

GardenShrink

Boundary Check: Where Your Life Is Leaking

A simple way to notice where you may be out of range—before burnout forces the issue.

SECTION 1 — QUICK SCAN

- I say yes when I want to say no
- I feel tired but keep pushing anyway
- I overcommit and feel stretched thin
- I don't make time for rest
- I feel resentful toward people or obligations
- My schedule feels full—but not meaningful
- I don't have clear 'off' times
- I feel like I'm always 'on call'
- I struggle to stop once I start something
- I rarely say yes to things that would actually grow me

SECTION 2 — WHERE IT SHOWS UP

Work:

Home:

Relationships:

Personal habits (sleep, screens, etc.):

SECTION 3 — YOUR SYSTEM'S SIGNALS

- Constant fatigue
- Irritability
- Loss of motivation
- Feeling overwhelmed
- Trouble relaxing
- Trouble sleeping
- Loss of enjoyment
- Feeling 'always behind'

SECTION 4 — REFLECTION

Where do I feel most 'out of range' right now?

What am I allowing that I haven't questioned?

Where might I need more limits?

Where might I need more openness?

SECTION 5 — NEXT STEP (KEEP IT SMALL)

This week, I will simply notice:

Good soil needs rest. Good lives do too.

This worksheet is for educational and informational purposes only and is not intended as medical or mental health advice. It is not a substitute for professional diagnosis or treatment. If you are experiencing significant distress, impairment, or ongoing mental health concerns, please consult a qualified healthcare or mental health professional. If you are in crisis, seek immediate help from local emergency services or a crisis support line.