

Boundaries Health Check

BOUNDARY	VALUE	FLUID FLEXIBLE FIRM FIXED	DIRECTION
		←————→	

How to use this health check:

- **Identify** a boundary in any area of your life or leadership.
- **Reflect** on what you value that the boundary perimeter is protecting.
- **Assess** how fluid, flexible, firm or fixed this boundary is and place yourself somewhere on the continuum.
- **Ponder** which direction God might be asking you to travel on the continuum with regard this boundary and why.