A logo for a therapy for women

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**Boundaries & Burnout Reflection Worksheet**

This worksheet is here to help you explore what you need, what’s getting in the way, and where boundaries can support you. Be honest with yourself, there are no wrong answers.

**1. What I Want & Need**

Things I want more of in my life:

Things I need less of in my life:

**2. What Might Be Standing in My Way**

Fears or worries that come up when I think about saying “no”:

Messages I’ve learned (from family, work, culture, etc.) about always being available/helpful:

**3. Boundaries That Could Help Me**

One small boundary I could set with family or friends is:

One boundary I need to set with myself (around rest, expectations, or overcommitting) is:

**4. My Energy Check-In**

Activities/people that drain me:

Activities/people that restore me:

**5. My First Step**

If I were to take just one step toward honoring my needs this week, it would be:

✨ Remember: boundaries are not walls — they are doors. They protect your energy and open up space for what really matters.