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Week 37 Focus: Boundaries

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Focus Question: *What is the state of boundaries in your work right now?*

Description

Boundaries are a critical part of remote work. They are important for productivity as well as well-being.

Consider the multiple layers of boundaries which can be important including:

- 📍 Boundaries around hours of work
- 📍 Boundaries between work and life
- 📍 Boundaries between project roles
- 📍 Boundaries between hat you wear – parent and other
- 📍 Boundaries between the virtual world and in-person

What are the boundaries which are important for you to take note of?

What happens when boundaries aren't clear?

Which boundaries need some shoring up?

Boundaries often get clear when we explore priorities and values. What are your core priorities for the next three months and how can these help you get more discerning around what you are going to say YES to, and NO to?

Activity

Take note of the boundaries which exist in your work right now. What needs to be clarified or strengthened? What's the cost of too many lax boundaries?

For more on this topic check out:

PlanDoTrack sections on Delegation.

Teams365 blog posts on Boundaries including:

Teams365 #2087 – Remote Working Myth – Boundaries aren't important. Find this at :
<https://www.potentialsrealized.com/teams-365-blog/teams365-2087-remote-working-myth-boundaries-arent-important>

“You best teach others about healthy boundaries by enforcing yours.”

Bryant McGill

Link to Delegation

Another consideration when exploring your boundaries is that of delegation.

What do you want to delegate?

Consider what you want to

- » DO,
- » DUMP
- » DEFER
- » and DELEGATE

in your work. Make a list and work with your colleagues, team and leaders to have discussions about workload, workflow and boundaries. Changes will not happen overnight, and it's likely that most people are struggling with boundaries.

Ultimately, on an individual and team level, what do you need to say YES to? What do you need to say NO to?