**Worksheet 1 – July 2017 - The Better Boundary Foundry**

A worksheet to kickstart your awareness for this month – whatever comes up top of mind for you is the perfect response – no one will see this but you. It’s your helpful thought-starter foundation for your wellbeing by stealth this month – so get cracking! Ideally, fill this in BEFORE you watch this month's tutorial.

**Where do you feel you already have good boundaries?**

 Physically

 Mentally (holding your own opinion and being okay to disagree)

 Fiscally / Materially

 Emotionally (not trying to “make” others happy, or expecting them to

“make” you happy)

 Time / Commitment

**In which areas do you feel you need to improve?**



**When do you most often feel resentful / pissed off / burned out / taken advantage of?**



**Are there particular people / relationships that make you feel consistently resentful / pissed off / burned out / taken advantage of?**



**In what situations do you feel GUILTY?**



**Why? What is it about this person or situation that brings guilt up for you?**



**Well done – that’s a great first step in awareness for this month's module of awesomeness ~The Better Boundary Foundry~.**

We cannot transform that which we are unaware of - so that was great work.

Well done!

