

Energy and Boundaries Assessment

A coaching check-in for energy awareness, workload, boundaries, availability, and recovery.

Web version: <https://beyondpsychub.com/energy-boundaries-assessment-coaching/>

Many people try to solve exhaustion with better time management when the deeper issue is overcommitment, unclear boundaries, constant availability, or too little recovery. This coaching assessment helps you identify where your energy is going and which boundaries may need attention.

Important disclaimer

This assessment is for coaching, personal development, education, and self-help purposes only. It is not a medical, psychological, or psychiatric screening or diagnostic tool and cannot diagnose, rule out, or treat any condition. If your responses raise concerns about physical health, mental health, sleep, mood, anxiety, substance use, safety, or your ability to function, discuss your situation with a qualified medical or mental-health provider. Do not delay professional care because of a score on this assessment.

Rate the Last Four Weeks

Use a 1-5 scale: 1 = rarely true, 5 = consistently true.

1	2	3	4	5
Rarely true	Occasionally true	Sometimes true	Often true	Consistently true

Energy Awareness

Statement	1	2	3	4	5	Score
1. I notice which activities increase or reduce my energy.						
2. I can tell the difference between physical tiredness, emotional strain, and boredom.						
3. I notice signs that I need recovery before I am completely depleted.						
4. I make some adjustments when my capacity is lower than usual.						

Workload and Commitments

Statement	1	2	3	4	5	Score
5. My commitments broadly fit the time and energy I actually have.						
6. I know which responsibilities are essential and which are optional.						
7. I can renegotiate deadlines or expectations when circumstances change.						
8. I am not regularly sacrificing sleep or basic care to keep up.						

Boundaries

Statement	1	2	3	4	5	Score
9. I can say no without giving an excessive explanation.						

Statement	1	2	3	4	5	Score
10. I can ask for time before agreeing to a new commitment.						
11. I communicate my limits before resentment builds.						
12. I do not feel responsible for solving every problem around me.						

Digital and Availability Boundaries

Statement	1	2	3	4	5	Score
13. I have periods when I am not expected to respond immediately.						
14. I can step away from messages, email, or social media.						
15. Other people generally know when I am available.						
16. I can protect focused or recovery time from unnecessary interruptions.						

Recovery

Statement	1	2	3	4	5	Score
17. I have regular time that is not organized around productivity.						
18. I can rest without intense guilt.						
19. I have at least one reliable activity that helps me reset.						
20. I return to demanding responsibilities with some restored capacity.						

Scoring

Total range: **20-100**.

Score	Coaching interpretation
80-100	Your current boundaries and recovery systems appear relatively supportive. Identify what you need to protect.
60-79	You may have a few recurring energy leaks. Focus on the lowest section.
40-59	Your current commitments or boundaries may be difficult to sustain. Reduce one source of avoidable strain.
20-39	Your current pattern may involve significant overextension. Prioritize support, simplification, and recovery rather than adding more productivity demands.

Important: These are coaching interpretations only, not clinical cutoffs.

Energy Audit

Activity / person / situation	Energy before 0-10	Energy after 0-10	Keep, change, reduce, or recover?

Activity / person / situation	Energy before 0-10	Energy after 0-10	Keep, change, reduce, or recover?

Boundary Reflection

Where do I say yes when I want to say no? _____

Which boundary do I expect other people to just know without communicating it? _____

Where am I confusing kindness with unlimited availability? _____

Which commitment creates the most resentment? _____

What am I afraid might happen if I set a clearer limit? _____

What is one limit I can communicate respectfully this week? _____

Boundary Scripts

Draft wording that fits your situation. Examples: "I cannot take that on this week, but I can revisit it on Monday." "I need to check my schedule before I commit." "That timeline is not realistic for me. Can we prioritize what is most important?"

My boundary script _____

Create a Seven-Day Energy Experiment

One drain I will reduce _____

One recovery activity I will protect _____

One boundary I will communicate _____

One commitment I will renegotiate _____

Key Takeaways

- Not every energy problem is a time-management problem.
- Boundaries work best when they are communicated before resentment builds.
- Recovery is part of sustainable performance.
- Overcommitment may require reducing demands, not optimizing every minute.
- One clear boundary can be more useful than several vague intentions.

References

- International Coaching Federation: Code of Ethics
<https://coachingfederation.org/credentialing/coaching-ethics/icf-code-of-ethics/>

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