

BOUNDARIES

Self-Assessment

TOOL

**Discover which area of your life needs
more boundaries + take action ASAP.**



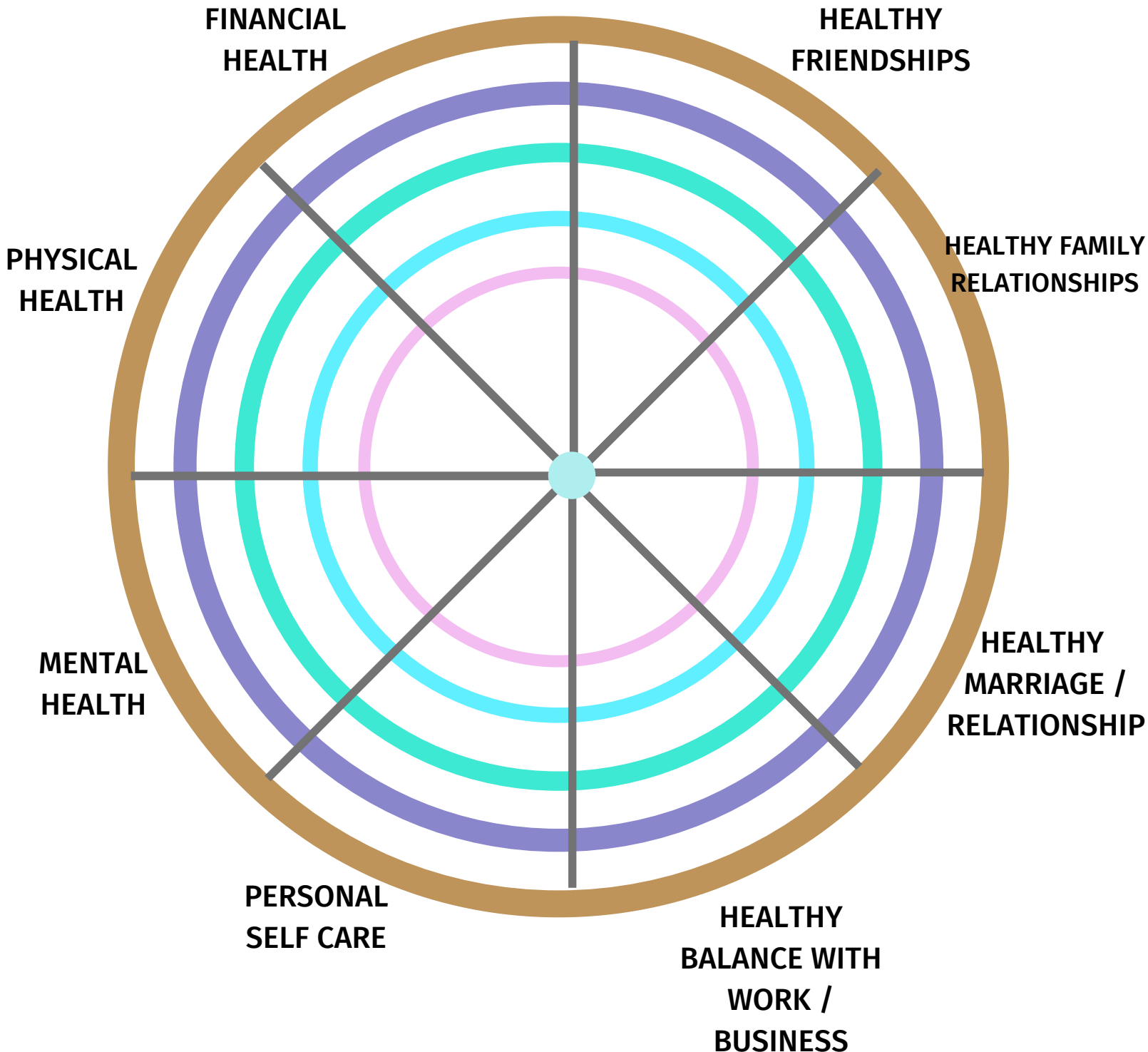
Farah Ayoubi

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BOUNDARIES

SELF-ASSESSMENT

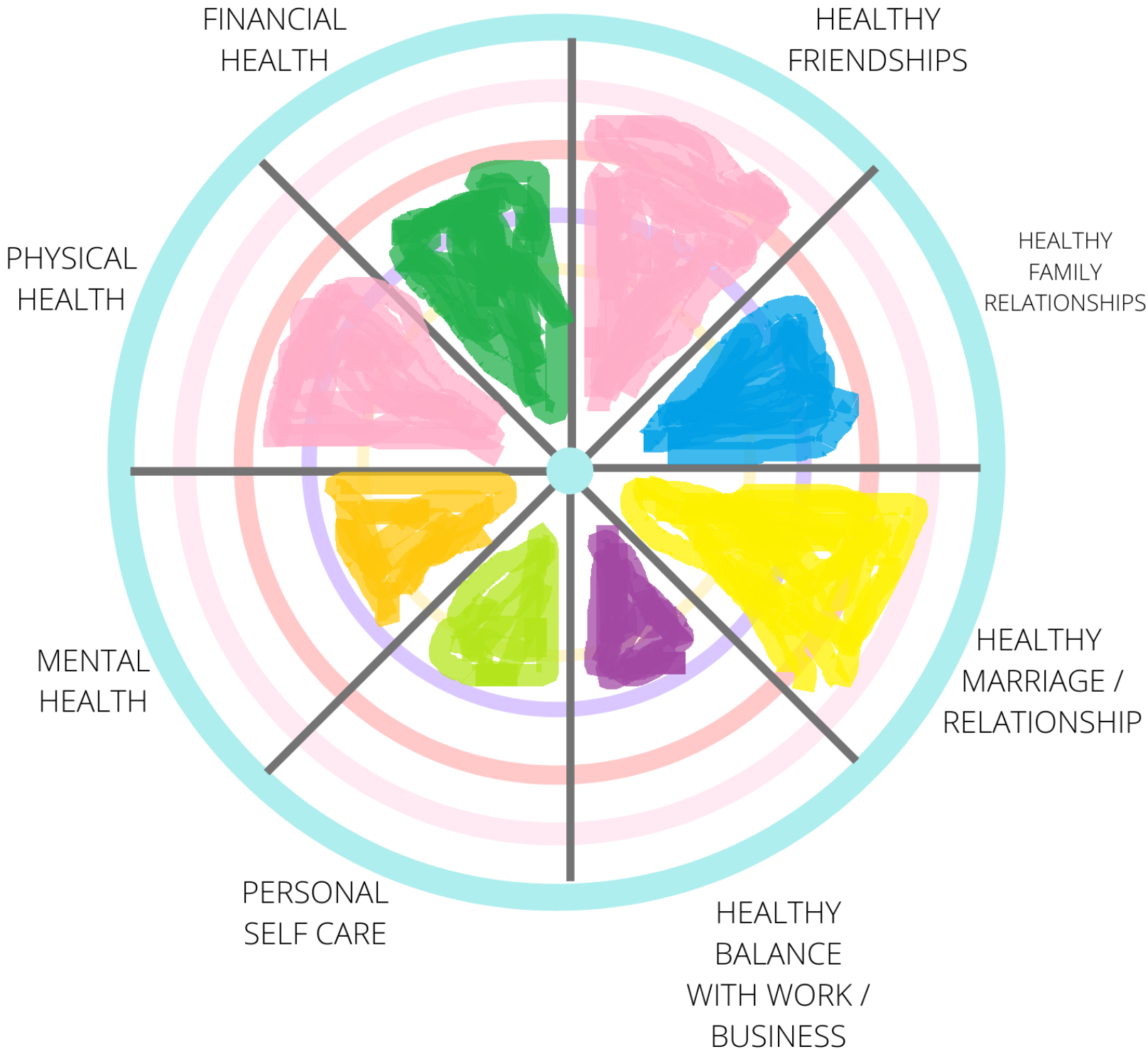
On a scale of 1 to 5, with 1 being **least** satisfied and 5 being **most** satisfied, rate how satisfied you are about the boundaries you currently create for these 8 aspects of your life. *Are you happy with the boundaries you set for healthy friendships? What about for your mental health?*



EXAMPLE

BOUNDARIES SELF-ASSESSMENT

On a scale of 1 to 5, with 1 being **least** satisfied and 5 being **most** satisfied, rate how satisfied you are about the boundaries you currently create for these 8 aspects of your life. *Are you happy with the boundaries you set for healthy friendships? What about for your mental health?*



EXPLOR

BOUNDARIES SELF-ASSESSMENT

What is the first thought that came to your mind when you look at your completed Boundaries Self-Assessment exercise?

Which ONE area of your life do you MOST want to improve?

What 3 actions can you do to bring up the score to 5/5 for this area of your life?

Schedule the 3 dates when you are going to start implementing these 3 actions.

What other actions are you going to take (in future) in order to look after this area of your life?

