

SETTING MY BOUDARIES

Over the past 20 months, life as we know it has changed, often without our permission or knowledge. As a result, boundaries have shifted, and burnout has increased regardless of the industry or sector we are working in. In this exercise, we're going to re-establish what is most important to us and take concrete steps to ensure we have better balance and protect ourselves along the way.

Where in my day am I feeling the most exhaustion?

What is the action I'm taking that makes me feel that way?

What do I need to say 'no' to?

What do I need to say 'yes' to?

What is something I can do today that will help me feel better?

What do I need to communicate with those around me that will prevent me from burning out?

Where am I spending too much time?



Where am I not spending enough time?

What am I excited about?

What are three things every day *must* have for me to be happy?

1) _____

2) _____

3) _____

What are three things every day *can't* have for me to be happy?

1) _____

2) _____

3) _____

What changes can I make based on what I've heard or learned today?

1) _____

2) _____

3) _____

