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

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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 |
| --- | --- |
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# 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 |
| --- | --- |
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# 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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