FolarraStudio

Boundaries Workbook

notice · decide · protect

UNDATED · PRINTABLE · EXERCISES, PROMPTS & REVIEW

This Workbook Belongs To

for anyone building a calmer, stronger life

NAME _____

STARTED ON _____

GOAL _____

WHY _____

REWARD _____

How to use this workbook

- Print the whole planner once, then print extra copies of the pages you use most, such as the Check and Values pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Work through one section at a time and practice one boundary each week.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My word for this year

Why I am doing this

Contents

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Boundary Check

rate 1 to 5

AREA	RATING	WHAT I NOTICE
Time		
Work		
Family		
Friends		
Phone & screens		
Money		
Energy		
Space		

My Values

boundaries protect what matters

What matters most

What drains me

Where I say yes too often

What I want more of

Boundary Scripts

words ready to use

SITUATION	WHAT I WILL SAY

Boundary Practice

one per page

BOUNDARY _____ DATE _____

WITH _____ RESULT _____

Why it matters

What I said

How I felt after

Boundary Wins

celebrate each one

DATE	BOUNDARY KEPT

Weekly Reflection

progress not perfection

Kept

Slipped

Learned

Next week

Notes



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Thank you!

Thank you for choosing FolarraStudio. I hope this workbook makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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