

Your family and friends can help you assess the strengths and weaknesses of your work life. Ask your partner, roommate, or some other close friend to answer these questions about you:

- ⦿ Who and what do you speak most positively about in terms of work?
- ⦿ Who and what seems to tax you the most in this work?
- ⦿ When do you come home the happiest?
- ⦿ When do you come home the most frustrated?
- ⦿ How well do you leave work at work?



Imagine what these answers will be. How will their responses inform your decisions at and about work? What will you try to limit? What will you try to increase? Who will you create intentional time with? What conflicts will you peacefully resolve?

Once these conversations have happened, you will be closer to establishing a liberating and on-going principle:

- ⦿ I'm at work when I'm at work.
- ⦿ I'm at home when I'm at home.