

## Work, Life & Boundaries

Being productive is only one part of wellbeing. Rest, relationships, interests and recovery time matter too.

How much of my identity is tied to work or achievement?

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What happens when I stop or rest?

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Where is work spilling into personal time?

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What am I regularly saying yes to when I want to say no?

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What restores my energy outside work?

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What deserves more space in my life?

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One boundary I could introduce is...

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One thing I want my week to include is...

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