



Heart-Centered Boundaries: *A Self-Awareness Guide for the Overextended*

WORKBOOK & JOURNAL

by Renae M. Dupuis





Hello Amazing Human,

If you're here, you probably feel the weight of giving more than you're receiving. You want to show up with love and compassion, but your own cup feels dangerously low.

This guide is a gentle invitation to reconnect with your inner wisdom, listen to your heart, and make space for your needs, without guilt.

You deserve rest.

You deserve boundaries.

You deserve joy.

I'm glad you took this step - and I'm cheering you on!

Rena M. Dupuis

Setting Your Intention

What prompted you to download this guide and what do you hope to gain from it?

Capacity Check-In Assessment

Please mark all that apply:

- I say "yes" to things that drain me, out of guilt or habit
- I feel exhausted after social or work-related interactions
- I struggle to identify my own needs until I'm overwhelmed
- I feel resentful toward people I deeply care about
- I avoid setting boundaries to keep the peace
- I feel like I'm never doing enough, no matter how much I give

If you marked 3 or more... this guide is timed just right for you.



Reflect + Reconnect

Please take a moment to journal your responses to these reflection questions.

- **What does “emotional safety” mean to me in relationships?**
- **Where in my life am I feeling overextended?**
- **What boundary would feel like an act of love — toward myself and others?**

Mini Capacity Map

Use the chart below to evaluate where your emotional/energetic capacity is being used.

Domain	What's Draining Me?	What's Restoring Me?
Personal Life		
Relationships		
Work/Service		

Evaluate: Notice any imbalance. Take some time to consider what you could shift to restore flow.



Gentle Boundary Scripts

Try Saying:

1	I CARE ABOUT YOU, AND I NEED TO TAKE A STEP BACK RIGHT NOW.
2	THAT DOESN'T WORK FOR ME, BUT HERE'S WHAT I CAN OFFER.
3	I WANT TO SUPPORT YOU, AND I NEED TO CHECK IN WITH MYSELF FIRST.
4	I AM GOING TO TAKE A MOMENT TO PAUSE, AND I WILL COME BACK TO THIS WHEN I HAVE CAPACITY.
5	NO — AND THANK YOU FOR UNDERSTANDING.

Reflection

Which one of these is easiest to say? Why?

Which is the most challenging? Why?

*Have you identified a current situation where you want to establish a boundary?
What will you do?*



Next Steps . . .

You've taken the first step — now let's explore together.

If you're ready to build boundaries, reclaim your time, and reconnect with your capacity for joy, I'd love to support you through **Capacity Coaching**.

**BOOK YOUR
FREE CONSULTATION**



- or - if you want to begin with one of our memberships, we recommend...



The Pause Membership **\$47/MONTH**

Achieve a significant reduction in burnout and compassion fatigue, enhance self-care routines, improve emotional resilience, and build stronger connections with others. Everything in The Moment Membership, plus:

- Exclusive Tools
- Live Training Sessions
- Monthly Group Coaching with Renae
- and much, much more!

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