



## Boundaries, Habits, and Supports Exploration

### Occupational Identity Management Tools

**Instructions:** This worksheet helps you identify specific guidelines and actions that you need to increase or refine your occupational identity management skills. After you have chosen some boundaries, identify one or more habits for the boundary, and supports you need to practice building the habits. Aim to select realistic supports that can be offered.

<b>Boundary: ideal or guideline that you need to be healthy at work</b> <i>Ex. (1) Leave work at work or (2) prioritize rest at the end of the workday</i>	<b>Habit: observable behaviors that uphold boundary</b> <i>Ex. (1) Ask others for no calls/texts; (2) do not respond until next shift; (3) turn off email sync</i>	<b>Supports: Needed resources or actions from others</b> <i>Ex. (1) Supervisor support, (2) known "no contact" hours, (3) peers ask before work-talk</i>