

## Do You Have Healthy Boundaries?

When you Own Your Awesome, you respect yourself and maintain healthy boundaries. To find out if your boundaries are healthy, take this quick quiz.

**1. Do you have clear preferences and act upon them?**

Always | Sometimes | Never

**2. Do you recognize when you are happy or unhappy?**

Always | Sometimes | Never

**3. Do you trust your intuition while being open to the opinions of others?**

Always | Sometimes | Never

**4. Are you only satisfied if you are thriving?**

Always | Sometimes | Never

**5. Are you engaged/excited by self-enhanced hobbies or projects?**

Always | Sometimes | Never

**6. Do you have a personal standard that you apply to everyone?**

Always | Sometimes | Never

**7. Do you hold yourself and other accountable for their actions?**

Always | Sometimes | Never

**8. Do you appreciate feedback?**

Always | Sometimes | Never

**9. Can you tell the difference between authentic feedback and an attempt to manipulate?**

Always | Sometimes | Never

**10. Do you allow yourself to experience emotions, even anger, but don't allow them to rule you?**

Always | Sometimes | Never

**11. Do you act out of agreement and negotiation?**

Always | Sometimes | Never

**12. Do you only do favors that you choose to do...in other words, you could have said no to?**

Always | Sometimes | Never

**13. Can you distinguish the difference between your intuition and wishful thinking?**

Always | Sometimes | Never

**14. Are you aware of your choices?**

Always | Sometimes | Never

**15. Do you protect your private matters without lying or being surreptitious?**

Always | Sometimes | Never

**For every "Always" answer, give yourself a 3, for every "Sometimes" a 2 and for every "Never" a 1. Add up your score.**

**If your score is between 35 and 45,** your boundaries are pretty healthy. For those questions that you scored lower than a 3, take a look at how you might strengthen your boundaries in those situations where you let them bend a bit too much.

**If your score is between 25 and 35,** your boundaries are a bit too flexible, at least in certain situations. You might consider working on strengthening your boundaries so that your "yes" actually means "yes" and your "no" actually means "no."

**If your score is below 25,** then your boundaries are more than likely too permeable and you are probably easily manipulated or taken advantage of. You would do well working one strengthening your boundaries.