



## BOUNDARIES SCORECARD

Where do you stand in the realm of setting healthy boundaries and then honoring those boundaries?

Rate each statement 0 - 10

“0” if the statement is 100% false, which means you ***never ever*** have the experience or do the particular thing.

“10” if the statement is 100% true, which means you ***always, every single time***, have the experience or do that particular thing.

Your answers must hold true in ***all areas*** of your life and ***with all people***, including with close friends and family.

“1” - “9” Pick a number that best describes the degree to which the statement is true or false.

\_\_\_\_\_ I never hold myself responsible for other people’s thoughts, feelings, actions, or reactions.

\_\_\_\_\_ I make clear agreements with others in both my personal life and my professional life, and hold to them.

\_\_\_\_\_ I never go along to just get along, saying things like, “*Whatever you want, it’s up to you... it really doesn’t matter to me.*” when it is not true.

\_\_\_\_\_ When I am disrespected or treated poorly, I speak up for myself.

\_\_\_\_\_ I never inconvenience myself just to please someone else.



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- \_\_\_\_\_ I never present myself in a way that is inauthentic to me, just to fit in with others.
- \_\_\_\_\_ I never live by other people's expectations.
- \_\_\_\_\_ I never say *yes* to requests of my time, energy or money, when I want to say *no*.
- \_\_\_\_\_ I'm in integrity around when, why, how and on what I spend my money.
- \_\_\_\_\_ I set aside "me" time to focus on my personal goals (without letting other people's demands sidetrack me).
- \_\_\_\_\_ If I feel angry, agitated or upset because a boundary has been crossed, I address it, clean it up and reset the boundary.
- \_\_\_\_\_ I remove myself from relationships that are not respectful and empowering to both parties.
- \_\_\_\_\_ I ask for and receive proper compensation for my work.  
my world.
- \_\_\_\_\_ I have clear guidelines that I honor regarding my work hours.
- \_\_\_\_\_ I honor my needs and desires for fun, recreation, vacations, down-time and hobbies.
- \_\_\_\_\_ I have clear expectations of how people behave in my home, which I honor.
- \_\_\_\_\_ I only have people in my life that show respect for me.



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- \_\_\_\_\_ I only share personal information with people I trust, when it feels right and safe for me to do so.
  - \_\_\_\_\_ I speak up when I feel like my physical space is being violated.
  - \_\_\_\_\_ I eat what's right for me, regardless of pressure or expectations of others.
  - \_\_\_\_\_ I honor my religious or spiritual beliefs, even when I'm around people who don't share my views.

## INTERPRETATION

I intentionally did not put definitions or explanations on the scores. The purpose of this scorecard is to give you awareness, NOT a number. This is a tool to help you see where you may need to up your game in terms of setting and honoring your boundaries and where you are doing pretty ok in certain areas.