

# The Margin Reset

*Less stress and overwhelm in your work; more time on your calendar; space for the things you love; mental and emotional strength to show up for the people that matter most.*

**Step 1: Assess:** Use the Margin Assessment to find out exactly where to focus first.

**Step 2: Discover:** The ideal next step you can take to restore margin in your life.

**Step 3: Restore:** Using our simple tools and frameworks, we'll show you how to thrive with a life full of margin.

# Schedule Outline + Content

## Live Coaching Calls

- Mar 14 - Get Out of Margin Debt
- Mar 28 - The Margin Reset
- Apr 11 - Your Life with Breathing Room

**You are here!**

Margin Reset Focus Booster 🚀

# Launch Pad

- Single Spot to Find Everything related to the Simple Habits Booster
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[thefocuscourse.com/dashboard](https://thefocuscourse.com/dashboard)

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# Upcoming 2023 Boosters

*Each Booster is about 6-weeks*

- Mar: Margin Reset (breathing room)
- May: Task & Time Management (productivity)
- Jul: Extreme Ownership (protecting what matters)
- Sep: Creative Ideas Systems (PKM and more)
- Nov: Plan Your Year (goal setting)

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# Your Life with Breathing Room

# Roadmap for Today

- **REVIEW**
- Section 1: **Margin for Your Values**
- Section 2: **Leveraging Habits & Routines**
- Section 3: **Living with Margin**

**REVIEW**



*“Margin is the amount allowed beyond that which is needed. It is something held in reserve for contingencies or unanticipated situations. Margin is the gap between rest and exhaustion, the space between breathing freely and suffocating.”*

**— Dr. Richard Swenson**

# **Progress: The Enemy of Margin**

# Overload

*“Overloading occurs whenever the requirements upon us exceed that which we are able to bear.”*

# **BIG IDEA**

*From Workshop #1*

***Our current margin level is a result of the decisions of our past self.***

Which means, we will begin to feel the effects of our decisions for margin days and weeks from now.

# Areas of Margin

- Time
- Finance
- Physical Health
- Emotions
- Mental / Creative

# **Two Ways to Restore Margin**

- 1. Increase Your Limit**
- 2. Reduce Your Load**

# BIG IDEA

*From Workshop #2*

**LIMIT** *minus* **LOAD = MARGIN**

We restore margin by *increasing* our limit, or *decreasing* our load.

# The 5-Day Margin Reset

As a community we did a 5-day margin reset last week.

Small daily activities targeted at restoring breathing room in each area of margin.



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# Margin for Your Values

Section One

# Two Themes for Today

1. Margin enables you to live into your values.
2. Margin isn't just about **YOU**.

***Do you know what your  
values are?***

# ***Your Schedule vs Your Values***

**April 2023**

<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

# Margin for Your Values

Without margin, you are suffocating your ability to walk out your values.

- In finances
- In emotional availability
- In physical energy
- In relational presence
- In creative intuition

# Playfull

To be who I was made to be in my various roles requires a posture of playfulness. *Light-hearted, joyful, and curious.*

Able to engage my present reality with a childlike heart. Free to *risk, dream, explore, wonder, feel*; not bound by shame or cultural norms. I engage life with a *hopeful expectation of adventure and goodness.*

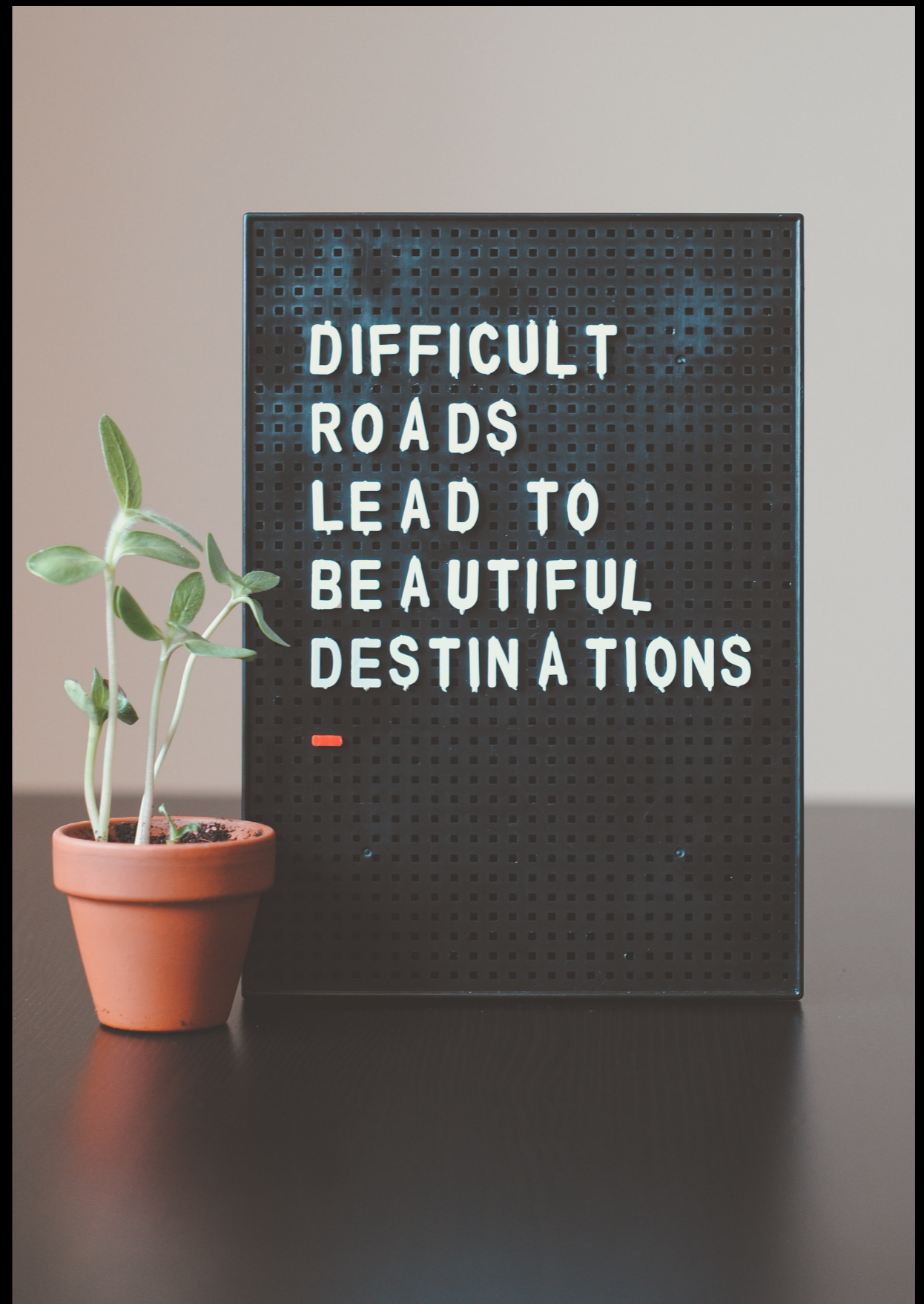
*I let my childlike heart out to play and invite others to join in.*

***It's IMPOSSIBLE to live into your values when you lack margin.***

# Value Statements

## Focus Course Review

- Life Roles
- Legacy Statements
- Value Description
- Vision Statement





***To Fight for Margin is to  
Fight for your Values***

**BIG IDEA: Margin Exists  
for Relationships**

***To Fight for Margin is to  
Fight for Relationships***

# Leveraging Habits & Routines

## Section Two

*“We do not rise to the level of our goals. We fall to the level of our systems.”*

**— James Clear**

***How can we leverage the power of habits to automate margin?***

# Automate Margin

- Living within a budget
- Healthy diet
- Healthy sleep routine
- Wake up routine
- Workday ritual
- Exercise routine
- Regular relationship time
- Regular Planning Routine

# Example

**Wednesday Evening Rhythm:** Scoot out of work an hour early, take over boys at 4pm. Wife has the entire evening to recharge.

**Saturday Rhythm:** Wife takes off around 7:30am, and it's guy time till lunch. Typically we flip and I take off Saturday afternoon for solo time.



**Habits Increase Your Limit**

**Habits Maintain Margin**

# **Habits Fight for Margin**

**Habits are a Safety Net**

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# Living With Margin

Section Three

# **Seasonality of Margin**

# Seasonality of Margin

There are periods in life which margin in one area is inevitably going to be lower.

Don't be thrown when you suddenly find margin evaporate surrounding a transition, life event, or a change in family circumstances.

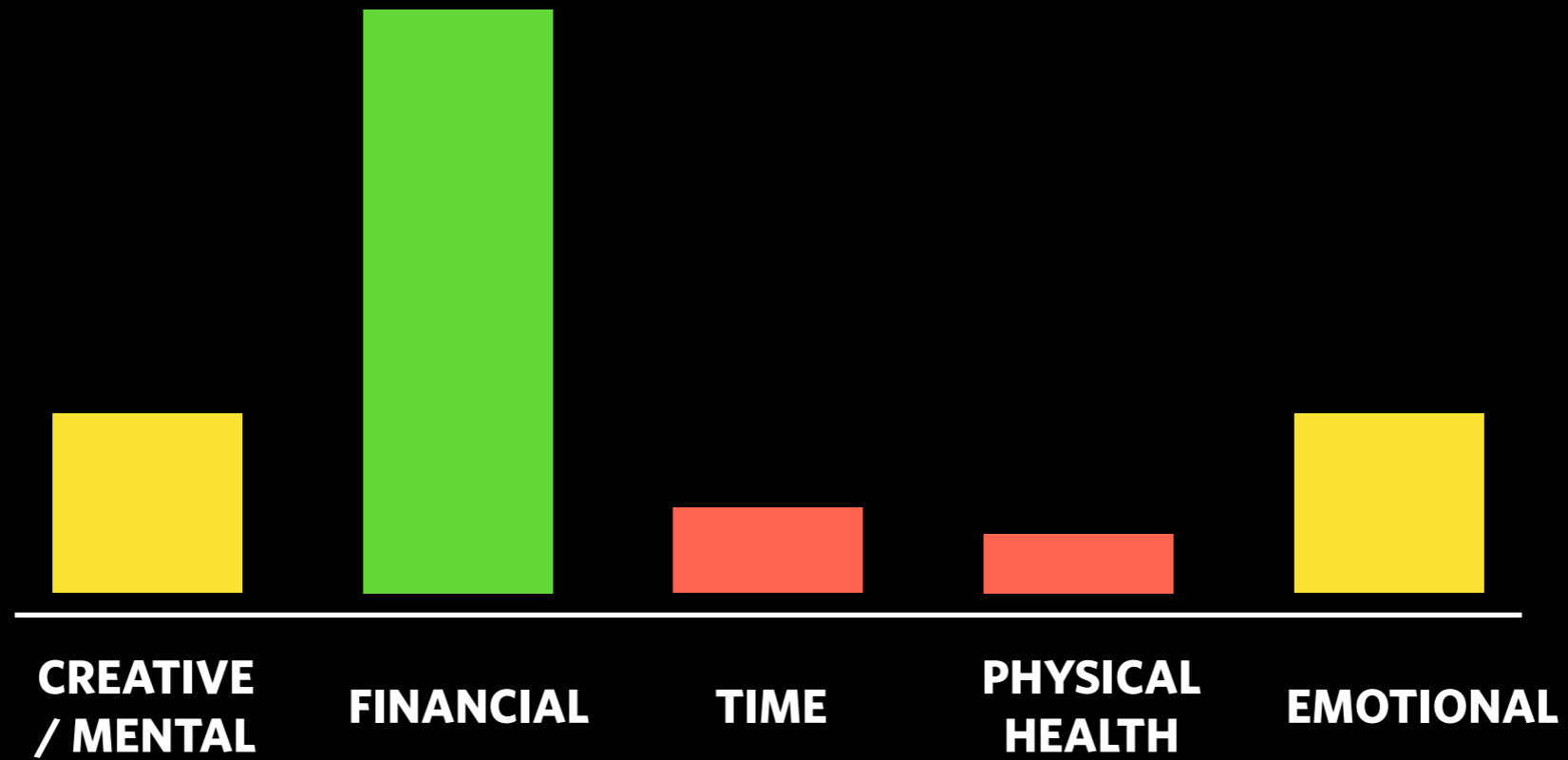
# Seasonality of Margin

1. Different seasons of the year may bring different levels of margin with it (*School schedule vs. summer schedule*).
2. Margin will ebb and flow as life ebbs and flows, you will have to adapt accordingly.
3. Reevaluate what margin looks like in your current state and as life changes.



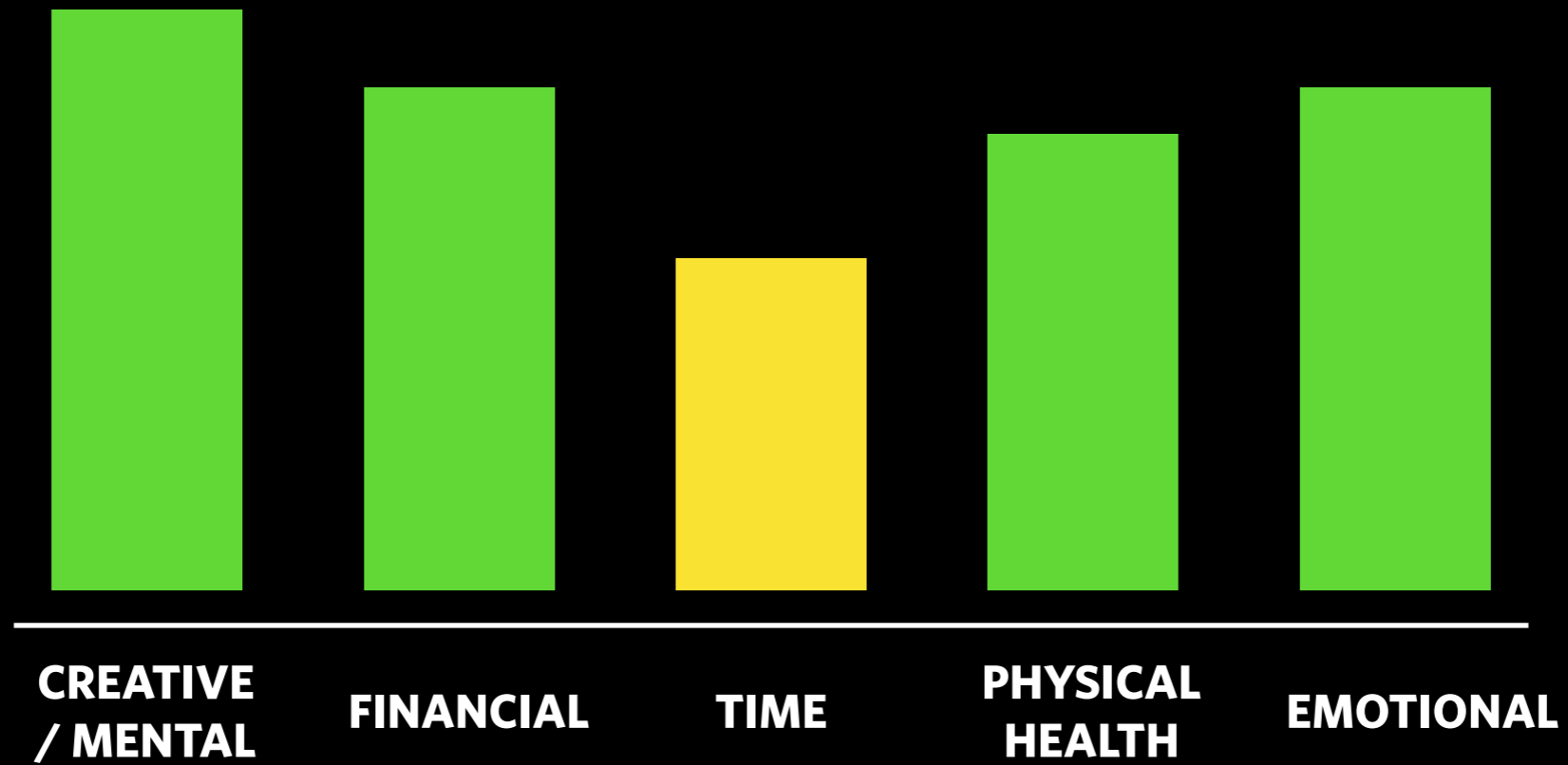
# Overlap of Margin

# Using Margin to Get More Margin



**BEFORE**

# Using Margin to Get More Margin



**AFTER**

# Overlap of Margin

Our physical health deeply impacts our emotional and mental state. The way we spend our time affects our physical and emotional state.

Health in one area of margin generally leads to health in others, and so does crisis.

# Overlap of Margin

1. As we feel depleted and stretched in one area of margin we will feel depleted in others.
2. While you may not be able to attain maximum margin in each area of margin, it's reasonable to shoot for a baseline median across the board.
3. You could think of margin in your life as the ocean tide. As it comes up, margin in all areas goes up. And as it goes out, margin in all areas goes out.

**Margin, Not Perfection**

# Margin, Not Perfection

The goal in all of this is to regain a little margin, not to strive for *an unattainable state of utopia*. Remember: margin is for the unexpected — a buffer.

Intentionally living with a little breathing room so that when the unexpected happens, we have space to process it.

*“The only thing we can expect (with any great certainty) is the unexpected. Therefore, we can either wait for the moment and react to it or we can prepare. We can create a buffer. A “buffer” can be defined literally as something that prevents two things from coming into contact and harming each other.”*

**— Greg McKeown**



# Margin, Not Perfection

1. Living with margin isn't pass/fail.
2. There's not a "right way" to do it.
3. The default pace of life is never going to hand you breathing room.

# **Four Gears for Life**

# First Gear is Park

For the contemplative times. This gear is used for rest and renewal, and to recharge our batteries.

This is where we do much of our thinking about values and spirituality, as well as our study and prayer. It is the gear we use as we pick up a novel and head for the hammock, or as we sit on a stump and watch the wildlife.

# Second Gear is Low

This gear is for relationships, for family and friends. This is the gear we use when talking with someone, and it prevents us from being distracted and nervously moving on to the next activity while in the middle of a conversation.

This is the gear we use when the children ask for a story or a back rub. Or when they ask about the death of pets, or sex, or God. **No hurry here: just quality.**

# Third Gear is Drive

This is our usual gear for work and play. This gear uses lots of energy, and the faster speed feels good because it is productive. It gets us from place to place quickly.

This is the gear we mow the lawn in or exercise in.

# Fourth Gear is Overdrive

This gear is reserved for times that require extra effort. If we have a deadline coming, we kick into this gear. If we are playing a basketball game, we call upon overdrive to energize us.

This is the gear doctors use during flu season when schedules are double-booked.

# Fourth Gear is Overdrive

Unfortunately, many in our society do not shift down from overdrive.

Our cars are not meant to race at high speeds continuously. Neither are our bodies or spirits. Yet to slow down for some is unthinkable and for others, impossible.





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