

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: _____ _____ _____		

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.

EARLY MORNING	LATE MORNING
EARLY AFTERNOON	LATE AFTERNOON
EARLY EVENING	BEDTIME

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