

# Boundaries Action Plan

- Area of life: \_\_\_\_\_
- Who is involved? \_\_\_\_\_
- State your boundaries using NEST:  
\_\_\_\_\_
- Is your boundary SMART? \_\_\_\_\_
- What is the consequence if it is not respected? \_\_\_\_\_
- Desired impact:  
\_\_\_\_\_
- Anticipated reaction:  
\_\_\_\_\_
- How will I respond to this reaction?:  
\_\_\_\_\_
- Supports and Self-care:  
\_\_\_\_\_