are allowed to protect your energy.