

EXERCISE - LIMITS

Objective: To define a rigorous professional framework to protect your energy and integrity, by creating your personal collaboration charter and its script for constructive refusal.

STEP 1 - IDENTIFY ENERGY LEAKS

Think about your last week of work or personal life.

The Uncomfortable Moment: Note a situation where you felt irritation or resentment after saying "Yes".

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The Boundary Violated: Was it a time limit? A limit on respecting your expertise? A digital intrusion?

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The Cost of Integrity: How has this "yes" affected your ability to honor your other commitments?

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STEP 2 - CREATE YOUR "RULES OF ENGAGEMENT"

Define three clear and non-negotiable boundaries that you will now communicate transparently.

- Example rule: "I do not respond to work requests via SMS after 7pm."
- Example rule: "I never commit to a deadline without having consulted my calendar beforehand."

Rule 1:

Rule 2:

Rule 3:

Reflection: How would adhering to these rules allow you to better serve your long-term partners?

