

Healthy Boundaries Worksheet

Name: _____ Date: _____ dd / mm / yyyy

This worksheet is designed to help individuals identify and establish healthy boundaries in various areas of their lives. By reflecting on personal values, needs, and comfort levels, users can better understand how to maintain healthy relationships with themselves and others.

Read each category carefully. Reflect on your values, needs, and comfort levels in each area. Under 'Personal Boundaries' write down the boundaries you want to set in that area. Under 'Action Plan', list the steps you will take to implement and maintain these boundaries.

Emotional Boundaries - Personal Boundaries:

Emotional Boundaries - Action Plan:

Physical Boundaries - Personal Boundaries:

Physical Boundaries - Action Plan:

Time Boundaries - Personal Boundaries:

Time Boundaries - Action Plan:

Intellectual Boundaries - Personal Boundaries:

Intellectual Boundaries - Action Plan:

Material Boundaries - Personal Boundaries:

Material Boundaries - Action Plan:

Relationship Boundaries - Personal Boundaries:

Relationship Boundaries - Action Plan:

Professional/Work Boundaries - Personal Boundaries:

Professional/Work Boundaries - Action Plan:

Digital/Online Boundaries - Personal Boundaries:

Digital/Online Boundaries - Action Plan: