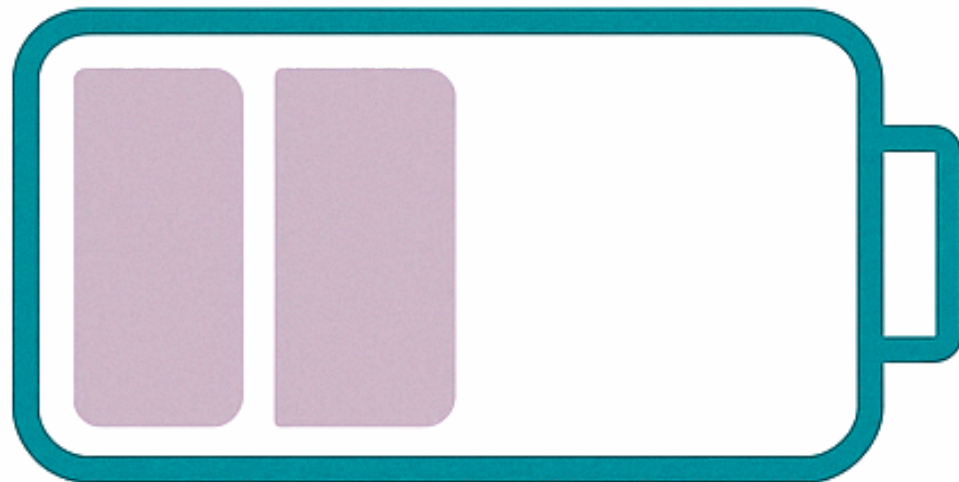




Fresh Rise Group

Control What You Can: 25 Boundaries for Work, Home, and Chaotic Times



Boundaries aren't you being inflexible. They're safety guardrails that keep your energy from draining too fast so you can keep your capacity high for whatever your world throws at you next.

@freshrisegroup



BOUNDARIES AT WORK

1

The Deadline Trade-Off

“I’d be glad to take this on. Which current project should I pause to prioritize this?”



2

The 24-Hour Rule

“I do my best work with at least 24 hours’ notice. Can we plan for tomorrow?”



3

Pause Before Yes

“Let me check my workload and get back to you this afternoon.”



4

The Redirect

“I can’t take this on, but (Name or Team) may be able to help.”



5

The Time-Limited Yes

“Yes, I can join, but I’ll need to leave after 30 minutes.”



@freshrisegroup

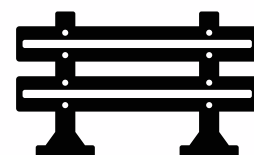


BOUNDARIES AT WORK

6

After-Hours Guardrail

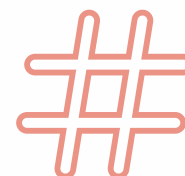
“I turn off notifications after 7 p.m. as I have a lot of evening obligations as well. I’ll reply first thing tomorrow, though.”



7

Meeting Overload Reset

“I can attend, but I’d like to review if I’m really needed on an ongoing basis.”



8

Capacity Check

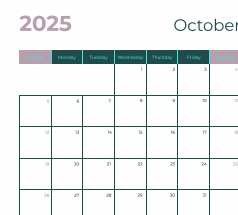
“I’m at capacity right now. Can we revisit next month?”



9

Calendar Block

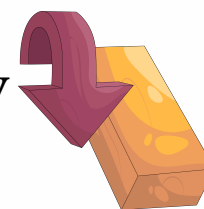
Mark “Focus Time” in your calendar and honor it like a meeting.



10

The Quick Decline

“Thanks for thinking of me. It means a lot. I really don’t have the bandwidth to do this well right now.”



@freshrisegroup



BOUNDARIES AT HOME

The Shared Load

“I’ve got dinner tonight, but I’ll need your help with cleanup.”

1



2



Parenting Carpool Swap

“I can drive on Monday, any chance you can drive on Tuesday?”

3



The Evening Recharge

“I need 20 minutes when I get home before diving into the next thing.”

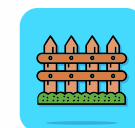
4



Household Delegation

“I’ll handle laundry, who can take trash duty & floors?”

5



The Weekend Guardrail

“One family activity per weekend - not three. We are full this weekend.”



BOUNDARIES AT HOME

The Financial Pause

“Let’s wait 24 hours before buying this — we can revisit tomorrow.”

6



7

Device-Free Time

“Phones off at dinner, I’m shutting mine off, too.”



8

The Early Bedtime Pass

“I’m heading to bed early tonight so I can recharge. Can we talk tomorrow?”



9

Saying No with Care

“I want to support you, but I don’t have the energy right now. When can I help you tomorrow.”



10

The Joy Check

Before committing, ask yourself: “Will this drain me or energize me?” If it drains, decline.



ACTIONS TO CALM WORRY IN A CHAOTIC WORLD

1

Limit Digital Consumption

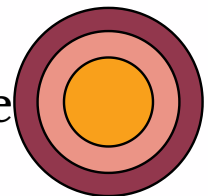
Digital consumption is everywhere, it is scary, and it is overwhelming to integrate what you see and learn. Set timers for yourself to limit the noise.



2

Identify Who Is In Your 1st, 2nd, 3rd Support Rings

Create 3 support levels: who is most important and most trusted; who cares, would be reliable and close in proximity, finally who could help in a pinch?



3

Move Worry Into Action

When we stay worrying about 'what if's' & 'this is bad' our brain gets stuck; Instead list actions that can reduce a specific worry practically by 10%.



4

Focus on Priorities

We need water, food, and power in emergencies. Take action to have options for these. If you lose power, each person needs 1 gallon of water per day



5

Communication Planning

Find 1-2 trusted people who you can openly talk about worries & brainstorm solutions with. Your partner, friends, family member, coach all work. Share plans.





Fresh Rise Group

Remember:

Boundaries don't have to be big or dramatic. They can be small but they should help steady, focus, and sustain you. Every time you protect your energy, you maintain capacity & extend your battery.



Use 1-2 boundaries or actions this week. Notice how it feels to try something new. Small steps help you manage your capacity and calm in big ways.



Like



Comment



Share



Save

**Check out our Linktree to find us on
Facebook, Instagram, and LinkedIn**

[LINKTR.EE/SARAHROSEFRESHRISE](https://linktr.ee/sarahrosefreshrise)