



Boundary Mapping Worksheet

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Boundaries are not about controlling others — they're about clarifying **how I will care for myself, protect my energy, and nurture my well-being.**

Healthy boundaries are about noticing what drains me, what restores me, and making choices that honour my needs so I can show up with presence for my children and myself.

✨ Step 1: Energy Awareness

What drains my energy and well-being?

(Circle, list, or add your own)

- Overcommitting
- Lack of rest
- Conflict
- Unmet needs
- Guilt/shame cycles
- Sensory overwhelm
- Other: _____

What restores my energy and well-being?

(Circle, list, or add your own)

- Quiet time
- Movement or nature
- Supportive relationships
- Asking for help

- Creative outlets
- Rest/play
- Other: _____

Step 2: Circle Mapping Exercise

Draw **two circles** on a blank page:

- In the first circle, write down the things that **drain your energy**.
- In the second circle, write down the things that **restore your energy**.

👉 Once you've filled them in, choose **one drain** and **one restore**. Underneath each, write a **boundary statement** about how you will respond to protect or nurture your energy.

Examples (boundary-focused):

- Drain: *Phone notifications at night* → Boundary: "I will turn my phone on 'Do Not Disturb' after 9 PM."
- Drain: *Being pulled into family arguments* → Boundary: "I will leave the room or end the call if voices are raised."
- Restore: *Alone time recharges me* → Boundary: "I will protect 30 minutes after the kids' bedtime for myself each night."
- Restore: *Support from a friend* → Boundary: "I will reach out to a trusted friend instead of pushing through alone."



Step 3: Reflection

- Where do I feel most depleted in daily life?
- What practices consistently help me feel grounded and restored?
- Which small boundary feels doable this week?

Step 4: Mapping My Boundaries

Use the chart below to reflect on your own boundaries as acts of self-care.

Area of Life	Energy Drain	Energy Foster	My Boundary (How I Will Respond)
Parenting	e.g., constant interruptions	e.g., quiet reset time	"I will let my child know I'm taking 5 minutes before re-engaging."
Work/Responsibilities	e.g., checking email all evening	e.g., clear start/stop times	"I will log off work at 6 PM and not return until morning."
Family/Friends	e.g., being guilted into visits	e.g., supportive conversations	"I will say no to last-minute requests that conflict with rest."
Daily Habits	e.g., skipping meals	e.g., nourishing food	"I will pause work to eat lunch each day."
Self-Care	e.g., no downtime for myself	e.g., nature walk	"I will take a walk outside three times per week."

Step 5: Practicing Boundaries

Boundaries are not vague hopes — they are concrete choices I can act on.

Some examples:

- "I will not answer work calls during family time."
- "I will say no to activities that conflict with my rest needs."
- "I will leave conversations when they become disrespectful."
- "I will schedule childcare so I can attend therapy."

Closing Reminder

Boundaries are not walls. They are acts of compassion for yourself and your children. When you honor your limits and energy, you model what it means to live with respect, balance, and care.

