**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. __________________________________________
What are the big rocks in your life?