

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?

What happens when I stop or rest?

Where is work spilling into personal time?

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

What restores my energy outside work?

What deserves more space in my life?

One boundary I could introduce is...

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