



# Boundaries & Expectations Reflection

1. What boundaries have you been able to successfully set and enforce at work? What have you done to make that happen?
2. What boundaries have you had trouble setting and enforcing at work? What has been challenging about doing so?
3. How do you let your colleagues know about your boundaries? What has been effective about this method? What has not been effective?
4. What has caused you to break one of your own boundaries? Where else might this be showing up in your life?
5. What do you do when somebody else violates one of your boundaries? Has this strategy been effective? Why or why not?
6. What boundary(ies) do you need to set at work that you haven't set yet? What is preventing you from doing so?
7. What do you need to more effectively set and enforce your expectations and boundaries at work?