

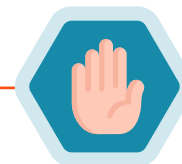
# Boundary Setting Tool

Setting and maintaining boundaries is key to our well-being. Use the following prompts to identify the boundaries you'd like to set. Remember to share these boundaries with your community to help foster a culture of care.



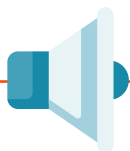
**I will say yes to:**

*Example: Signing off work at the end of the day*



**Others may not:**

*Example: Call me outside of work hours*



**I can ask for:**

*Example: Meetings to be scheduled with care*



**I will guard my time and energy by:**

*Example: Doing an activity I enjoy after work*