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 on strengthening your boundaries.