



LIVE YOUR BEST YOU.

Navigating Work + Life: Boundary Management

- *If I could reduce the length of my typical workday by having more free time after normal working hours, I'd use that time to:*
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

- *If I could reduce the amount of work I normally do on the weekend, I'd use that time to:*
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

- *If I knew that I wouldn't have to check my email and/or voice mail and/or respond to pages while on vacation or holiday, I'd change the way I use that time off by:*
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____



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- *If I could draw some boundaries around the times when I'm expected to be working or available to others – and still remain fully committed to my job – the likely effect this would have on my own attitude and outlook would be:*

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

- *The books I'd like to read, hobbies I'd like to start or develop, places I'd like to visit, or experiences I'd like to have if I could free up some more time in evening and on the weekend are:*

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

- *If I could draw some boundaries around the times when I'm expected to be working or available to others – and still remain fully committed to my job – the likely effect this would have on my relationship with my significant other(s) would be:*

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____



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What are the big rocks in your life?

