

HOW TO SET BOUNDARIES

For work and pleasure

DON'T BE THE PATH OF LEAST RESISTANCE

Are you always available? Is it easier to ask you than look it up? If I struggle will you do it for me?

If involving you is easier than the alternative, unwanted tasks will naturally flow in your direction.

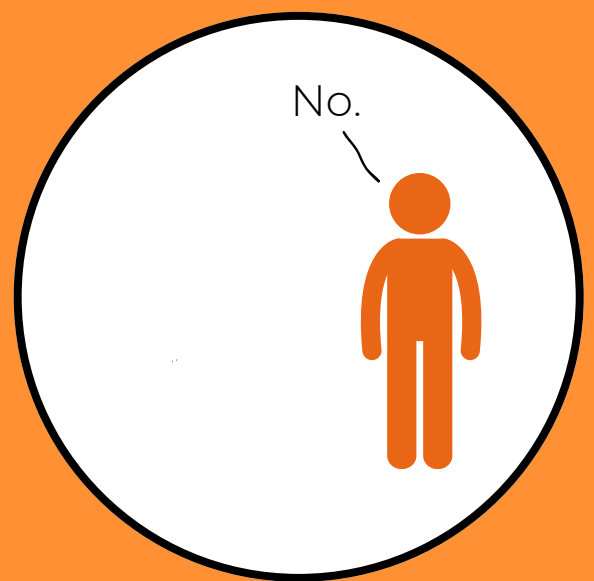


BEGIN TO EXERT YOUR NEW BOUNDARY

This might feel unkind or even cruel if you're not used to it, but having healthy boundaries will prevent resentment and burnout. Start small and celebrate incremental progress.

GRADUALLY EXPAND YOUR BOUNDARY

Your new boundary might make some people uncomfortable. They might try to make you uncomfortable in return. Stay strong and maintain your boundary.



ENJOY YOUR NEW SPACE

When you are no longer the path of least resistance, unwanted tasks will flow elsewhere. Now you can focus on what matters. **That's not selfish, it's strategic.**



I BELIEVE IN YOU!

Developing a new skill can be scary. I can help. Want to chat? Find me at

zjhadley.com