

# Boundary Survival Checklist





*for Nonprofit Leaders, Employees, and Volunteers*

Before you say yes to that extra shift, last-minute event, or endless committee meeting... STOP and ask yourself:

- ☐ Is this outside my job description?
- ☐ Will this cost me sleep, food, or family time?
- ☐ Am I saying yes because I feel guilty or obligated?
- ☐ Will this push me closer to burnout?
- ☐ Could this wait until tomorrow or be done by someone else?
- ☐ Have I already given my limit of time/money this month?
- ☐ Am I doing this to prove my worth?

**IF YOU ANSWER “YES” TO ANY OF THESE → PAUSE.**

Quick Re-Center Tools (in case of emergency):

-  Turn on “Do Not Disturb” for 15 minutes.
-  Put your phone face-down and step outside.
-  Jot down one thing you’re grateful for NOT doing today.
-  Schedule a guilt-free evening off this week.

Giving OF yourself is beautiful.  
Giving UP yourself is unnecessary.

**Your mission needs you healthy!**



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