

# Boundaries

by Henry Cloud, John Townsend

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Write one clean no before you need it**

Draft a two-sentence no for the request you usually cave on. Keep it warm, direct, and free of courtroom-level explanations.

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<sup>02</sup> **Sort the load in a tense relationship**

Make two columns: mine to carry and theirs to carry. Move guilt, urgency, and reaction into the correct column before responding.

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<sup>03</sup> **Attach one consequence to one repeated crossing**

Choose a boundary that keeps getting ignored and decide what you will do next time: leave, pause, decline, reschedule, or stop funding it.

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<sup>04</sup> **Practice a low-stakes limit today**

Say no to one small optional request without apologizing twice. Let your nervous system learn that honesty is survivable.

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<sup>05</sup> **Respect someone else's no immediately**

When someone declines, answer with acceptance instead of persuasion. Boundary skill grows faster when you practice receiving limits too.