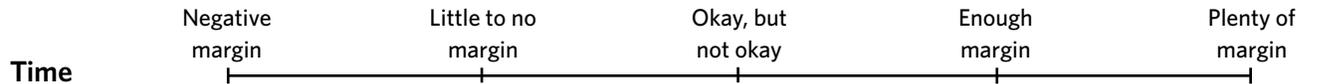


Personal Margin Assessment

How much margin do you feel that you have in each area? How much space is there between your load and your limit? **Circle the amount of margin you currently have in each area.**



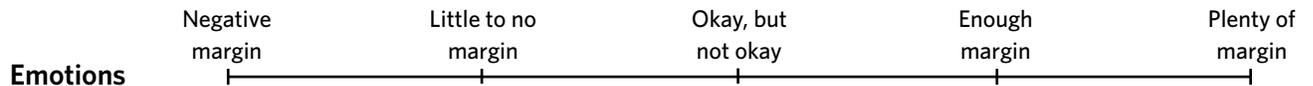
My schedule is out of control. I am burning the candle at both ends. I have no time for things that matter most.

My days are spent on the things I need and want to do. I have time for resting and recharging. I am flexible.



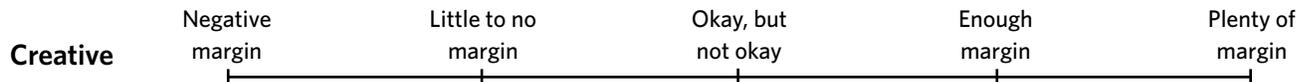
I have a significant amount of debt, I struggle to live within my means, and I tend to make irrational financial decisions.

I have a healthy emergency fund, I am debt free, I live within my means, and I am planning for the future.



I have very little margin for dealing with anyone's issues. I feel frustrated, exhausted, and burnt out.

I am emotionally present and engaged. I am able to engage people and circumstances with my heart intact.



I can't seem to focus on anything these days. I am lacking inspiration.

I am excited to work on challenging problems or to dream up new ideas. I know what inspires me. I am always learning.



I don't sleep well. I don't feel well. There is no consistency to my exercise or diet. I need coffee and stimulants to get me through the day.

I consistently get a full-night sleep. I eat well and incorporate exercise into my week. I have the energy I need to tackle life.

Ideas to Restore Your Margin

In the space below, come up with an idea for how you can restore margin through **increasing your capacity** and **decreasing your load** for each area of margin in your life.

