

Healthy Boundaries Checklist

Use this checklist to evaluate how well you're setting and maintaining healthy, Christ-centered boundaries in your life. Check the areas where you're doing well, and highlight areas that may need prayer, reflection, or change.

- ☐ I say 'no' when something violates my peace, purpose, or values, without guilt.
- ☐ I regularly spend time with God in prayer and Scripture to stay anchored in truth.
- ☐ I know my core values and priorities, and I make decisions that reflect them.
- ☐ I set clear limits on toxic, manipulative, or disrespectful behavior.
- ☐ I communicate boundaries directly, kindly, and without fear.
- ☐ I give and serve in ways that empower others, not enable unhealthy dependency.
- ☐ I guard time for rest, family, and spiritual renewal.
- ☐ I hold people accountable for harmful actions while extending forgiveness and grace.
- ☐ I do not confuse peacekeeping with peacemaking—I choose truth over false harmony.
- ☐ I remind myself that setting boundaries is not selfish—it's a form of stewardship over my God-given life.