

# Burnout-Proof Boundaries Journal

**THE QUIET GROWTH LAB**



# Welcome

This journal is your quiet companion- a space for reflection, clarity, and boundary repair.

Use it once a week, or whenever your energy feels scattered.

There are no rule. Just a gentle invitation to return to yourself.

# ENERGY LEAK CHECK-IN

Date:     /     /

Day:

S  M  T  W  T  F  S

*How am i feeling today?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*What drained me this week?*

1. \_\_\_\_\_
2. \_\_\_\_\_
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*What refueled me? Even briefly?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## DAILY GOALS CHECK-IN:

Goals Achieved:

Still Working On:

Release:

• Mood Tracker:

     (Circle the one that fits)

• Day Rating:

☆ ☆ ☆ ☆ ☆ (Circle how many stars you give)

Delegate:

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# Self-Reflection & Awareness

## Scripts to say No

Use or adapt these when you need to protect your time:

1. "I'm focusing on a few priorities right now and can't take this on."
2. "Let me check my calendar and get back to you."
3. "I've learned I need to protect my energy to show up fully. I'll have to pass."

Your Custom Script: \_\_\_\_\_

## Weekly Boundary Audit

What requests did i say yes to that I regret?

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Which boundaries did I hold successfully?

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What is one new boundary I will practice next week?

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“You can’t pour from an empty cup—take care of yourself first.”

# Self-Reflection & Awareness

## Boundary Affirmations

Repeat or rewrite the ones that resonate:

- My no is sacred.
- Rest is not a weakness.
- I can pause without falling behind.
- Boundaries are gifts, not walls.
- I protect my peace to serve with clarity.

## My Quiet Reset

What do I want to leave behind this week?

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What lesson or insight am I taking with me?

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