

# Boundary Builder Worksheet

A worksheet to help you honor your energy, protect your peace, and practice healthy boundaries.

**1. Where in my life am I feeling drained or resentful?**

---

---

---

---

**2. What boundary might be needed in this area?**

---

---

---

---

**3. What fear or discomfort is keeping me from setting this boundary?**

---

---

---

---

**4. A boundary script I can practice or use:**

---

---

---

---

**5. How I will support myself as I hold this boundary:**

---

# Boundary Builder Worksheet

A worksheet to help you honor your energy, protect your peace, and practice healthy boundaries.

---

---

---