

BOUNDARY QUEEN ASSESSMENT



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Be an Authentic Woman of Integrity in Relationships

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Hi & Welcome,

I'm Natalie Anne Murray, Relationship Makeover Expert, and I help soulful, high-achieving women, who are committed to breaking their pattern of 'losing themselves' in relationships, to confidently be who they really are, and to communicate lovingly and powerfully, *without the fear of being dismissed, judged or rejected*, so that they can create loving, authentic connections in their lives.

For 20 years I've helped 100's of women to fully recover from dysfunctional childhood and adult relationships, and I've witnessed the lasting results for women who **choose** to make a conscious decision to step out of fear, insecurity and frustration **into** unconditional love, unshakeable confidence and true inner peace.

And, to do that, you must decide to lovingly own your power, take control of your life, and become a "Boundary Queen"!

So, I've prepared this assessment to help you **make empowered choices, have courageous conversations, and connect more deeply and meaningfully with others.**

Instructions:

1. Download and save the checklist now.
2. Print the checklist.
3. Take a couple of minutes to read through the checklist and choose a rating for each suggested boundary. Put a tick in the correct rating column.
4. Don't rush, or conversely, over-think it. Trust your gut on the correct rating for you right now.

Rating Scale:



= **Lady in Waiting** (I've just become aware of this)



= **Princess** (I've been working towards this for some time)



= **Boundary Queen** (I have fully embodied this boundary)

5. Notice which column has the most ticks (or add them up if you want too)
- 6.. Read the assessment results and find out your next steps.
7. Have fun with this!

NAME: _____

TODAY'S DATE: _____

EXAMPLES OF HEALTHY BOUNDARIES	 Lady in Waiting	 Princess	 Boundary Queen
1. PHYSICAL BOUNDARIES			
a) I decide who touches me and my personal belongings.			
b) I “help” only when I have been invited to, and if I feel willing and able to do so.			
c) I care for my body and prioritise the sleep, exercise, rest and nutritional food I need.			
2. EMOTIONAL BOUNDARIES			
a) I take full responsibility for what I think, how I feel, react and behave and for getting my needs met in healthy ways.			
b) I face, address and resolve my emotional problems and do not allow my feelings to control my life.			
c) I don’t ‘take on’ responsibility for other people’s behaviours, problems and feelings.			
3. MENTAL BOUNDARIES			
a) I think for myself and give myself permission to change my mind and my beliefs.			
b) I don’t expect other people to ‘read my mind’. I clearly and openly share my thoughts, opinions & feelings and ask for what I need and want.			
c) I don’t go against my personal values or rights to please others.			
4. SEXUAL BOUNDARIES			
a) I don’t act on first sexual impulse. I take my time to get to know a person first.			

EXAMPLES OF HEALTHY BOUNDARIES	 Lady in Waiting	 Princess	 Boundary Queen
b) I accept that sex is not love. Sex is sex. Love is love. They don't automatically go together.			
c) I only participate in sexual acts I feel comfortable and safe with.			
5. RELATIONSHIP BOUNDARIES			
a) I resolve problems quickly and directly with the person I have an issue with, instead of complaining to myself, my family or friends.			
b) I retain my own personal identity & interests separate to my relationship and support my partner to do the same			
c) I focus on what I can do to improve my relationship, instead of trying to change the other person.			
6. FINANCIAL BOUNDARIES			
a) I don't work for free unless I'm in an official volunteer role.			
b) I don't pay other people's bills or expenses for them, especially when I don't want to or can't afford it.			
c) I don't expect family or friends to solve my money problems for me.			
7. TIME BOUNDARIES			
a) I value my time and consciously spend it doing what's most important to me.			
b) I graciously say NO to things I don't want to do or realistically don't have the time or energy to do.			
c) I take holidays regularly.			
8. SPIRITUAL BOUNDARIES			
a) I honour my spiritual beliefs and respect other people's different beliefs			

EXAMPLES OF HEALTHY BOUNDARIES	 Lady in Waiting	 Princess	 Boundary Queen
b) I can be vulnerable and ask for help and support when I need it			
c) I can 'detach with love' (e.g.: I care about others but don't fall into their dramas/pain with them.)			
9. WORK BOUNDARIES			
a) I feel I have balance between my work and personal life.			
b) I don't do other people's work for them or take responsibility for their outcomes.			
c) I take all allocated breaks and get paid for the hours I work.			
10. TECHNOLOGY BOUNDARIES			
a) I limit my time on the internet & Social Media to what feels good to me.			
b) I refrain from posting about others without their permission.			
c) I can set and keep healthy limits on my mobile phone usage.			
11. BUSINESS BOUNDARIES (if applicable)			
a) I see myself and my self-worth as separate from the success my business.			
b) I don't take on my clients' energy or problems.			
c) I charge what I feel I my service is worth and expect payment upfront or on time.			
OPTIONAL: ADD UP YOUR SCORES IN EACH OF THE 3 COLUMNS HERE			

Woo Hoo! Well done! Turn over to find your next step....

BOUNDARY QUEEN ASSESSMENT RESULTS

a) If most ticks were in the 'Lady in Waiting' or 'Princess' columns

Congratulations for courageously starting your journey as a Boundary Queen and for all the work you've done on yourself so far!

The assessment shows there's key, missing pieces to you fully being in your power as a woman of integrity so, to do that, I invite you to join the next live round of my acclaimed 6-week online group course **['Boundary Queen - How To Create Meaningful Connections Without 'Losing Yourself' Again'](#)**.

This unique course for women will help you develop the wisdom, power, and authenticity you need to become a woman of integrity who can make empowered choices, have courageous conversations, and create deep and meaningful connections.

To find out more and arrange a free, no-obligation Pre-Enrolment Chat with me **[CLICK HERE NOW](#)**: <https://www.natalieannemurray.com/how-to-be-a-boundary-queen/>

b) If most ticks were in 'Boundary Queen' column

Congratulations! You've come a really, really, long way and you're so close to becoming a "Boundary Queen" but your old fears, insecurity and frustration may still be blocking your power.

If, despite 'working on yourself' for a long time, you still feel 'stuck', like something's holding you back from freely being who you are, and you're ready to be joyful, confident and authentic, and enjoy deep and meaningful connections in your life, I invite you to **book a [free, no obligation, 20-minute Discovery Session](#)** with me online now.

In my **[private 1:1 service](#)**, women come to me for a deep, lasting transformation, within 6 weeks (***without more therapy and with lasting, guaranteed results***), so that they can finally break their pattern of feeling unworthy, move on completely from their past, and be true to themselves without the fear of not being liked/loved holding them back.

BOOK FREE DISCOVERY SESSION HERE NOW:

<https://www.natalieannemurray.com/discovery-session/>

Thanks again for taking this assessment and congratulations for choosing to become a "Boundary Queen" in your own life!

Nat x



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