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**CROOKED TRAIL  
COACHING**

# BUILDING BOUNDARIES JOURNAL

A journal for practicing building and maintaining boundaries.



CROOKED TRAIL COACHING, LLC

## IF ANY OF THIS SOUNDS LIKE YOU...

- You feel like you 've nearly lost your sense of self because you spend so much time on what others want from you or what you think they expect from you.
- You know what it means to live on autopilot- you find yourself saying yes to plans you're not enthusiastic about.
- Although you're exhausted, you say 'yes' to helping others even though you struggle to ask for help yourself.
- You tend to overshare because you desire connection but it often leaves you feeling vulnerable and regretful.
- You are eager to please and/or be agreeable, often at the expense of your own needs or desires.
- You often feel exploited, pressured, controlled or overly influenced by others.

## THIS JOURNAL IS RIGHT FOR YOU! IT WILL HELP YOU TO:

- Bring focus to yourself and your physical and mental well-being
- Gain clarity on who you are, what you want, and your values and belief systems
- Reconnect with your authentic self and steer you toward the self-esteem and confidence you need to take the next steps toward realizing a future of possibility
- Reduce your overall stress and underlying anxiety and frustration
- Reclaim your agency and independence
- Attract more healthy, empowering and supportive people into your life
- Improve your relationships as you acknowledge your role as an equal partner
- Find the time and energy to do the things that matter to you
- See the promises you are not keeping to yourself, and make those a priority



## HOW TO GET THE MOST OUT OF OF THIS JOURNAL

Give yourself time and space. I recommend going through the core questions of this journal over the course of a week. Then, pick one of the 10 bonus journal prompts every day/ every other day to journal for 10 - 15 minutes over the following 2 weeks.

Take time to look back over your previous answers. What patterns do you notice? Awareness is the first step to creating new, intentional habits to create alignment. I am so excited for you to begin this journey!



### MEET THE AUTHOR

Allen Frantz  
Coach. Guide. Coffee drinker.

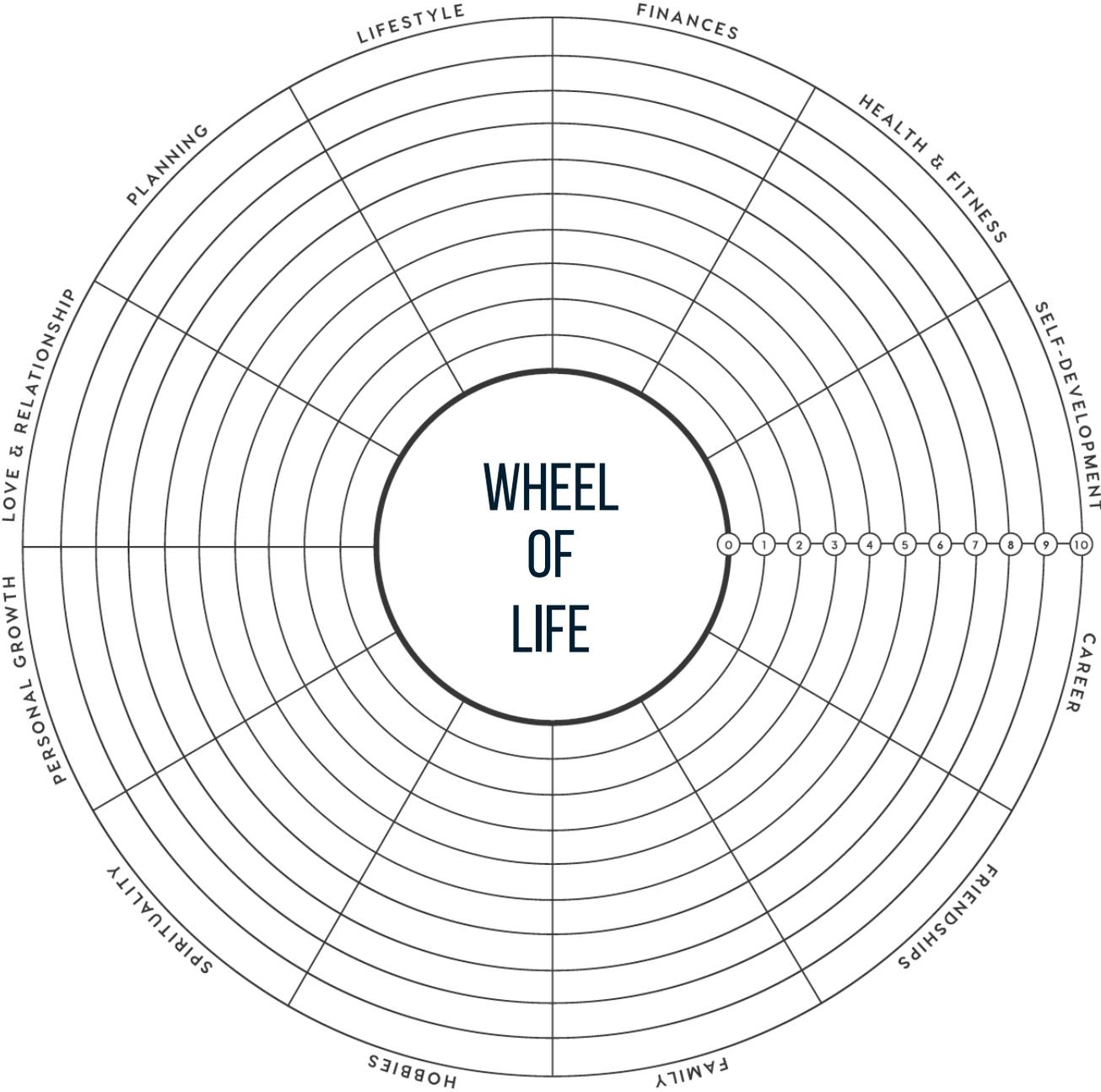
Starting over is difficult. Setting boundaries for others provides us the space to reconnect with our identity, and to begin living in alignment with our core values.

Let's get started!



# WHEEL OF LIFE

Let's begin with a basic assessment of your current situation.  
Rate yourself from 0 - 10 on the chart below, with 10 being the best outcome.  
Make sure to score yourself honestly (imagine you are scoring a friend).



NOTES:



# SUMMARY OF RATINGS

LIFESTYLE	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
FINANCES	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
HEALTH & FITNESS	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
SELF-DEVELOPMENT	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
CAREER	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
FRIENDSHIPS	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
FAMILY	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
HOBBIES	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
SPIRITUALITY	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
PERSONAL GROWTH	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
LOVE & RELATIONSHIP	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N
PLANNING	YOUR RATING	/10	DOES THIS NEED WORK?	<input type="radio"/> Y <input type="radio"/> N



































