

Name: _____

Build Your Boundaries, Reach Your Goals!

Remember the goals you wrote yesterday? Write them here:



Now write 3 boundaries that will help you reach your goals.

Example: Because I matter, I will not use drugs.

How does this boundary protect your whole person:

- Physically: I won't unintentionally physically hurt myself.
- Intellectually: My brain will be able to think clearly and make healthier choices.
- Emotionally: I will have less regret.
- Socially: I will be more aware of the people around me.
- Ethically: I won't be breaking the law.

1. Because I matter _____

How does this boundary protect your whole person:

- ◆ Physically: _____
- ◆ Intellectually: _____
- ◆ Emotionally: _____
- ◆ Socially: _____
- ◆ Ethically: _____

2. Because I matter _____

How does this boundary protect your whole person:

- ◆ Physically: _____
- ◆ Intellectually: _____
- ◆ Emotionally: _____
- ◆ Socially: _____
- ◆ Ethically: _____

3. Because I matter _____

How does this boundary protect your whole person:

- ◆ Physically: _____
- ◆ Intellectually: _____
- ◆ Emotionally: _____
- ◆ Socially: _____
- ◆ Ethically: _____

Go-To Adult Signature: _____