

# Cowgirl Grit and Grace

## Boundary and Toleration Checklist

Use the checklist below to assess where in your life your boundaries may need to be stronger.

### Step 1

Ask yourself the following questions and list your responses on the chart below:

- Where in your life are you tolerating something your True Self would never allow?
- What drains your energy or makes you feel emotionally spent?
- Are you feeling frustrated often, even about little things? What are they?
- Where in your life do you feel burdened?
- Where in your life are you putting up with things, people, jobs, tasks, or places that exhaust you?
- Where in your life are you in emotional pain?
- Is there any area of your life where you are suffering needlessly?

### Step 2

Each of the items on your list below has a cost to you and your True Self. How do you honestly feel about these tolerations? Think of the consequences to you emotionally, physically, mentally, spiritually, to your health, your finances, your relationships and your future. Over time will some of these have dire consequences to you? How do these things take valuable life energy away from you? List your answers on the chart below.

### Step 3

Ask yourself why you are tolerating these things in your life. What is the benefit? We tolerate many things in life because it benefits us in some way. List your answers on the chart below.

What am I tolerating or is a clear boundary violation?	What is the cost to your True Self?	What is the benefit?

#### Step 4

Assess for yourself if the benefit outweighs the cost. Which are the costliest? Where can you set boundaries? What do you need to just let go of? What actions can you take to change the situation? We all have boundaries we need to set and don't have to tolerate the things in our life that take away our valuable life energy. Bringing them to your awareness and articulating them helps you to begin eliminating some of them.

I hope this has helped you identify where in your life you may need to set boundaries. As a Life Coach, I understand that change is not always easy. But keep faith, there is light at the end of the tunnel and you're not in this alone! If you're feeling stuck or overwhelmed, feel free to contact me. I hope you've enjoyed this exercise. If you require assistance or have further questions, please call or write.

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