

SIMPLIFY AND DECLUTTER: HOW TO SET HEALTHY BOUNDARIES IN YOUR CAREER

WHAT ARE YOU TOLERATING?

When it comes to situations and other people, what are you tolerating?

LET'S DIG INTO THIS...

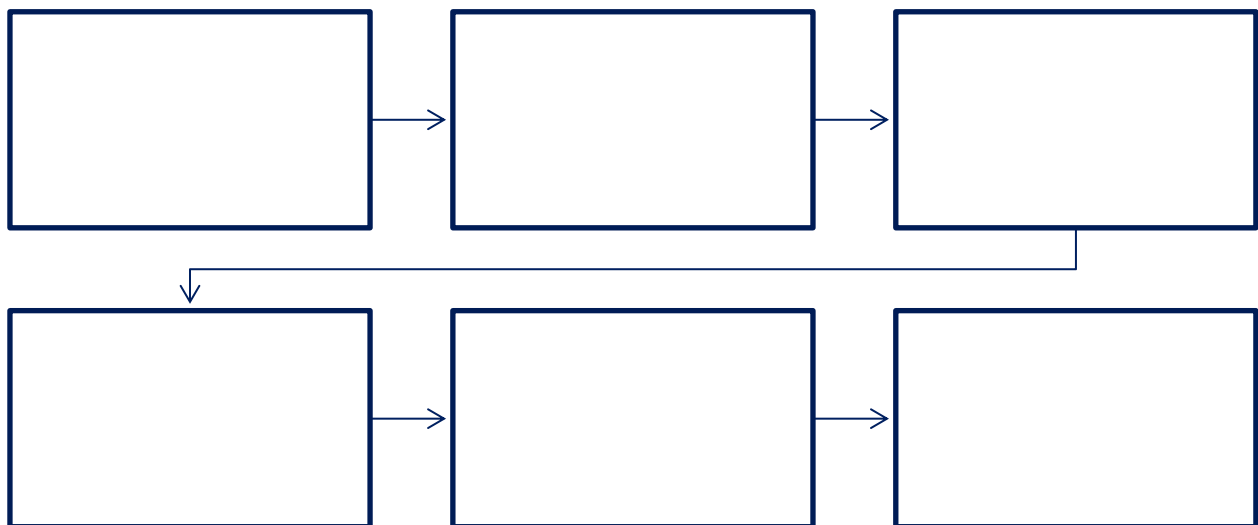
How did that frustration or resentment come to be? What prompted you to say yes? Is there a pattern here?

LET'S GET UNCOMFORTABLE

Imagine NOTHING changes...

FIGURE OUT WHAT YOU ACTUALLY WANT

6 STEPS TO SETTING BOUNDARIES



SELF-NOURISHMENT

What activities will nourish you and give you energy?

BONUS REFLECTION QUESTION

If I could have it all my way _____

Copyright © 2022 Bridging the Gap – All Rights Reserved.