

DAY 16



COMPLETE BOUNDARY AUDIT WORKBOOK

PRACTICE GUIDE

**“EVERY TIME I HONORED A PROMISE TO
MYSELF, I REWIRED MY BRAIN TO
BELIEVE: I AM WORTHY OF BEING HEARD
—EVEN BY ME.”**

Fiona Soutter

PART 1

BOUNDARY MAP – LIFE AREA AUDIT TABLE

Welcome to Day 16. Today’s practice is about zooming out and taking stock—gently, clearly, and courageously. You’ll explore the boundaries across different parts of your life and see which ones uplift you, and which ones might need realignment. 🌱

Life Area	Areas of Drain or Tension	Situations Where Boundaries Are Needed	Current Boundary Strength (1-10)	One Boundary to Strengthen
Work / Professional				
Family				
Friendships				
Romantic Relationships				
Digital / Online				
Physical Space & Energy				
Self-Boundaries				

PART 2

PRIORITY BOUNDARY IMPLEMENTATION PLAN

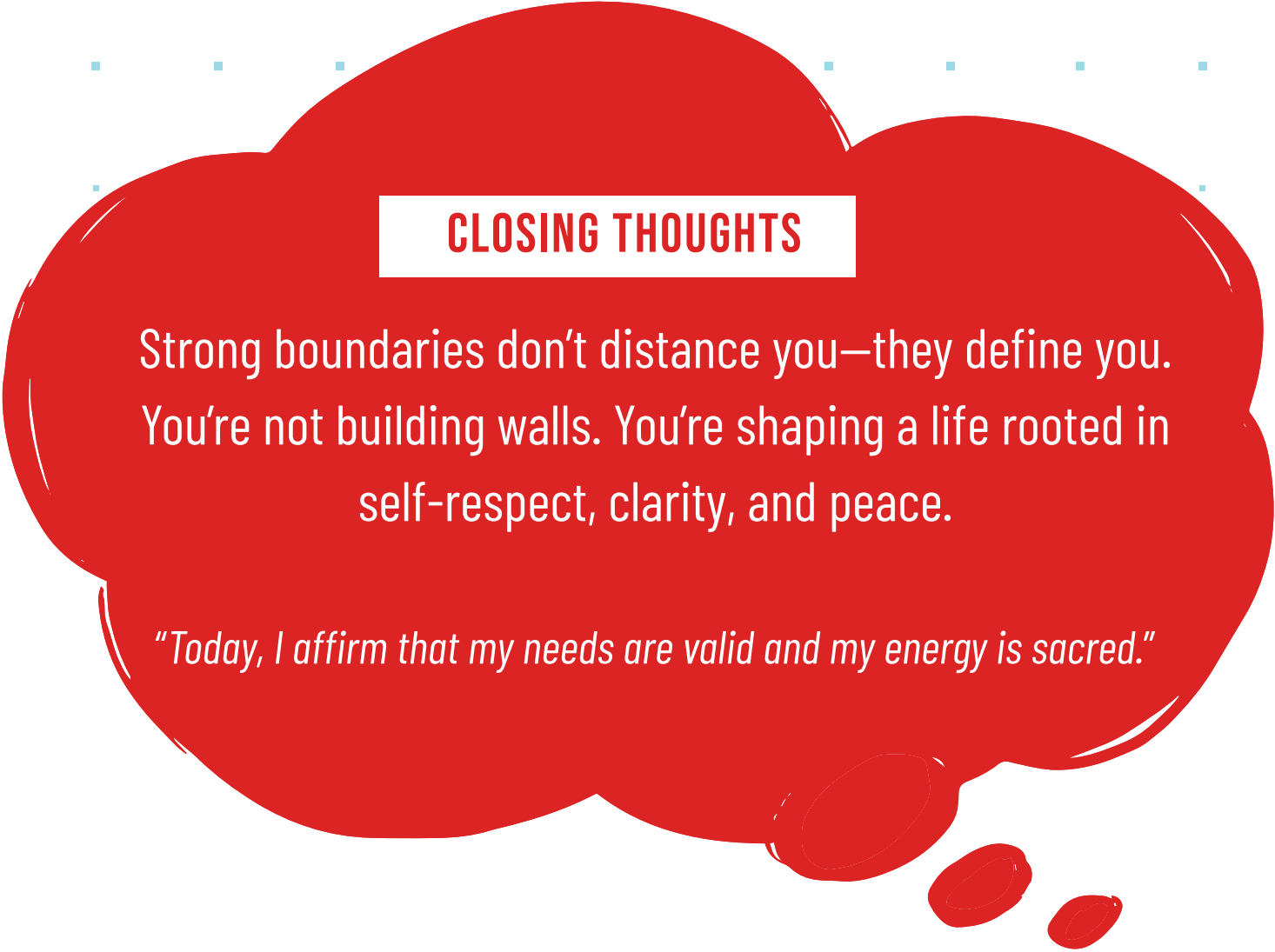
- Life Area to Prioritize:

- Clear Boundary Statement:

- How and When I'll Communicate It:

- What Might Challenge Me:

- How I'll Support Myself:



CLOSING THOUGHTS

Strong boundaries don't distance you—they define you. You're not building walls. You're shaping a life rooted in self-respect, clarity, and peace.

"Today, I affirm that my needs are valid and my energy is sacred."

Next, you'll turn your insights into ready-to-use boundary scripts—so your truth feels natural, clear, and easier to express in real-time. ✨
