



What are your boundaries:

In order to set boundaries, you have set down what these are.

Write down your top boundaries in each category? Adding in:

- What boundaries are important to you on a scale of 1 - 5.
- What exceptions are important to be an exception – again score these out of 1 - 5.

Well-being	Out of 5
<ol style="list-style-type: none">1. Taking my lunch hour to go outside the workplace (home or office) for at least 30 minutes to go for a walk/run/gym or other....2.	



Are there any exceptions to these boundaries?	
<p>1. An exception to taking my lunch hour to go outside would be:</p>	

Help is available

For more comprehensive help with setting boundaries, self-confidence, professional well-being, and other business skills, why not speak to me about workshops or coaching plans which may work for you? Feel free to contact me for a no-obligation chat about your requirements on 07921540039.

Ann Page, Business Author, Trainer and Coach for the Legal Profession.

Ann Page, a Top 100 lawyer of the year (2003) has had a successful in-house 28-year career, working mainly in the financial sector. In 2003, she switched from being a business lawyer in industry to a non-practising solicitor who teaches and coaches on business subjects. Since then, Ann has trained over 7000 lawyers on business skills including leadership, management and interpersonal skills. If you want to see Ann in action, [click here](#).

Ann has always been active in various professional committees and currently she is Treasurer of the Yorkshire Sole Practitioner's Group, a member of the Professional Speaking Association, Professional Speaking Academy and Leeds Law Society.