

Energy and Boundaries Worksheet

Identify drains, clarify limits, prepare scripts, and protect recovery.

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

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

Use this worksheet after the Energy and Boundaries Assessment to map recurring drains, identify where you overextend, prepare respectful boundary language, and protect recovery.

Important disclaimer

This worksheet is for coaching, education, personal development, and self-help purposes only. It is not a diagnostic tool for burnout, depression, anxiety, sleep disorders, or any other medical or mental-health condition. Persistent exhaustion, major changes in sleep or mood, unexplained physical symptoms, substance use, self-harm thoughts, or significant loss of functioning should be discussed with a qualified medical or mental-health provider.

Step 1: Map Your Energy

Activity, person, or situation	Energy before 0-10	Energy after 0-10	Drain / neutral / restorative

Step 2: Identify the Main Boundary Gap

Situation where I overextend _____

What I usually say or do _____

What I actually need _____

What I fear may happen if I set a limit _____

Step 3: Choose the Type of Boundary

Boundary type	What needs to change?
Time	
Availability	
Workload	
Communication	
Emotional responsibility	

Step 4: Write a Boundary Script

My clear limit _____

Respectful wording _____

What I can offer instead, if appropriate _____

How I will respond if the boundary is challenged _____

Step 5: Protect Recovery

One recovery activity that actually restores me _____

When I will protect it _____

One avoidable drain I will reduce _____

One commitment I will renegotiate _____

Step 6: Seven-Day Review

- Did the boundary reduce strain?
- What felt uncomfortable but useful?

- Where did I still overcommit?
- What response from others surprised me?
- What boundary needs to become more specific?

Key Takeaways

- Energy problems may require fewer demands, not more optimization.
- Boundaries are clearer when stated before resentment builds.
- Recovery deserves protected time.
- One well-defined limit is more useful than several vague intentions.

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