

SETTING
BOUNDARIES
Without Guilt

A GUIDE TO CREATING BOUNDARIES
THAT PROTECT YOUR PEACE AND PRIORITIES.



THE TRUTH

Boundaries are not about pushing people away.
They are about protecting what God has
assigned you to carry.

*Healthy boundaries honor God, honor others,
and honor you.*



WHY BOUNDARIES MATTER

- ✓ Protect your time, energy, and focus
- ✓ Prevent resentment and burnout
- ✓ Strengthen relationships
- ✓ Help you stay aligned with your purpose
- ✓ Create space for rest, clarity, and growth

THE BOUNDARY FRAMEWORK

Use this guide to help you identify, create, and implement boundaries with confidence and grace.

1



IDENTIFY WHAT DRAINS YOU

Name the situations,
people, habits, and
commitments that
consistently drain your
peace or distract you
from your priorities.

What drains me:

2



CLARIFY YOUR PRIORITIES

You cannot protect what
you have not prioritized.
Get clear on what matters
most in this season.

My top priorities are:

1.

2.

3.

4.

3



CREATE CLEAR BOUNDARIES

Decide what you will
say yes to, what you will
say no to, and what
requires limits.

My boundary is:

This boundary protects:

4



COMMUNICATE WITH CONFIDENCE

You don't need to
over-explain or apologize.
Be kind, clear, and
consistent.

Boundary statement
I can use:

5



MAINTAIN WITHOUT GUILT

Boundaries are only
effective when you
consistently honor
and reinforce them.

I will maintain this
boundary by:

BOUNDARY STATEMENTS EXAMPLES

- “I’m not able to commit to that right now.”

“I need to protect my time in this season.”

“I have to decline so I can stay aligned with my priorities.”

“I’m focusing on what God has assigned me.”

“I will get back to you when I am able.”

“That doesn’t work for me.”



HEALTHY BOUNDARIES ARE:

- ✓ Clear

✓ Kind

✓ Consistent

✓ Respectful
- ✓ Firm

✓ Grace-filled

✓ Aligned

✓ Sustainable

BOUNDARY AUDIT: WHERE DO YOU NEED STRONGER BOUNDARIES?

Check all that apply and rate the strength of your current boundaries.

STRENGTH SCALE

1 = Weak 2 = Developing 3 = Strong

	My time and schedule	123
	My energy and mental capacity	123
	My relationships	123
	My finances	123
	My family responsibilities	123
	My work and commitments	123
	My availability (calls, texts, social media)	123
	My rest and self-care	123



COMMITMENT

I commit to protecting my peace,
honoring my priorities, and setting
boundaries without guilt.

My first boundary I will implement:

I will take action by:

Date:

“ YOU ARE NOT CALLED
TO OVER-EXTEND YOURSELF.
YOU ARE CALLED TO BE
FAITHFUL WITH WHAT
GOD HAS ASSIGNED.
BOUNDARIES HELP YOU
DO THAT WELL. ”

