

THE BOUNDARIES AUDIT



SAY NO WITHOUT HATING YOURSELF (OR GHOSTING PEOPLE)

This isn't about becoming unhelpful or unavailable. It's about reclaiming your time, energy, and peace, so you can give to what matters without burning out. This quick self-audit will help you get clear on where your boundaries are slipping and give you scripts to say "no" (without guilt, drama, or disappearing).

Step 1: Identify the Boundary Leaks

What are 3 things I've said yes to lately that I regretted?

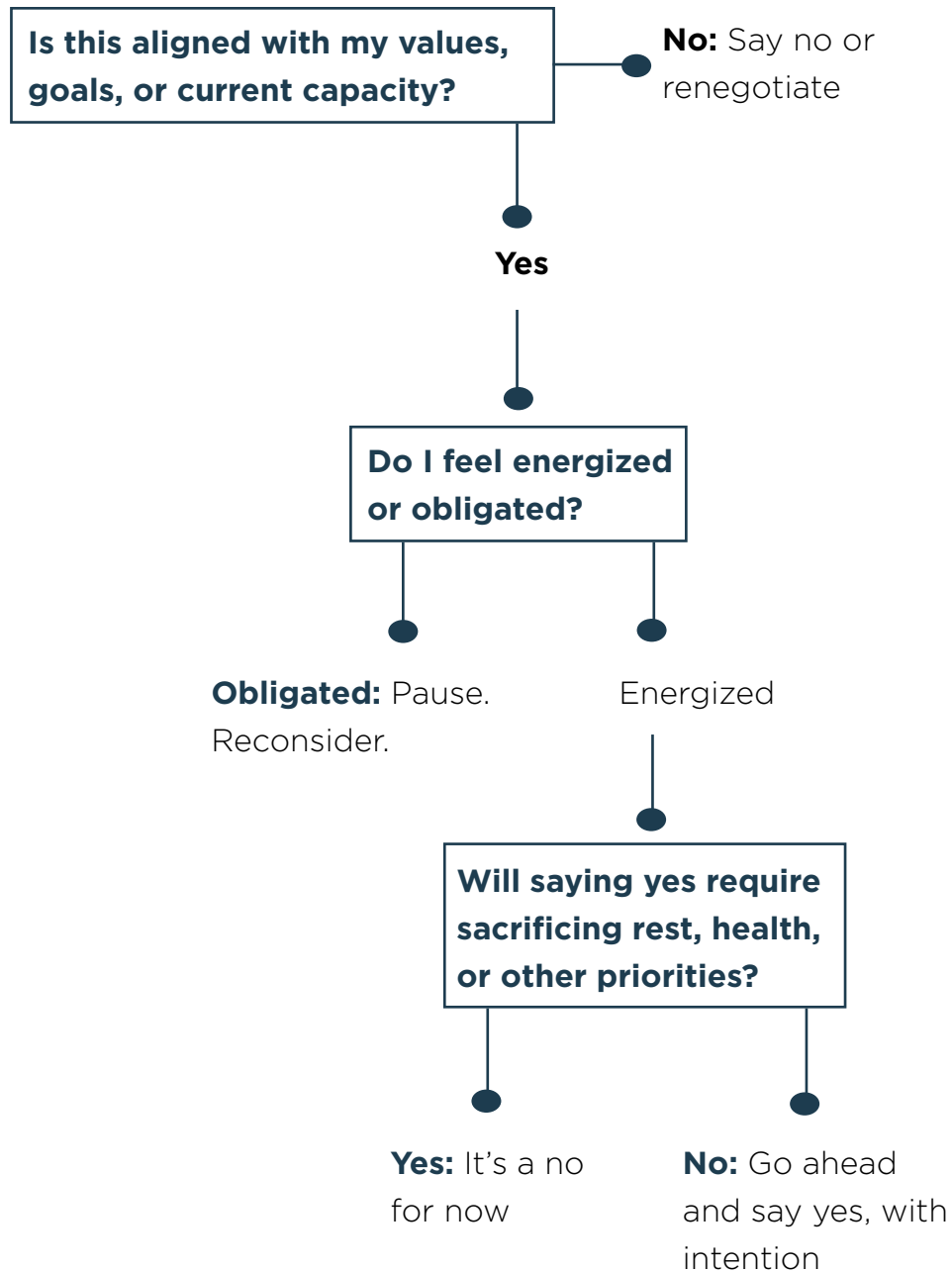
Where in my week do I feel the most drained, resentful, or resistant?

What am I currently tolerating that I wouldn't recommend to someone I love?

Step 2: The Yes/No Flowchart

Should I Actually Say Yes to This?

Use this anytime you're asked to commit to something. You can also screenshot it for your phone.



Note: If you're hesitating—there's probably a reason. Listen to it.

Step 3: The Boundary Scripts Vault

Say no without the emotional hangover.

Here are plug-and-play scripts you can copy, tweak, and send. Use your tone. Add emojis if you want. But the message? Crystal clear.

Saying No to a Meeting or Catch-Up

“Thanks so much for the invite. Right now I’m protecting my time pretty fiercely, so I’ll need to pass. I hope it goes wonderfully!”

Backing Out of a Commitment

“I wanted to circle back and let you know I need to step back from this. I’ve realized I can’t give it the energy it deserves. I appreciate your understanding.”

Declining a “Quick Favor”

“I wish I could help, but I’m at capacity right now and can’t take on anything else. I hope you find the support you need!”

Rescheduling Without Over-Explaining

“Hey! I need to move our meeting—this week got a little heavy. Can we push to next week or touch base soon?”

Asking for Space or Time to Respond

“Just a heads-up, I’m slow to reply right now while I protect some mental space. I appreciate your patience and I’ll respond when I can.”

Step 4: Set Your New Standard

Finish strong with your own new boundary mantra:

I am allowed to protect my peace.

I don’t owe access to everyone at all times.

I can say no with kindness and still mean it.

If it costs me more than it gives, it’s not worth it.

Remember:

- You’re not selfish for needing space.
- You’re not flaky for changing your mind.
- You’re not mean for saying no.
- You’re just a human with limits—and honoring those limits is leadership.