



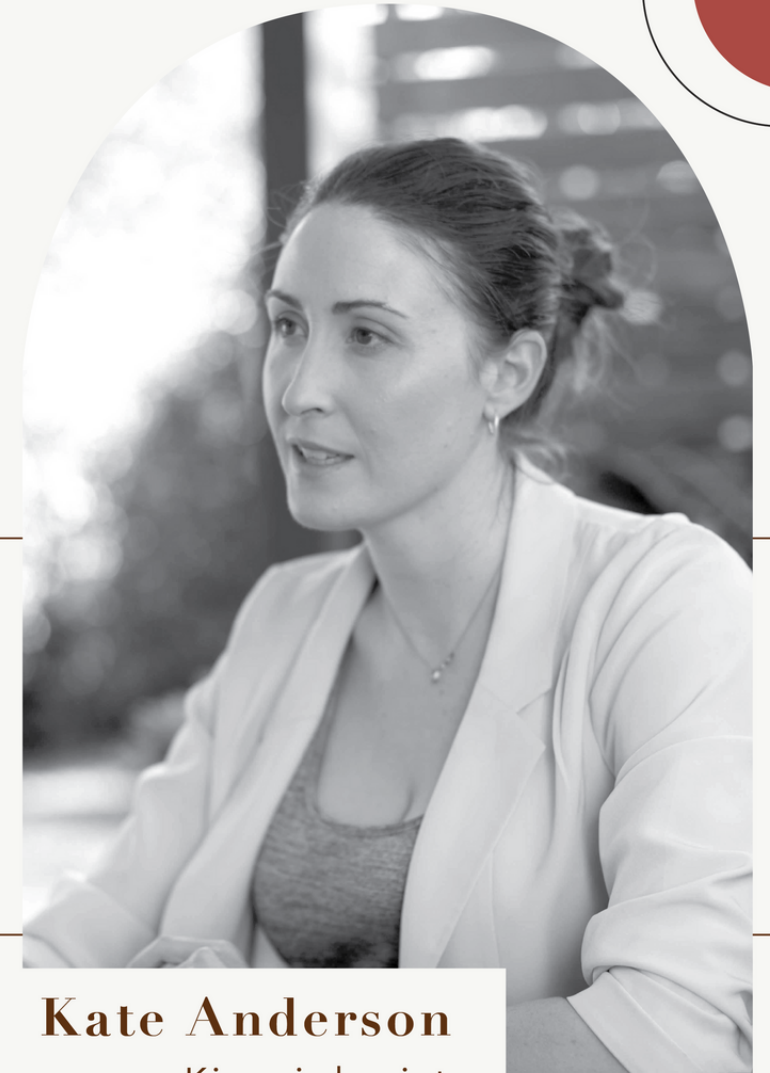
**Jen Lewis**  
Peak Performance  
& Wellness Coach

# Life by Design

WORKSHOP SERIES

## Focus & Productivity

Creating Time, Energy & Boundaries



**Kate Anderson**  
Kinesiologist

Little B.I.G. House  
Flour Mill Way  
Summer Hill, NSW

**FREE**  
**WORKSHOP**

Sunday Morning  
28th August 2022  
10:00 - 11:30

Delineation  
=  
COGNITIVE  
FREEDOM

Focus  
&  
PRODUCTIVITY

Boundaries  
=  
TIME, SPACE  
& ENERGY

# Eliminating the Grey Zone

Most people live in this zone

## RECOVERY



- ENERGY: Renewal
- NERVOUS SYSTEM: Parasympathetic
- THOUGHT: Divergent
- NEUROCHEMISTRY: Serotonin, Anandamide, Oxytocin
- CAPACITY: Expanding
- FLOW CYCLE: Recovery



- The Grey Zone
- No man's land
- Half working
- Neither fully on or fully off
- Pain equilibrium
- Multi-task (task-switch)
- Ineffective

## WORK

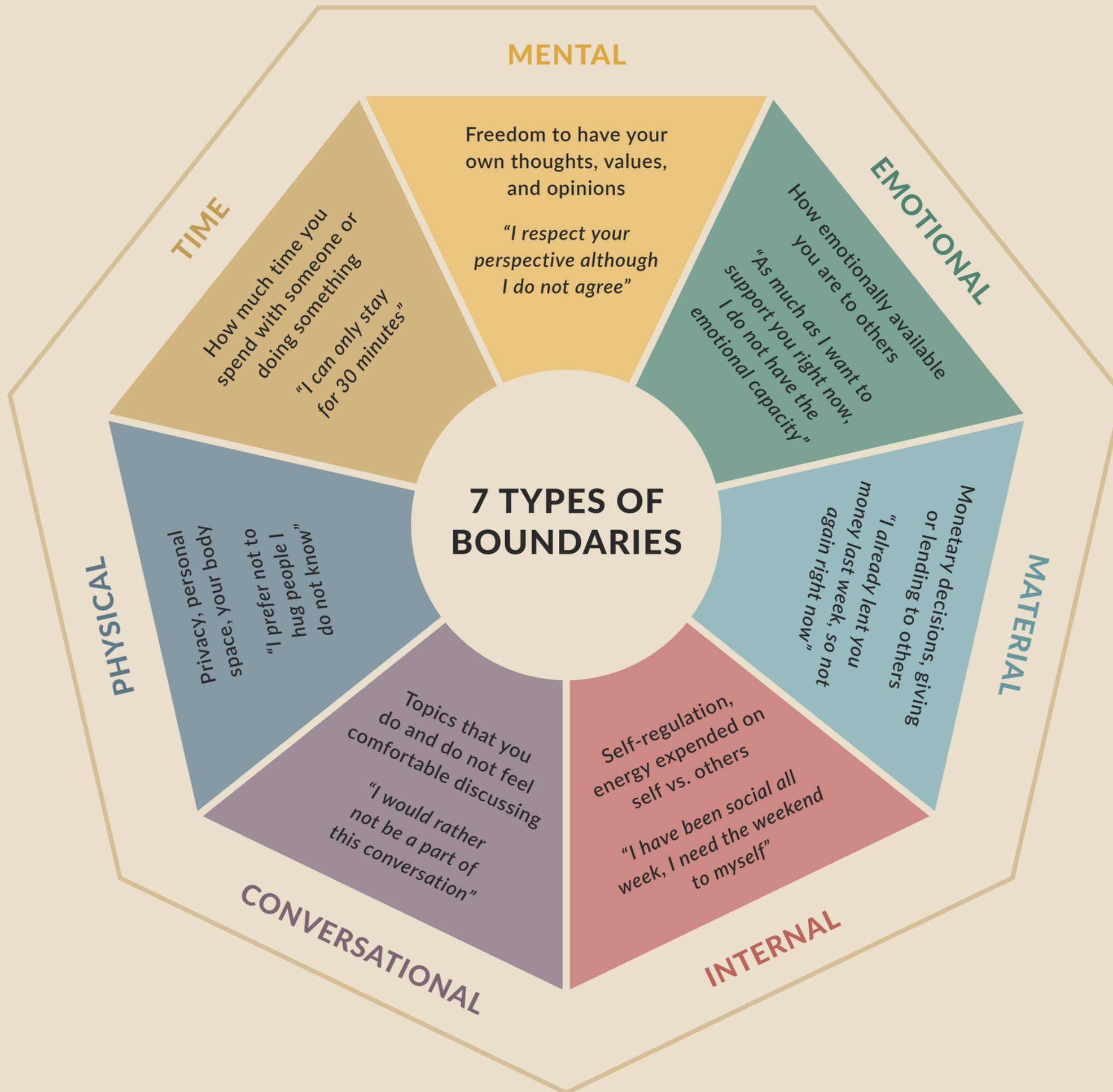


- ENERGY: Expenditure
- NERVOUS SYSTEM: Sympathetic
- THOUGHT: Convergent
- NEUROCHEMISTRY: Dopamine, Norepinephrine, Cortisol
- CAPACITY: Being used
- FLOW CYCLE: Flow



“A boundary is a container around your time, mental and emotional energy, relationships, physical body, and energetic resources. It’s the no instinct that protects what you value and opens the door to those yes experiences you live for because you’re not distracted and exhausted by people and things that drain your life force. Think of a boundary as a magical, sanity saving forcefield that honours and maintains your personal space, individuality, capacity to love and be loved, and basically, all the things you value in yourself and in your life”

ERIN NES  
RELATIONSHIP THERAPIST



## EXAMPLES OF POOR BOUNDARIES

Requests made by friends / family that eat into important self-care time you had set aside for yourself.

Meetings, phone calls with clients or colleagues that time waste and go on too long.

Allowing in-laws / friends to drop by your house unannounced when it depletes you.

Getting stuck in a friend's negativity spiral that drains your energy over and over again.

Going to a social occasion and would rather get a root canal than go... but you don't want to be rude.

Putting up with your family making comments about your weight.

Finding yourself going along with someone's awful toxic views in a conversation because to challenge them is just too uncomfortable.

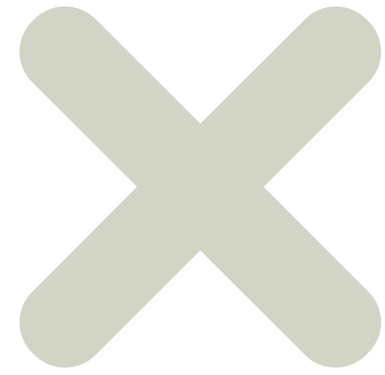
Repeatedly staying at work because your boss asks you to at the last minute.

Overextending yourself with responsibilities, particularly those that you don't get paid for.

"Working" on your day off by doing too many projects at home when you just need to rest

Saying 'yes' on the phone to that pushy but well-intentioned friend when you reallllly don't want to do whatever they have suggested but can't think of a "justifiable excuse" (because we feel we have to have a hard tangible excuse to say no")

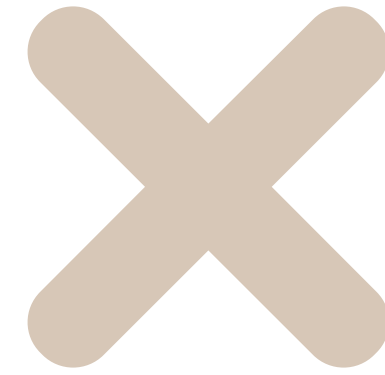
# 6 Myths About Boundaries



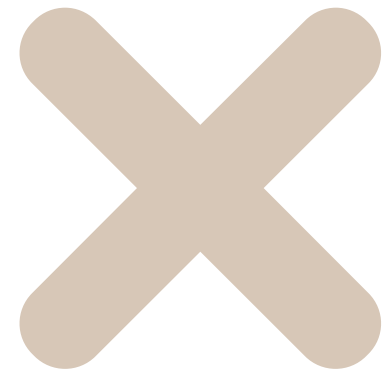
**Boundaries  
are rigid**



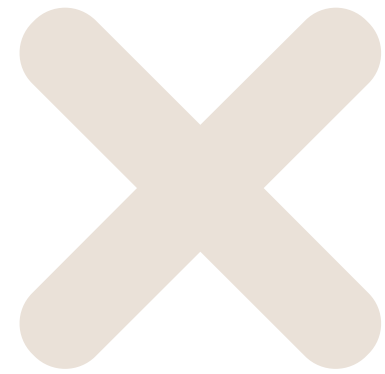
**Setting  
boundaries  
is selfish**



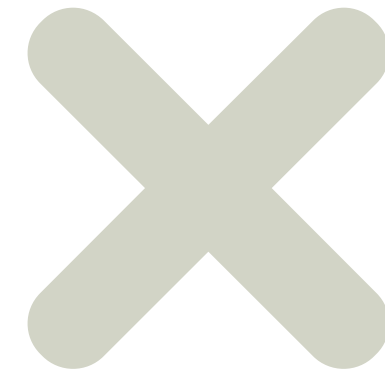
**It's rude to set  
boundaries**



**Boundaries  
will hurt my  
relationship**



**Love has no  
boundaries**



**Boundaries  
will make people  
dislike me**

# Setting Healthy Boundaries



## DEFINE

Create awareness regarding your needs.

Establish the boundary you need to set and why it's needs to be set.



## COMMUNICATE

Connect in with yourself and with others to communicate clearly in a way that is aligned with your needs.



## STAY SIMPLE

Overcome overwhelm.

Break things down into digestible pieces.

Focus on the basics, what do you need the most?



## REFLECT

Consider how NOT setting this boundary is detrimental to your time, energy safety and sense of self.

Celebrate the benefit of setting the boundary.

# Benefits of Boundaries



**INFLUENCE  
OTHERS' BEHAVIOR**



**GOOD  
MENTAL HEALTH**



**GOOD  
EMOTIONAL HEALTH**



**AVOIDANCE  
OF BURNOUT**



**DEVELOPED  
IDENTITY**



**DEVELOPED  
AUTONOMY**





I wish I'd had the courage to live a life  
true to myself, not the life others  
expected of me.

BRONNIE WARE  
#1 REGRET OF THE DYING