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# Boundaries, Burnout & The Art of Saying No – Worksheet 1 – Choosing what’s important

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With so many choices available to us in terms of how to spend our time and energy, it can be difficult to prioritize (or even know!) what we really want. Knowing what we want is a good first step in setting boundaries. When we’re clear on what’s important to us, the path ahead becomes clearer.

## Saying Yes

Below, list your three most important values (eg., stability, family, friendships, pleasure, creativity, health, adventure)

- 1.
- 2.
- 3.

Now, list three things you want to say yes to, in line with each of those values (eg., for the value of health, you might want to say yes to regular appointments with your health professionals, or for a value of adventure, the thing you’re saying yes to could include travel, or trying one new thing a month).

Value: \_\_\_\_\_

- 1.
- 2.
- 3.

Value: \_\_\_\_\_

- 1.
- 2.
- 3.

Value: \_\_\_\_\_

- 1.
- 2.
- 3.



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## Saying No

So, what do you need to say no to in order to say yes to everything you listed above? Write out 10 things you're spending time, resources, or energy on that don't fit with your values.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



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