

BOUNDARIES



THE BOUNDARIES TEMPLATE

Use these templates to define your Non-Negotiable and Free-Flex Boundaries. As you work with your boundaries, keep in mind the third type – Bouncy Boundaries, which depend on the situation, condition and who's involved.

NON-NEGOTIABLES			
	BOUNDARY 1	BOUNDARY 2	BOUNDARY 3
What: The Boundary I will hold firm			
Why: Compelling Reason			
How: Making it Happen			
Breaking It: The ONLY times I will allow the boundary to be broken			

FREE FLEX BOUNDARIES	
WHAT	WHO
<i>What opportunities you would make your best efforts to say YES to wherever it's possible to do so?</i>	<i>Who are the people you would move mountains for, cancel other plans for and make sure you're there when you need them?</i>