



A Healthy Boundaries Checklist

Self-Assessment is a great way to keep tabs on your own progress toward maintaining healthy boundaries. Place a mark in the 2nd column each time you maintain a given boundary. Gauge your feelings at the end of each day.

Boundary #1: _____

	# of times maintained	End of day Feelings Gauge				
		Feeling great!	Feeling pretty good	Could be better	Not so great	Terrible!
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

Boundary #2: _____

	# of times maintained	End of day Feelings Gauge				
		Feeling great!	Feeling pretty good	Could be better	Not so great	Terrible!
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

Boundary #3: _____

	# of times maintained	End of day Feelings Gauge				
		Feeling great!	Feeling pretty good	Could be better	Not so great	Terrible!
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						