



# BALANCE & BOUNDARIES: WHAT LIGHTS YOU UP?

Let's get clear on what lights you up. The more you feel lit up, the more effective you are in all areas of your life and work.

**Step 1:** Write your answers to these questions.

What lights you up in your work life?

What lights you up in your home life?

What lights you up when it comes to family, friends and community?

What lights you up when it comes to self-care and nourishment?

**Step 2:** What is currently depleting you? Circle your answers.

- |                        |   |                                   |   |   |
|------------------------|---|-----------------------------------|---|---|
| Lack of Sleep          | Dehydration   | Not enough time outside in nature | Not having enough fun                             | Too much "screen time"  |
| Watching too much news | Too much socializing  | Not enough socializing            | Not fueling your body well with food and movement | Not fueling your mind well with positive thoughts and beliefs |
| Working all the time   | Reacting immediately to every phone call, text or notification that you receive | Other: _____<br>_____<br>_____    |   |   |

**Step 3:** Knowing how to focus on the right things at the right time is everything. Let's look now at the best use of YOU throughout your day.

<b>EARLY MORNING</b>	<b>LATE MORNING</b>
<b>EARLY AFTERNOON</b>	<b>LATE AFTERNOON</b>
<b>EARLY EVENING</b>	<b>BEDTIME</b>

**Step 4:** Check out these helpful resources!

### BOOKS

- *Boundary Boss: The Essential Guide to Talk True, Be Seen, and (Finally) Live Free* by Terri Cole
- *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone* by Brené Brown
- *Never Split the Difference: Negotiating as If Your Life Depended on It* by Chris Voss with Tahl Raz

### APPS

- Insight Timer
- Calm
- MasterClass

### PODCASTS

- Boundaries.me with Dr. Henry Cloud
- We Can Do Hard Things with Glennon Doyle
- Unlocking Us with Brené Brown