

Boundary Audit Worksheet

Instructions: For each domain below, reflect on where your boundaries are strong, where they feel blurry, and what needs attention. Use the checkboxes to indicate where you're feeling most depleted. Then use the lines to explore thoughts, examples, or next steps.

Time

Where is your time going by default rather than by design?

This area needs stronger boundaries

Energy

What drains your energy vs. what replenishes it?

This area needs stronger boundaries

Work

Where are expectations unclear or excessive?

This area needs stronger boundaries

Relationships

Where are you over-functioning or feeling resentment?

This area needs stronger boundaries

Self

Where are you abandoning your own needs or desires?

This area needs stronger boundaries

Contact

AOIFE MAIREAD HOLDEN MBA, ACC

 503.686.5973

 aoife@saoirseconsultingandcoaching.com

 [linkedin.com/in/aoifeholden](https://www.linkedin.com/in/aoifeholden)

 saoirseconsultingandcoaching.com

