
Digital Boundaries Worksheet

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INTRODUCTION

This worksheet is designed to help you develop personalized technology boundaries that align with your values and priorities. By completing each section, you'll create a comprehensive plan for healthier digital habits.

PART 1: VALUES ASSESSMENT

Instructions: Identify your top 5 personal values and how your current technology use supports or conflicts with these values.

Value	How Technology Supports This Value	How Technology Conflicts With This Value
1.		
2.		
3.		
4.		
5.		

PART 2: DIGITAL AUDIT

Instructions: Track your technology use for 3 days and record your findings below.

Date Range of Audit: _____

Device/App	Average Daily Usage Time	Primary Activities	Emotional Impact (Positive/Negative)
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Key Insights from Your Audit:

1. _____
 2. _____
 3. _____
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PART 3: BOUNDARY DEVELOPMENT

Instructions: Based on your values and audit, develop specific boundaries for your technology use.

Time Boundaries

When will you use technology?

- Morning hours: _____
- Work/school hours: _____
- Evening hours: _____
- Weekend differences: _____

When will you NOT use technology?

- Tech-free times: _____
- Tech-free zones: _____
- Tech-free activities: _____

Content Boundaries

What types of content align with your values?

What types of content do you want to limit or avoid?

Relationship Boundaries

How will you communicate digitally with:

- Family: _____
- Friends: _____
- Colleagues: _____
- Acquaintances: _____

Response time expectations:

- Urgent messages: _____
- Non-urgent messages: _____
- Work communications after hours: _____

PART 4: IMPLEMENTATION PLAN

Instructions: Create specific, actionable steps to implement your boundaries.

Boundary	Implementation Steps	Tools/Resources Needed	Potential Challenges	Solutions
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PART 5: ACCOUNTABILITY & REVIEW

How will you track your progress?

Who will help hold you accountable?

Review Schedule:

- Daily check-in: _____
- Weekly review: _____
- Monthly assessment: _____

PART 6: BOUNDARY EXCEPTIONS

Instructions: Identify situations where your boundaries might need flexibility and how you'll handle them.

Exception Scenario How You'll Handle It Return-to-Boundary Plan

REFLECTION QUESTIONS

1. How do these boundaries help me live more aligned with my values?

2. What benefits do I expect to see from implementing these boundaries?

3. How will I know if my boundaries are working effectively?

4. What might cause me to revisit or revise these boundaries?

COMMITMENT STATEMENT

I, _____, commit to implementing these digital boundaries starting on _____ (date). I recognize that technology is a tool that should serve my values and priorities, not dictate them. I will approach this process with patience and self-compassion, understanding that developing healthy digital habits is an ongoing journey.

Signature: _____ Date: _____

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DISCLAIMER

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Results from using this worksheet will vary depending on individual circumstances, consistency of application, and personal factors. Positive4Mind.com makes no guarantees regarding outcomes or results that may be achieved through the use of this worksheet.

By using this worksheet, you acknowledge that establishing digital boundaries is a personal process and that you are solely responsible for your choices, actions, and their consequences. If you are experiencing significant distress related to technology use or mental health challenges, please consult with a qualified healthcare professional.

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