

## SETTING LIMITS SELF-ASSESSMENT

*Evaluate yourself on how good you are at setting limits.*

Scale:

1	False
2	More false than true
3	True to some degree
4	More true than false
5	True

*Using the above scale, to what degree are the following statements true of you?*

	1	2	3	4	5
I know what my personal definition of success is. <i>Note: You may want to check the work values in Skill 2 again.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I decide in advance when to stop working for the day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I create work-free zones where I can completely wind down.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't schedule my days too tightly and plan buffer time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I allow myself to regenerate after a busy period.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am not unnecessarily hard and demanding on myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## REFLECTION

*What can you do to be more effective at setting limits?*