



**Activity 1: Identify My Boundary Management Strengths (or Gaps)**

Visit R1 LEARNING.COM to get Discovery Cards and Activity Worksheets

**Observe:** Complete the pyramid below with up to 10 boundary management practices cards you identified from the card activity.

Best  
Describes  
Me



	_____ _____ Behavior _____ Boundary Management Practice			
	_____ _____ Behavior _____ Boundary Management Practice	_____ _____ Behavior _____ Boundary Management Practice		
	_____ _____ Behavior _____ Boundary Management Practice	_____ _____ Behavior _____ Boundary Management Practice	_____ _____ Behavior _____ Boundary Management Practice	
	_____ _____ Behavior _____ Boundary Management Practice	_____ _____ Behavior _____ Boundary Management Practice	_____ _____ Behavior _____ Boundary Management Practice	_____ _____ Behavior _____ Boundary Management Practice

**Questions to Explore**

**Evaluate:**

1. As you think about what you've learned and your results, which Boundary Management Practices do you think are your top strengths? Areas for growth?
2. Which Boundary Management Practice do you want to strengthen further? Explain.
3. What will be most difficult for you to do to change your behavior in this area?

**Respond:**

4. What is one behavior from this Boundary Management Practice that you can practice more frequently to improve your skill in this area?
5. What will be the benefit for you and others as you practice this behavior more frequently?
6. Who can you ask for help and support?