

Title:

Refine Your Work Life Balance by Setting Healthy Boundaries

Word Count:

628

Summary:

Do you think of boundaries as ways to keep something or someone out in hope to maintain your w

Keywords:

work life balance, setting boundaries, healthy boundaries, healthy balance

Article Body:

Setting healthy boundaries is essential for a healthy work life balance. That sounds true, but

I notice a tendency among small business owners and free agents to think of boundaries as ways

Because most owners want their businesses to be accessible and to offer excellent service, the

I've done this, by the way, so I know of what I speak. I know how confining this sort of bound

After working inside this boundary for a while, it is natural to become unbalanced, impatient,

But wait -- a client is not an invader. A vendor is not a spy. A business is not a castle on a

What if boundaries were not last-ditch protections against marauders? What if you set them so

Further, what if boundaries were designed to let in light and air? What if you could see out a

Maintaining these healthy boundaries feels entirely different, too. With what pride of ownersh

Check in with your boundaries this week. First, notice what constitute the fence posts and gat

When you have identified those elements, look at where you have set them. Do your rates give y

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