



The Vibrant Sage Boundaries Self-Check Quiz

DISCOVER WHERE YOUR ENERGY LEAKS -
AND HOW TO REALIGN IT.



How to Take the Quiz

This self-check is for *you*. You can take it as a general reflection of your life right now — or think about one area or situation where boundaries feel challenging. There's no right or wrong, only awareness.

Rate each statement 1 – 5 (1 = Never 5 = Always)

When Boundaries Start to Slide

How often do you speak up and hold your boundary instead of staying quiet?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Protecting What Matters

How often do you protect a small part of your day as time just for you?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Where Your Energy Goes

How often do you spend more time on what restores you than on what drains you?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

The Power of No

How often do you say no to protect your energy and priorities?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Living with Vision

How often do your boundaries keep your actions aligned with your bigger goals?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Total Score (out of 25): _____



Your Results

5 – 10 Boundaries Need Strengthening

Feeling stretched thin? Start small – protect 30 minutes just for you.

11 – 18 Practicing but Leaking Energy

You're aware but still overextend. Choose one area to reinforce today.

19 – 25 Healthy & Holding Strong

You're aligned most days. Keep refining your vision and protecting your energy.

You can revisit this quiz anytime. Use it as a quick check-in — for your overall balance or for one specific situation that needs attention. Your answers may change as your clarity and confidence grow.

