

BOUNDARIES WITHOUT GUILT: A MINDFUL GUIDE TO EMOTIONAL INTELLIGENCE

A worksheet to help you set gentle, grounded, guilt-free boundaries.

Title + Reflection

Boundaries Without Guilt: A Mindful EI Guide for 2026

By Mariana Thomas

Why this matters:

Boundaries are the space where your peace, power, and emotional clarity live.

This worksheet helps you create mindful, guilt-free boundaries from a place of self-awareness and regulated energy.

Reflections:

Where in my life am I currently feeling stretched, overwhelmed, or energetically drained?

What emotions come up when I think about setting boundaries?

Mariana Thomas

Understanding Your Boundary Needs

1. Emotional Boundaries: Where do I need more emotional space or protection?

2. Energetic Boundaries: What drains my energy the fastest? What restores it?

3. Time Boundaries: Where do I overcommit myself?

4. Communication Boundaries: What conversations or behaviors feel misaligned with my peace?

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Boundary Scripts (Fill-in-the-Blank)

Use these as templates to practice guilt-free clarity:

- “Right now, I need _____ to feel grounded.”
- “I’m not available for _____ at this time.”
- “I care about you, and what I’m able to offer is _____.”
- “This doesn’t work for me, but _____ does.”
- “I need time to process before I respond.”

Your personal script:

Guilt Release & Commitment

A. Guilt Release Statement

Finish this sentence: "Choosing myself is not selfish because _____."

B. 2026 Boundary Intention

"In 2026, I'm committing to honoring my energy by setting boundaries around..."

Signature:

Because this is a promise to your peace: _____

Mariana Thomas