

BOUNDARIES

WHEN TO SAY YES. HOW TO SAY NO.

ME, MYSELF AND I

THINGS TO DISCUSS:

1. What are your top three TV shows to watch?
2. On a scale from 1 to 10 (10 being the busiest), how busy are you?
3. Why are you *that* busy? Do you naturally add things to your schedule? Or are they asked of you?
4. Which of the following have you dealt with when having improper boundaries?
 - Getting saddled with another person responsibilities
 - Working too much, taking work home with you
 - Misplaced priorities
 - Difficulty with others
 - Doing so much that you do nothing well
 - Critical attitudes
 - Burning out, giving up, letting people down
5. Jeremy recommended, "Doing the things that only you can do. Hand off the rest to others and let certain things drop." How can you implement these boundaries this upcoming week?

NEXT STEPS & PRAYER REQUESTS

- What are the things only you can do?
- Find additional Boundaries resources here: crosswindchurch.net/boundaries/