**Boundary Worksheet**

Remember: I am responsible for my own well-being.

“Setting boundaries is a way of caring for myself. It doesn’t make me mean, selfish, or uncaring because I don’t do things your way. “-Christine Morgan, Author of “Motivational Mondays”

**PROFESSIONAL**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | WHAT | WHO | WHY IS THIS IMPORTANT? WHAT ARE MY FEELINGS ABOUT THIS? | HOW IS THIS MUTUALLY BENEFICIAL | POSSIBLE REACTIONS | PRACTICE THOUGHTS/STATEMENTS | HOW AM I GOING TO HANDLE A VIOLATION? |
| CLIENT |  |  |  |  |  |  |  |
| FIRM |  |  |  |  |  |  |  |
| COLLEAGUE |  |  |  |  |  |  |  |
| SUPERVISOR |  |  |  |  |  |  |  |

**PERSONAL**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | WHAT | WHO | WHY IS THIS IMPORTANT? WHAT ARE MY FEELINGS ABOUT THIS? | HOW IS THIS MUTUALLY BENEFICIAL | POSSIBLE REACTIONS | PRACTICE THOUGHTS/STATEMENTS | HOW AM I GOING TO HANDLE A VIOLATION? |
| RELATIONSHIP(S) |  |  |  |  |  |  |  |
| TIME |  |  |  |  |  |  |  |
| SELF-CARE |  |  |  |  |  |  |  |
| MONEY |  |  |  |  |  |  |  |