

## Week 48 Focus — Boundaries

**Focus Question:** What are the boundaries which help you do your best work?

### DESCRIPTION

As a solopreneur, time is one of your greatest resources. As a business owner, especially if you run a remote business, there may be demands on your time and attention throughout the day. For some, we continue to say “yes” even when our plate overflows.

### ACTIVITY

Reflect on the following questions:

- What are the boundaries you need to put into place so you can focus?
- What are the boundaries you need to put into place so you can do your best work?
- What are the boundaries you need to put into place so you can be at your best?

### CONNECTION TO THE WORKBOOK AND PLANNER

Our time is precious and cannot be recreated once it is gone.

Take a look at your daily planning, or weekly planning. What time blocks are you earmarking for your most important tasks?

What boundaries do you want to put around when you start, and stop, work?



*“Boundary setting is really a huge part of time management.”*

**Jim Loehr**