

Latasha Matthew's Boundary Setting Checklist

Boundaries can be tough to set but they necessary for authenticity, freedom, and protection. Here's a checklist to help you structure your thoughts when faced with the task of setting boundaries.

YES NO

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1. Am I honoring myself versus someone else?

Often time's boundary issues arise when you put the needs of others before yourself. Be balanced in your approach to serve others.

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2. Does the situation, action, or outcome positively impact me or align with my belief system?

What you believe should ultimately guide your decisions. If you are going against your belief system on a regular basis you might need to consider setting boundaries.

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3. Do I have the time to adequately honor the request or participate in the activity?

Protecting your time will provide peace and reduce anxiety.

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4. Does the situation, action, or activity honor my mental, physical, spiritual and emotional health?

You matter and you must honor all parts of yourself.

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5. Do I want to do the activity, action, or event?

Busyness breeds boundary violations. You don't have to do everything. Learn to balance your wants/needs and be mindful about those things that you involve yourself in.

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6. Do I have the finances to participate in this activity or event?

Having the finances to participate in an endeavor goes beyond just having the funds available. Consider your budget and if this will leave you in a financial bind or lack in places where you really need it.

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7. Does this activity bring me joy versus cause me stress & anxiety?

Divorce your relationship with stress & anxiety and gain a relationship with joy & peace. This is the best boundary ever!

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8. Can someone else do it? Can I only do a portion of the task? Can someone else do it better?

Humility is a great boundary. People pleasing and enabling is a boundary violation. Some people are gifted and equipped to handle certain things. Operate in your gifted/talented area and allow others to do so as well.

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9. Am I dealing with this situation versus using food, sex, drugs, alcohol, shopping, avoidance, or other negative habits to keep me from setting this boundary?

Often times we tend to gravitate towards things that make us feel good or numb to help us cope or deal with unpleasant situations. Participating in this type of act will cause you to feel as if everything is okay and prevent you from dealing with the situation by setting necessary boundaries.

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YES | NO

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10. Have I established that this relationship is a trusting or supportive relationship?

Evaluate your relationship, paying attention to how it's progressed and where you want it go. Beyond that, think about how you feel in the relationship. If you feel that your needs aren't being met, consider what YOU need, communicate that and set boundaries in place to protect your needs.

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11. Am I showing myself loving-kindness and compassion?

Fully honoring the good and bad parts of you is true self-love. If you are unable to honor yourself you will have a hard time believing you're valuable enough or deserving of the boundaries that you need to set for your own wellbeing.

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12. Do I trust myself & know that I have the power as well as the right to set boundaries?

Reclaiming your power and understanding your rights is a crucial step in boundary setting.

This checklist is not an exhaustive list of questions that you can use when faced with the need to set a boundary. Use this checklist as a guide to jumpstart your thought process.

When you are faced with a situation or decision, pull out this checklist and answer the questions. Do your answers lean towards "Yes" or "No"? No is a complete sentence and it's okay to say it. Say Yes to yourself and experience freedom.

As you begin to evaluate situations and start this process you'll discover other elements that impact your ability to set boundaries, I encourage you to add these to your checklist.

Happy Boundary Setting !!
NO is a complete sentence !!
YES is Freedom !!

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