

Let's talk about boundaries.



Are you playing big or small?

1. Can you think of one or two areas of your life where you're "playing small" rather than "playing big"?

What's going on there?

What fears are coming into play?

Fear of loss?

Fear of less?

Fear of never?

Fear of not being enough?

Fear of being unlovable?

Making new boundaries

2. Name a boundary that you could tighten that would enable you to “play big”.

What would a tighter boundary look like?

How would it function?

Remember, the 3 areas in our lives where we need to set boundaries are:

1. How we spend out time.
2. Who we allow into our lives and how we allow them in.
3. Where we direct our attention.

Are your boundaries serving you?

3. Think about the needs and values issues around the boundary.

Is the old, loose boundary causing you to betray your values?

What needs are at play? What needs are being met by keeping the boundary loose? Eg. Love, significance, maybe variety...

Is keeping the loose boundary a healthy way to meet those needs?

Are your boundaries serving you?

4. How does maintaining the old, loose boundary affect your ability to fulfill your purpose, mission and vision?

How is it costing you time?

How is it misdirecting your attention?

What impact is it having on your ability to be at your best?

Putting new boundaries to work.

5. What standards would you set for yourself to make the tighter boundary work?

Eg.

I want to devote time to my family, so I won't answer emails after 7pm.

I want to feel happy and engaged at work, so I will avoid the office gossip.

I want to spend more time on creative pursuits, so I won't commit to coaching baseball this year.