

Boundary Setting Worksheet

Modeling Healthy
Leadership Boundaries

Behaviors I Will Model Consistently:

List items such as: no emails after 7pm, no weekend work unless critical, set meeting-free thinking time ...

Behaviors I Will Avoid:

List items such as: responding instantly to every message, scheduling over personal commitments, ignoring vacation time ...

LEADERSHIP SIGNAL

What do I want my team to learn from the way I manage my availability?