

# Boundary Script Mini-Card

Print this page, cut around both sides of the card below and fold in the middle to create a pocket card.



 **Boundary Script Mini-Card**

Use this when pressure spikes or perfection creeps in.

Sentence 1 – Name the limit:  
"I'm stopping at \_\_\_\_\_ today / by \_\_\_\_\_."

Sentence 2 – Offer an option / next time:  
"I can \_\_\_\_\_ on \_\_\_\_\_."

Try these starters:  
"I can't take this on today. I can review a draft on \_\_\_\_\_ by \_\_\_\_\_."  
"I'm at capacity. The earliest I can start is \_\_\_\_\_."  
"I won't be able to do X, but I can do Y by \_\_\_\_\_."



