

FREE

BOUNDARIES

TRACKER

WORKSHEET

Mental Health Printable | Boundary Check-In | Reflection Form

Printable &  
therapist-  
designed!

**Weekly Boundaries Reflection Tracker**  
*Boundaries help us feel safe, whole, and connected. This weekly check-in helps you reflect on where your limits are being honored—and where they need a little tending.*

**Section 1: Where My Energy Went This Week** (Check all that apply)

- Work
- Family
- Partners/Relationship
- Friendships
- Parenting
- Social Media
- Emotional Labor
- Self-Care
- Creative Projects
- Other: \_\_\_\_\_

**Section 2: Boundary Wins**  
What did I do this week that protected my peace, time, or energy?

**Section 3: Boundary Crossings or Leaks**  
Where did I overextend, say "yes" when I meant "no," or feel resentment?

**Section 4: Signals I Might Need Stronger Boundaries**

- I felt drained or irritable
- I avoided someone/something
- I felt anxious after interactions
- I procrastinated or replayed conversations
- I said "yes" out of guilt or fear
- I felt resentful or obligated
- Other: \_\_\_\_\_

**Section 5: Boundaries to Strengthen or Revisit**  
One boundary I want to reinforce or practice this week is:

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*"A weekly check-in for your time, energy, and truth."*

REIACHAPMAN.COM

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