



June 1, 2023

When you think about your identity, what's the first word that pops into your head?

For many years, if someone had asked me this question, I would have without a doubt answered first and foremost: "Executive."

As a person who lived, ate, and breathed my job, my identity was so tied up into that part of me, not only was it all consuming, I often forgot there were other parts of me that make me who I am:

 Wife

 Mom

 Daughter

 Sister


 Friend

 Mentor

 Volunteer

 Traveler

 Karaoke enthusiast


 Twihard (Hey! It was one phase of my life! Am I ashamed? No. Do I regret it? A little.)

The list goes on and on.

Yet because I worked long hours to “prove” my worth, I was negligent about setting healthy parameters that allowed me to BE all of me.

 I worked late.

 I missed meals with my family.


 I rarely said “no.”


And I now know from the work I do with my clients, I’m not the only one who has ever felt this way.

For so many of us, our identities are can feel fully wrapped up into our roles. As such, we may be unable to set boundaries that could allow us to fully embrace ALL parts of ourselves.

Sometimes this looks like:

 Not pushing back on requests or assignments (for fear of being pegged as lazy or having a bad attitude)

 Staying glued to your laptop or phone at all hours of the day (for fear of being perceived as uncaring or disinterested)

 Missing a kids’ game or neglecting a doctor's appointment (for fear of being seen as the one who’s always leaving early)

The fact is, navigating boundaries can be challenging. Yet as you continue to say yes to everything and everyone, you may be simultaneously increasing burnout, which is often accompanied by feelings of resentment, overwhelm, and even anger.

And this can have a ripple effect - with your team, with your friends, and with your loved ones. When we're not our best selves in our day to day, we may be prevented from showing up as our best selves in other important areas of our lives.

? What's a piece of your identity that you've been craving to incorporate into - or re-incorporate back into - your life?

✓ And what is a boundary that you can set RIGHT NOW that can allow you to bring that part of you back into the fold?

Yes, your job is an important part of you, but it's not all that you are.

Cheers to ALL parts of you, Tracy

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I recently guested on The Imposter Syndrome Files podcast, where host Kim Meninger and I discussed - you guessed it - imposter syndrome, as well as all things leadership.

[Listen here!](#)

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