DEVELOPMENT
BOUNDARIES ARE BEAUTIFUL

If you're feeling overwhelmed or distracted at work, you're not alone. You may need a healthy dose of boundaries.

Many people think "boundary" is a restrictive word, like "diet". When approached correctly, boundaries can be freeing.

It's not easy to set boundaries. But it's necessary Making time for the things that are important in your life is a critical step to avoid burnout and be a leader who lasts.

Set boundaries...and let boundaries set you free!

Pro tips: creating and sticking to boundaries

1. Examine your energy
Sit down and make a list of all you do. Highlight the activities you NEED to do. What activities suck your time and aren't productive? Which give you joy and energy? What personal activities are non-negotiable?

2. Build boundaries to increase productivity and joy
Minimize time-sucking activities. For example, if drop-in meetings distract you from critical tasks, close your door. If leaving at 4 p.m. is important to you, block off your calendar after that time. Make time for things that give you joy. While you likely can't avoid all energy draining tasks, work to reduce their impact on your day.

3. Communicate...don't over communicate
If you can't work on the weekend because of your child's soccer tournament, communicate that you can't work this weekend. Full stop. Don't allow openings for others to slip work into your mix. Boundaries are yours to hold.

4. Be flexible
At the same time, be flexible. Work is a part of work / life balance. Sometimes work will cut into your personal time. Just be sure it's not all the time.

5. Forgive yourself for slips
When you slip on a boundary and become overwhelmed, forgive yourself and re-commit to your boundaries.

READY FOR MORE?
Build your boundaries with Our Forté
Book a call with Ashlee now to book a workshop for your team, or for help setting boundaries in your life.

The EDGE is thoughtfully designed to personalize business and create a thriving, sustainable culture through our four cornerstone pillars:

Engagement | Development | Gratitude | Experience

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