



# Setting healthy boundaries as a caregiver

Setting boundaries as a caregiver starts with acknowledging that, even though you're taking on a lot of responsibility, you also have the right to set limits on what you can and can't do. This worksheet can help you clarify boundaries, discover what you need, and clearly share those needs with family members and healthcare providers.

Every time you think of a self-care goal, fill in one of these worksheets to help you achieve that goal.

## My self-care goal

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(write your self-care goal here)

<b>Start</b> (what do I need to start doing to achieve this goal?)	<b>Stop</b> (what do I need to stop doing to achieve this goal?)	<b>Continue</b> (what do I need to continue to do to achieve this goal?)