

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

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## **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**

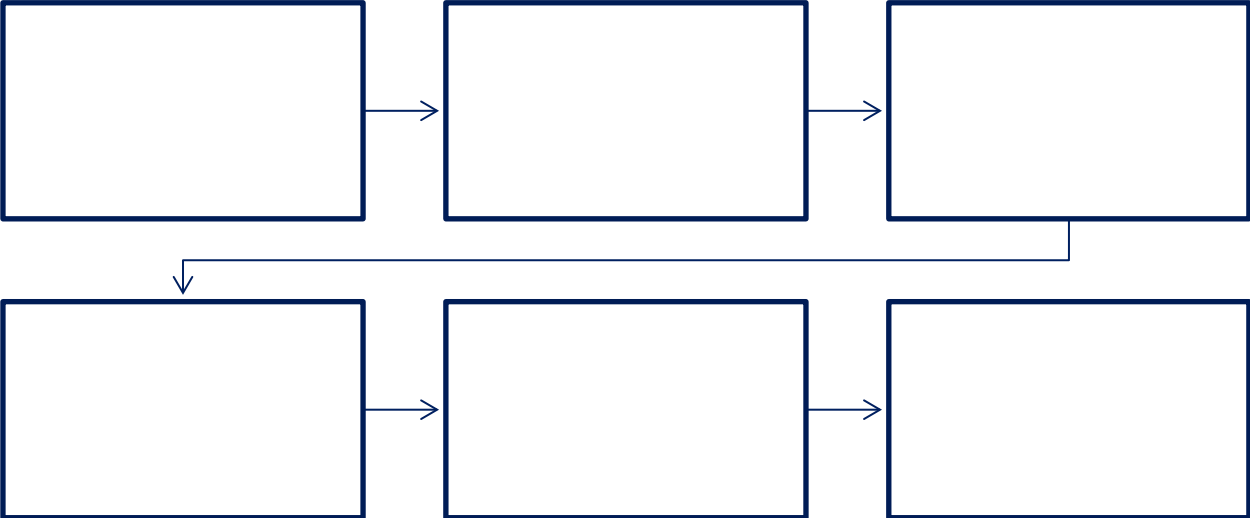
*Imagine NOTHING changes...*

## **FIGURE OUT WHAT YOU ACTUALLY WANT**

## **ROLE EVALUATION**

What aspects of your role are you most certainly ready to let go of?

## 6 STEPS TO SETTING BOUNDARIES



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