



# Boundaries: Notating Your Life

## *Self-Reflection*

Boundaries notate for ourselves and others, telling us how to exist and communicating to others how we will show up. When clearly communicated boundaries are present, we stay strong and clear, ready to do the work we have been assigned to do with power and precision.

### **Instrumentation and Clef: Roles and Skills**

What roles do you play for yourself and others?

Outline your job description.

List your skill set.

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### **Key Signature: Transitions**

What transitions do you have to make throughout your day?

How can you minimize these transitions to better care for yourself?

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### **Time Signature & Tempo: Pacing**

What is your natural tempo? What kind of results do you get when you work at this pace?

How can you prepare for and recover from working at a different speed?

What changes can you make to spend more time in your preferred tempo?

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