

## Constructing Compassionate Boundaries

- A. What compassionate boundaries can you construct to prevent burnout? What do you need to say “No” to?
- B. What boundaries do you need to “carve in” to foster your renewal and well-being?
- C. What sorts of things do you now say “Yes” to or undertake that stretch you toward burnout? What activities drain you and take away from more meaningful and productive work activities? Which of these can you start to say “No” to or minimize?