



YES & NO

Our yes can't be yes if we don't have a no.

If our yes & no is too soft, we don't stand for anything.

If our yes & no is too rigid, we break.

The idea of boundaries can be tough.

Eg. I have decided not to work late on Monday.

It's tougher when we aren't clear with what we're saying yes to.

Eg. I have decided not to work late on Monday because I need to set a boundary.

It's also tough when we see setting boundaries as a one-way conversation.

Eg. I have decided not to work late on Monday because I'm setting a boundary. Good-bye.

Setting a boundary is easier when we know what we're saying yes to.

Eg. I have decided not to work late on Monday because I'm taking an art class which is important to me because I value creativity and this feeds into how I approach my work and my personal life. I want to be creative at work and I don't want to grow stagnate or burn out.

Setting a boundary is even easier when it's part of two way conversation.

Eg. How does this office view staying late? What are the policies? How do we approach staying late when there are conflicts? I'm curious as there is something that has come up for me. I have decided not to work late on Monday because I'm taking an art class which is important to me because I value creativity and this feeds into how I approach my work and my personal life. I want to be creative at work and I don't want to grow stagnate or burn out.

Setting a boundary is even easier if we can share how we feel about it.

Eg. All of the above including a sentence such as, "this is challenging for me and I'm not really sure how to do this, however, I'm needing to make a decision re. working late on Mondays."

What do you need to set a limit around? Make a list.

Because I want _____, I have decided to _____.

Our limits make space for creativity and stronger relationships with others.
