



April 18, 2024

Two weeks ago, my husband, son, and I traveled to Denver, CO for spring break. This is a city that I had been to briefly a few years ago for a coaching retreat, but didn't get to explore in the same way back then.

This was truly a special about this visit. We packed a LOT into our time together from Tuesday-Friday. A Nuggets/Spurs 🏀 game (which meant getting to see Wemby IRL!), a visit to Red Rocks, quality time with dear friends in Boulder, a hike in the Rocky Mountains, and attending Rockies Opening 🧤 Day (believe it or not, it was actually an exciting game!).

Yes, we accomplished a lot in between our 3pm arrival on Tuesday and our 6am departure on Saturday. We walked a ton, ate so much incredible food, and most importantly, connected with each other.

One of the most important things to come out of this trip was something that may seem like a minor detail to you, but was quite significant to me: neither my husband nor I worked.

We didn't check our work phones or turn on our computers to fire off quick emails just to make things easier upon return.

We were actually present.

How were we able to set that boundary and stick to it?

Well, it all started about six years ago when, while vacationing with my husband and son at Universal Orlando, an unexpected “emergency” work call from a colleague disrupted our family time.

Despite being in the midst of a much-needed break from my demanding role as SVP of Research and Strategy, I answered the call, only to realize that I couldn't effectively address the situation remotely. More importantly, I had a perfectly capable team back in New York who could help, and if I hadn't picked up that phone, I know that's who my colleague would have turned to next.

This moment served as a stark reminder of my struggle with setting boundaries, particularly when it came to work invading my personal life.

What really hit me was not just how annoying the interruption was, but also how bummed out my son looked when I pulled him away from what was going to be a very fun Minions-themed ride.

That's when it hit me: my constant need to please others was taking a serious toll on my personal life.

From then on, I made a conscious decision to prioritize the moments when I could have uninterrupted time with my family, a value that had for years taken a back seat to work.

And now, I'm actually putting it into practice, and the difference in these moments is palpable.

What's a non-negotiable you have set or are willing to set to attain more balance?

Reply to this email and let me know!



Cheers, Tracy

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I offer 1:1 coaching, group coaching, team facilitation, and public speaking, and tailor offerings to the specific needs of you/your workplace. [Contact me to learn more.](#)

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Are you an emerging or established leader looking for support? Do you long to show up as your most confident self? Do you dream of the day when leadership feels effortless? If any of this describes you, [schedule a FREE 30 minute clarity call with me here](#) and make your struggles a thing of the past!