

WORK-HOME BOUNDARIES IN A WORK-FROM-HOME WORLD

STRATEGIES FOR CRAFTING BOUNDARIES

Use these prompts to craft boundaries that work best for you.

How do you prefer to structure your roles – more integrated, or more segmented?

How have you adapted your physical space?
Ex: Using a quiet area, or a central location in your home

Have you set parameters for work and home demands?

What are your transition rituals – the routines that help you cross between roles?
Ex: Getting dressed for work, taking a walk after work, etc.



WORK-HOME BOUNDARIES IN A WORK-FROM-HOME WORLD

STRATEGIES FOR CRAFTING BOUNDARIES

Use these prompts to craft boundaries that work best for you.

Have you optimized your “commute”?
Play to your integration or segmentation style.

Do you use objects as signals for your different roles?
Ex: your laptop for work, your slippers for home.

Have you discussed these boundaries with others?
Ex: Family members, peers, or even managers

How will you grow with your boundaries?
Moving forward, consider your preferences as you take on new roles & opportunities.

