

## BOUNDARIES FOR BUSINESS HEALTH

A companion to this post: <https://taraswiger.com/boundaries-business-health/>

Questions to ask yourself when setting business boundaries

- ★ What time of day do I plan to work? (Be as general or as specific as you want!)
  
- ★ How long will I work in each session?
  
- ★ Do I plan to stop working at a certain time, or when I finish a certain amount of work?
  
- ★ Where will I work? (Which part of the house? Local coffee shop? Library?)
  
- ★ How can I eliminate my own distractions (set a timer, turn off the alerts on your phone, close all extra tabs)?
  
- ★ How can I eliminate outside distractions (boundaries with roommates or family members, working in a quiet space, silencing the ringer on the phone)?
  
- ★ How will I communicate these boundaries to the other people who spend time with me or live in my household?