ADULTS | PRINTABLE WORKSHEET

Values & Boundaries Worksheet



WHAT THIS IS

Values show what matters most. Boundaries protect it. When they match, life feels more aligned.

HOW TO USE IT

1. Circle your top 5 values.
2. Notice where your life crowds them out.
3. Write a boundary to protect each.

EXAMPLE

"*Value: family time. Boundary: no work email after 6 pm.*"

Circle your top five values

Family	Health	Honesty	Growth
Faith	Freedom	Security	Creativity
Service	Connection	Rest	Adventure
Respect	Learning	Peace	Purpose

Boundaries that protect them

Value	What crowds it out	My boundary

Boundary sentence: "I can't _____, but I can _____." or "I need _____ so that _____." Calm, clear, and kind is enough.

The first boundary I will practice this week

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