

BOUNDARY HEALTH INVENTORY

A Self-Assessment Tool for Healthy Living
Beloved Rising Ministries

Understanding Boundary Health

Healthy boundaries are essential for maintaining your physical, emotional, and spiritual well-being. They protect your time, energy, and values while allowing you to engage in meaningful relationships and service. This inventory will help you assess the current state of your boundaries across ten key areas of life.

Remember: This is a tool for awareness and growth, not condemnation. God's grace meets us wherever we are, and healthy boundaries are a gift that allows us to love others well while honoring how He created us.

How to Use This Inventory

Step 1: For each life area, evaluate your five boundary types using the traffic light system below.

Step 2: Place a checkmark in the box that best describes your current boundary health in that area.

Step 3: Total your responses in each zone at the end to identify overall patterns.

Step 4: Review the interpretation guide and prayerfully consider your next steps.

Traffic Light Assessment System

● **RED ZONE (Urgent):** Boundaries are severely compromised or non-existent. You feel overwhelmed, resentful, or depleted. Immediate attention needed.

● **YELLOW ZONE (Needs Work):** Boundaries exist but are inconsistent or unclear. You sometimes struggle to maintain them. Room for improvement.

● **GREEN ZONE (Healthy):** Boundaries are clear, consistent, and respected. You feel balanced and at peace in this area. Keep up the good work!

Five Boundary Types

Physical Boundaries: Your personal space, touch, privacy, and physical safety. Includes saying no to unwanted physical contact and protecting your body.

Emotional Boundaries: Protecting your feelings, thoughts, and emotional well-being. Not taking responsibility for others' emotions or allowing others to control yours.

Spiritual Boundaries: Maintaining your beliefs, values, and relationship with God. Not allowing others to manipulate you spiritually or compromise your convictions.

Time Boundaries: Managing your schedule and commitments. Saying no to demands that exceed your capacity and protecting time for priorities.

Energy Boundaries: Recognizing and honoring your mental, emotional, and physical energy limits. Not overextending yourself or allowing others to drain you.

Boundary Assessment by Life Area

For each area below, check the box that best describes your current boundary health.

1. Romantic/Marital Relationships

| Boundary Type | RED Urgent | YELLOW Needs Work | GREEN Healthy |
|----------------------|--------------------------|--------------------------|--------------------------|
| Physical Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Emotional Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spiritual Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Time Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Energy Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Notes/Observations:

2. Family Relationships

| Boundary Type | RED Urgent | YELLOW Needs Work | GREEN Healthy |
|----------------------|--------------------------|--------------------------|--------------------------|
| Physical Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Emotional Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spiritual Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Time Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Energy Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Notes/Observations:

3. Friendships

| Boundary Type | RED Urgent | YELLOW Needs Work | GREEN Healthy |
|---------------------|--------------------------|--------------------------|--------------------------|
| Physical Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Boundary Type | RED Urgent | YELLOW Needs Work | GREEN Healthy |
|----------------------|--------------------------|--------------------------|--------------------------|
| Emotional Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spiritual Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Time Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Energy Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Notes/Observations:

4. Work/Career

| Boundary Type | RED Urgent | YELLOW Needs Work | GREEN Healthy |
|----------------------|--------------------------|--------------------------|--------------------------|
| Physical Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Emotional Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spiritual Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Time Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Energy Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Notes/Observations:

5. Ministry/Volunteer Service

| Boundary Type | RED Urgent | YELLOW Needs Work | GREEN Healthy |
|----------------------|--------------------------|--------------------------|--------------------------|
| Physical Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Emotional Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spiritual Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Time Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Energy Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Notes/Observations:

6. Financial Management

| Boundary Type | RED Urgent | YELLOW Needs Work | GREEN Healthy |
|----------------------|--------------------------|--------------------------|--------------------------|
| Physical Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Emotional Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spiritual Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Time Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Energy Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Notes/Observations:

7. Personal Health & Self-Care

| Boundary Type | RED Urgent | YELLOW Needs Work | GREEN Healthy |
|----------------------|--------------------------|--------------------------|--------------------------|
| Physical Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Emotional Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spiritual Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Time Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Energy Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Notes/Observations:

8. Spiritual Life & Practices

| Boundary Type | RED Urgent | YELLOW Needs Work | GREEN Healthy |
|----------------------|--------------------------|--------------------------|--------------------------|
| Physical Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Emotional Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Boundary Type | RED Urgent | YELLOW Needs Work | GREEN Healthy |
|----------------------|--------------------------|--------------------------|--------------------------|
| Spiritual Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Time Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Energy Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Notes/Observations:

9. Rest & Recreation

| Boundary Type | RED Urgent | YELLOW Needs Work | GREEN Healthy |
|----------------------|--------------------------|--------------------------|--------------------------|
| Physical Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Emotional Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spiritual Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Time Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Energy Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Notes/Observations:

10. Personal Growth & Development

| Boundary Type | RED Urgent | YELLOW Needs Work | GREEN Healthy |
|----------------------|--------------------------|--------------------------|--------------------------|
| Physical Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Emotional Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spiritual Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Time Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Energy Boundaries | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Notes/Observations:

Scoring Your Results

Count your total checkmarks in each zone:

Total RED zones: _____ (out of 50 possible)

Total YELLOW zones: _____ (out of 50 possible)

Total GREEN zones: _____ (out of 50 possible)

Interpreting Your Results

If You Have Many RED Zones (15+):

Your boundaries need urgent attention. You may be experiencing burnout, resentment, or feeling overwhelmed. This is a signal that change is needed, not a sign of failure. Consider seeking support from a trusted friend, counselor, or spiritual director. Start small with one area where you can begin establishing healthier boundaries.

If You Have Many YELLOW Zones (15+):

You have some boundaries in place but they need strengthening and consistency. This is a season of growth and refinement. Focus on the areas causing you the most stress or relational conflict. Practice being more consistent in maintaining the boundaries you've already identified.

If You Have Many GREEN Zones (15+):

You have developed healthy boundaries in many areas of your life. Continue to nurture these patterns and be aware of any areas where boundaries might slip during stressful seasons. Consider how you might mentor or encourage others who are working on boundary development.

Next Steps

- 1. Prioritize:** Choose 1-2 life areas where boundary improvement would make the biggest positive impact.
- 2. Pray:** Ask God for wisdom, courage, and strength to establish healthy boundaries. He delights in teaching us to live in freedom.
- 3. Get Support:** Share your assessment with a trusted friend, counselor, or support group. Boundary work is easier with accountability and encouragement.
- 4. Take Action:** Identify one specific boundary you can communicate this week. Start small and build momentum.
- 5. Review:** Revisit this inventory every 3-6 months to track your progress and identify new areas for growth.

"The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance." - Psalm 16:6 (NIV)

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