

Boundaries Review

I'd be grateful if you would take a few minutes to complete the following questionnaire. I am reflecting on my boundaries and it would be really helpful to have your perspective. Please be honest and straight with me (in a gentle way!). This form is anonymous.

Boundaries are a vital way to manage life. We all have them, and they enable us to protect the things that are important to us. They are like a perimeter around a field rather than a line in the sand.

1. What boundaries have you observed in my life?

2. Where would you place me on a scale where 1 = under boundaried and 10 = over boundaried?

1 2 3 4 5 6 7 8 9 10

3. Why have you placed me there?

4. What areas of my life and leadership would you encourage me to be more or less boundaried and why?

5. Anything else it might be helpful for me to be aware of?