

Wearing Many Hats

Welcome!

I'm Eran



Today's List

Setting Boundaries

Accomplishing Everything

Time Management

Prioritization

Self Care

Walking Away



How do I do it ALL?

Shhhh. I don't.

Boundaries

What's important to you?

Vocalize your boundaries.

Set realistic expectations.

Accomplishing Everything

What is everything?

Who determines that?

“Eran, hire a
housekeeper
and stop trying
to do it ALL!”

- July 2015

Time Management

What time of day do you thrive?



Cookies I baked at 5:15 a.m.

Prioritization

When this day is over, what do I hoped to have completed?

What has to be done right now?

What will happen if do this at a later time?

Am I achieving my personal goal?

Just Walk Away

Am I pushing or exceeding my boundaries?

What are others needing from me?

How close am I to my goal?



Self Care

Don't worry, it's not hours in the salon, weekly massages, or drinks with the girls after work on Friday.

It looks alot more like
new Maybelline
lipstick, overpriced
sunglasses, a \$5 cup of
morning coffee, and
blaring Post Malone on
my way home from
work.

Today's Take Aways

Identify what's important to you.

Vocalize your boundaries.

Stop trying to do it all.

Set realistic expectations.

Just walk away.



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