



Divine Solutions for Life, Inc.

Holistic Solutions for Your Mental, Spiritual, and Physical Well-being

www.divinesolutions-forlife.com

ajmcgregor@divinesolutions-forlife.com

770-648-4839

A 501(c)(3) Nonprofit Organization

BOUNDARIES BUILDER WORKSHEET

PURPOSE

Healthy boundaries are essential for emotional wellness and healthy relationships. Boundaries define what is mine to take responsibility for and what is not mine. They protect our time, energy, and well-being, while also respecting others.

WHY THIS PRACTICE HELPS

- Reduces resentment and burnout.
- Promotes healthier, more respectful relationships.
- Increases self-awareness of personal needs and limits.
- Reflects biblical wisdom about letting your 'yes' mean yes and your 'no' mean no.

HOW TO USE THIS WORKSHEET

1. Identify the situation where you feel overwhelmed, taken advantage of, or resentful.
2. Clarify your boundary (time, emotional, physical, or spiritual).
3. Practice setting the boundary using respectful, assertive language.
4. Reflect afterward: How did you feel? Was the boundary honored?

TIPS FOR SUCCESS

- Boundaries are not walls; they're doors with locks — you choose when and how to open them.
- Use 'I statements' instead of blame: *“I need time to recharge, so I won't be available tonight.”*
- Be consistent. If you set a boundary, honor it yourself.

SCRIPTURE MEDITATION

“Let your ‘Yes’ be yes and your ‘No,’ no.” – Matthew 5:37

BOUNDARIES BUILDER TOOL

Situation	My Need / Boundary	Practice 'I Statement'	Reflection (afterward)
Friend calls late at night	Need rest	“I value our friendship, but I can't talk after 10 pm. Let's connect tomorrow.”	Felt respected; boundary kept

BOUNDARIES BUILDER TOOL

Situation	My Need / Boundary	Practice 'I Statement'	Reflection (afterward)