

Build and Normalize Healthy Boundaries

Establishing healthy boundaries is essential for sustaining effective leadership and well-being. The reflection questions and following table can help you consider where best to spend your time based on how much influence you have.

- What areas of your leadership role currently blur the line between work and personal time?
- How often do you respond to nonurgent communication during your personal time?
- How do you communicate your boundaries to your team?
- What messages are you sending to others—intentionally or not—about boundaries?

Fully Within My Control	Within My Influence	Outside of My Control