

## **Relational Load Boundary Reset**

**For leaders carrying the weight of relationships and unspoken expectations**

### **The Leadership Reality**

When boundaries are unclear, leaders absorb more than they should—emotionally, mentally, and relationally.

This tool helps you **reset boundaries so relationships are sustainable.**

### **The Reset Practice**

#### **1. Name the Boundary**

Identify what needs to be set or reset.

- Is this physical, emotional, mental, relational, or time-related?

#### **2. Clarify What You Want**

Get very specific about your needs.

- What do I want more of?
- What do I need less of?

#### **3. Check the Boundary Strength**

Assess how you're currently holding it.

- On a scale of 1–10, how consistent am I?
- Is this boundary too rigid or too porous?

#### **4. Communicate & Reinforce**

Decide what needs to be said or reinforced.

- Who needs clarity or a reminder?
- What will I do if the boundary is crossed?

*Unspoken boundaries are rarely honored.*

## **One Insight to Carry Forward**

Every boundary you avoid setting becomes a load you carry.

## **Reflection**

Where is a missing or unclear boundary quietly draining your energy?