



# VALUES-FIRST BOUNDARIES: REBUILDING SELF-TRUST

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“Boundaries aren’t rules other people get to write for you. They’re the way you protect your sanity and say ‘nah, not today’ to outside nonsense. This worksheet will help you shut out the noise, figure out what actually matters to you, and build boundaries you can trust.

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## STEP 1: SPOT THE OUTSIDE VOICES

“Write down 3 things people say you ‘should’ care about (even if it makes you roll your eyes.).”

**GUT CHECK** Circle the ones that actually feel true to YOU. Cross out the ones that don’t.



## THE PURPLE OWL

START THE CONVERSATION. REBUILD THE TRUST.



# VALUES-FIRST BOUNDARIES:

## REBUILDING SELF-TRUST



Boundaries without values are just rules with attitude. But when you build them from what actually matters to you? That's when they stick. Let's figure out what's worth protecting.



### Suggestions:

- What would my boundaries look like if I trusted my values more than other people's opinions?
- What values have I inherited from others that don't quite fit anymore? Why or why not?
- What do I fiercely protect, even if I don't always talk about it?

### GUT CHECK





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Boundaries aren't walls — they're welcome mats for your values. You're not shutting people out. You're showing up for yourself. Loudly. Clearly. On purpose.

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## STEP 4: TURN VALUES INTO BOUNDARIES

If I truly value \_\_\_\_\_, my boundary looks like \_\_\_\_\_.

Examples:

- If I truly value **rest** – My phone goes on Do Not Disturb at 9pm.
- If I truly value **communication** – I will seek first to understand.
- If I truly value **honesty** – I will tell people when I can't commit instead of ghosting.

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