



BOUNDARIES *Self-Assessment* TOOL

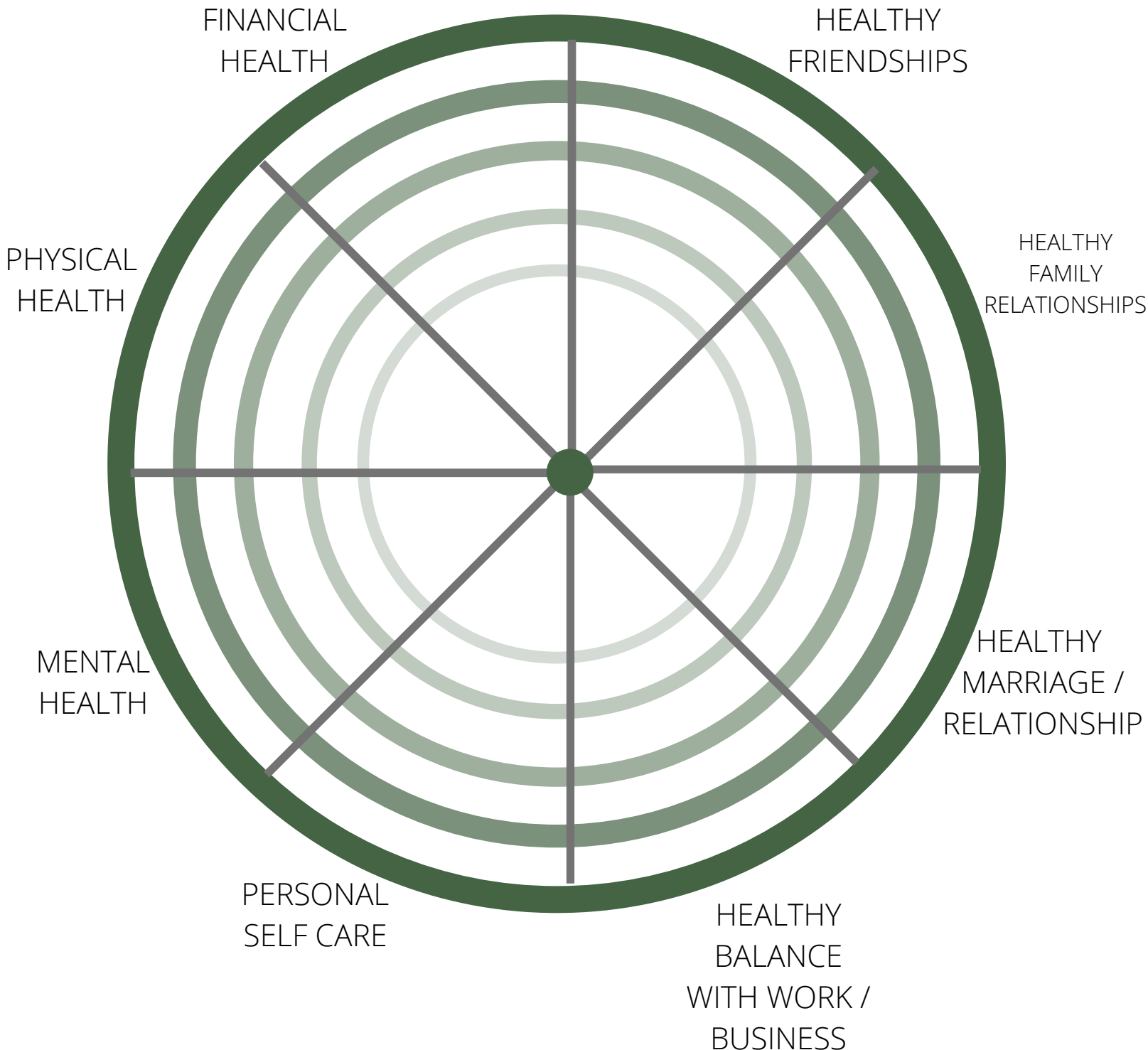
*Discover which area of your life needs
more boundaries + take action ASAP.*

Leadership with Mike

BOUNDARIES

SELF-ASSESSMENT

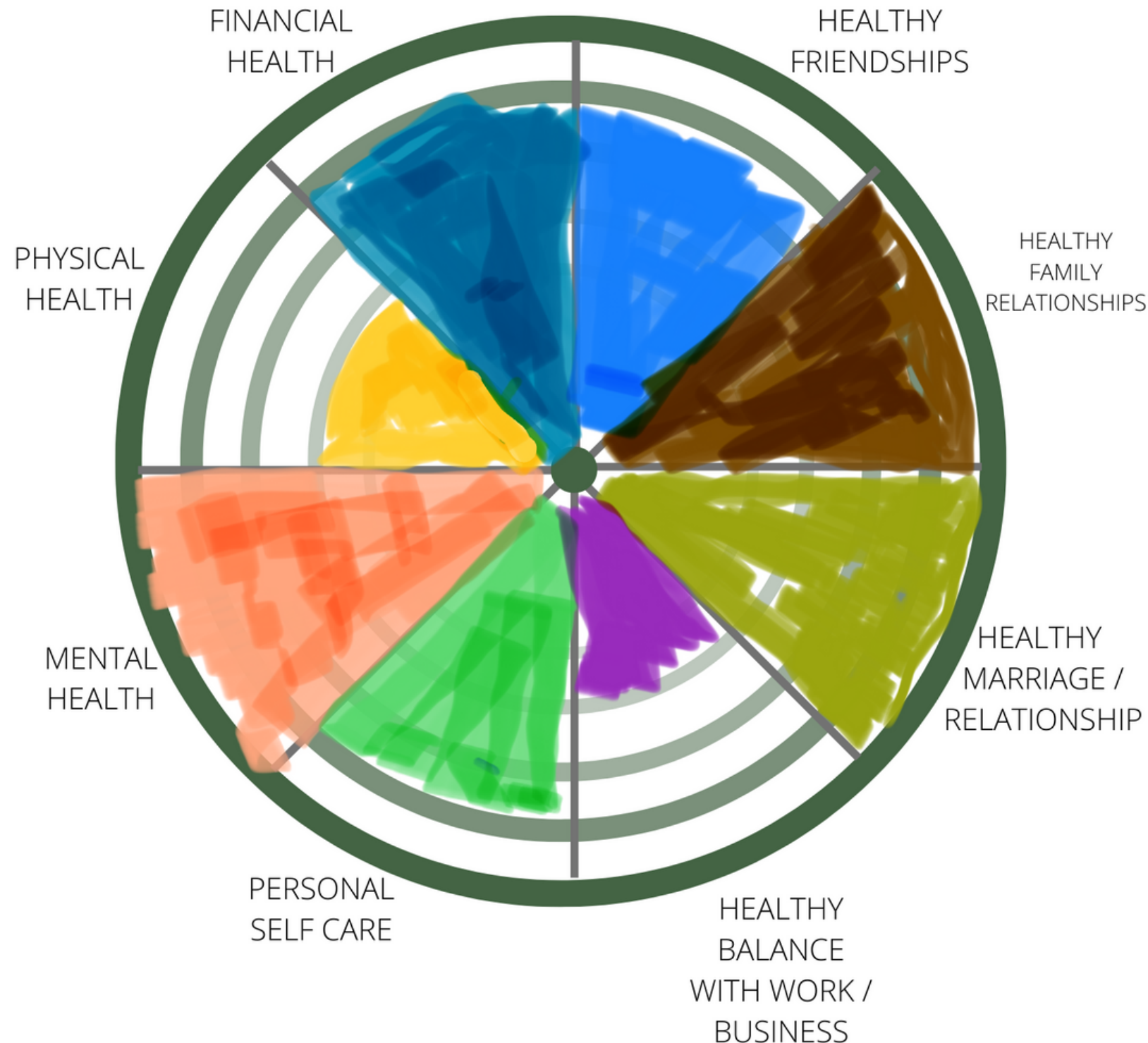
On a scale of 1 to 5, with 1 being **least** satisfied and 5 being **most** satisfied, rate how satisfied you are about the boundaries you currently create for these 8 aspects of your life. *Are you happy with the boundaries you set for healthy friendships? What about for your mental health?*



EXAMPLE

BOUNDARIES SELF-ASSESSMENT

On a scale of 1 to 5, with 1 being **least** satisfied and 5 being **most** satisfied, rate how satisfied you are about the boundaries you currently create for these 8 aspects of your life. *Are you happy with the boundaries you set for healthy friendships? What about for your mental health?*



PROMPTS

BOUNDARIES SELF-ASSESSMENT

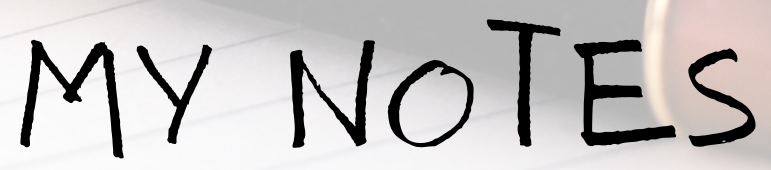
What is the first thought that came to your mind when you look at your completed Boundaries Self-Assessment exercise?

Which ONE area of your life do you MOST want to improve?

What 3 actions can you do to bring up the score to 5/5 for this area of your life?

Schedule the 3 dates when you are going to start implementing these 3 actions.

What other actions are you going to take (in future) in order to look after this area of your life?



Leadership with Mike

NEXT STEP

BOUNDARIES SELF-ASSESSMENT WORKBOOK

Now that you've taken the time to assess yourself and where you need to address some of your boundaries, you now need to walk with me through my work book.

Sometimes, we need someone - or a guide - to nudge us and show us where we should draw our boundaries. And make us more aware of what makes us tick.

Drawing your boundaries will transform you into a more confident leader. And is the first step to becoming a more self-caring individual.

Follow this link to learn more

[The setting personal boundaries workbook](#)

I'll see you there

Mike