



THE Possibility MOM

CHAPTER 7

BOUNDARY PLANNING GUIDE

In order for the priorities we identified and ranked in Chapter 6 to remain intact, we need to draw some hard boundaries in the various areas of our life. Use this space to create some concrete plans in the various areas of your life.

Work

For example: I work no more than __ a day. I stop work at __ every day. I only take on projects that allow me to ... I only work late __ a week.

Family

For example: I reserve weekends for play. We book no activities on Wednesday nights so we can enjoy a quiet evening. We do not use cell phones at the dining table.

Health

For example: I exercise __ times a week. I reserve the first hour of my day to quiet. I only eat carbs on Fridays. My phone is not brought to bed.

Concentric circles

In her book *Present Over Perfect*, Shauna Niequist describes “concentric circles” as a way to distinguish who to disappoint. In the diagram below, write the names of the people you would like to disappoint the least in the centre circle.

