



# BOUNDARIES RESET TOOL

Boundaries are essential for healthy relationships and personal well-being, but they can shift over time. If you're feeling stretched thin or resentful, these prompts can help you re-evaluate your personal limits and reset in alignment with your needs.

What situations or behaviors are currently triggering me?

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What boundaries do I need to strengthen or set with myself and others?

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What are the benefits of enforcing these boundaries?

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“It took time for me to recognize how my lack of boundaries around my time and energy led to resentment. Remember—it’s not selfish to rest and honor your own.

—CRYSTAL SCOTT

