

# Drawing Boundaries



## Space Boundaries: Process

(1) Working together list the places you have (or can convert) to be productive workspaces, (2) Make a similar list of places you can use for me-time (these may be outdoor or public spaces), (3) Use the table to map how you will share your available space – you might divide up space, or divide up the time to use the space you have.

Life Domain	Where work and self time occurs (how will you share space?)	
	Partner 1	Partner 2
Work		
Self		

## Time Boundaries: Process

(1) Working from the priorities you have set (and your parenting fundamentals if you have children), use the table to map the minimum and maximum time each of you want/need to spend in each life domain per week, (2) Compare your time boundaries to ensure they are compatible.

Life Domain	Minimum / maximum time in each domain per week	
	Partner 1	Partner 2
Work		
Self		
Childcare		
Couple		

*This accompanies installment 5 of Couples That Work @ Home: The Survival Series*