

CREATING BOUNDARIES

Think of your life as if it were a garden. What are you trying to cultivate and grow? How do you nurture your land and plants? How do you protect what you are creating from unwanted pests and critters? In each space of your garden fill out what you would like to cultivate and create in each area. These can be goals, intentions, values, or specific projects. See page 84 in the Being Boss book for more details.

CORE VALUES:		
RELATIONSHIPS:	WORK / CAREER:	HOME / PLACE:
EDUCATION / GROWTH:	MONEY:	HOBBIES / FUN:
EMOTIONAL / SPIRITUAL:	HEALTH:	(WHITE SPACE):

ENERGY BOOSTS

Make a list of things that give your life a little extra boost of energy – think of these things as the sunshine and water to your garden:

ENERGY DRAINS

From weeds, to pests and unwelcome creatures what are the things in your life that drain your energy and resources? Make a list:

A NOTE ON WHITE SPACE:

we left one square of your garden blank for a reason. It's always nice to leave a little space for an unexpected opportunity or something wild to grow. Homework: add some "white space" to your schedule. Can you carve out an hour a day, or a day a week, for white space?