

My Clean Slate Boundary Blueprint

JOURNAL PROMPTS



Boundaries are essential for maintaining balance, self-respect, and healthy relationships. This blueprint is designed to help you identify, reinforce, and create boundaries in different areas of your life. Take your time reflecting on each section and use this as a guide for personal growth.

IDENTIFY

Consider the areas of life where you feel drained, overwhelmed, or unsupported. Journal your thoughts below:

- **Personal Well-being:** What changes could I make to align my self-care practices and emotional well-being with my values?
 - **Work & Professional Life:** Are there areas where I feel overcommitted and not working within a framework that supports my values?
 - **Family & Relationships:** What expectations or behaviors feel misaligned with my values?
 - **Social Life & Friendships:** Where do I feel pressure or resentment in my social interactions?
 - **Digital & Technology Boundaries:** How do I manage screen time, social media, and communication? Are there behaviours that I am engaging with that are incongruent with my values?
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DEFINE

Keeping your values in mind, write down what healthy boundaries would look like in the areas identified above. Use the prompts below:

- What do I need to feel respected and balanced in this area?
- What behaviors am I no longer willing to tolerate from myself/others?
- How will I communicate this boundary to others?
- What action steps can I take to reinforce this boundary to myself/others?

SUSTAIN

As you establish boundaries, you may encounter resistance from others or yourself. Reflect on these situations:

- Who might struggle with my new boundaries, and why?
- What internal guilt or self-doubt do I need to overcome?
- How can I remind myself that my well-being is a priority while using strategies to maintain my boundaries despite pushback?

AFFIRM

Write an affirmation or commitment statement to reinforce your boundaries.

Examples:

- *I am worthy of respect, and my boundaries are valid.*
- *Prioritising my well-being allows me to show up fully in my life.*
- *I set boundaries with confidence and compassion.*

Sign and date this section as a personal commitment to yourself.

REFLECT

Boundaries evolve as life changes. Use this space for future reflections:

What improvements have I noticed since setting my boundaries, where do I still need reinforcement or adjustments, and how do I feel about my progress?
