



# NINE TIPS FOR DRAWING YOUR LINE IN THE SAND

According to the Urban dictionary, drawing a line in the sand means **something that you refuse to do, or something on which you will not compromise. A point that you will not pass in any situation.**



Like many worthwhile endeavors, boundary setting is a practice.

BRENE BROWN

1

**Ground them in reality**, not concrete—they need to be flexible.

2

**Adjust them based upon the context** and what is right for you! —it's not 'one size fits all'.

3

**Set clear expectations**—where, when and how?

4

**Think about the best channel to communicate them**—not the easiest or most comfortable.

5

**Expect and prepare for 'Push Back'.**

6

**Harness stakeholder engagement and negotiate if necessary**—discuss your perspective and find a mutually beneficial solution).

7

**Watch for less obvious signs** of when they may have been violated (e.g. gut reactions).

8

**Be clear on which ones are critical**—the non-negotiable.

9

**Develop the ability to say 'No'.**