

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.

Margin Reset Focus Booster 

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

Margin Reset Focus Booster 

Launch Pad

- Single Spot to Find Everything related to the Simple Habits Booster
- Resources and Courses
- Details for Simple Habits Booster



LINK ON THE DASHBOARD & VAULT PAGE

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)

Roadmap for Today

- **REVIEW**
- Section 1: **Areas of Margin**
- Section 2: **How to Restore Margin**
- Section 3: **Using Margin to Restore Margin**
- **WORKING SESSION**

REVIEW

What is Margin?

Margin is Finite

Margin Is...

- Margin is energy
- Margin is calm
- Margin is security
- Margin is counterculture
- Margin is breathing room
- Margin is time for reading a book on Margin

Marginless

- Marginless is fatigue
- Marginless is hurry
- Marginless is anxiety
- Marginless is culture
- Marginless is no room for error
- Marginless is not having time to read a book about Margin

Areas of Margin

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

“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

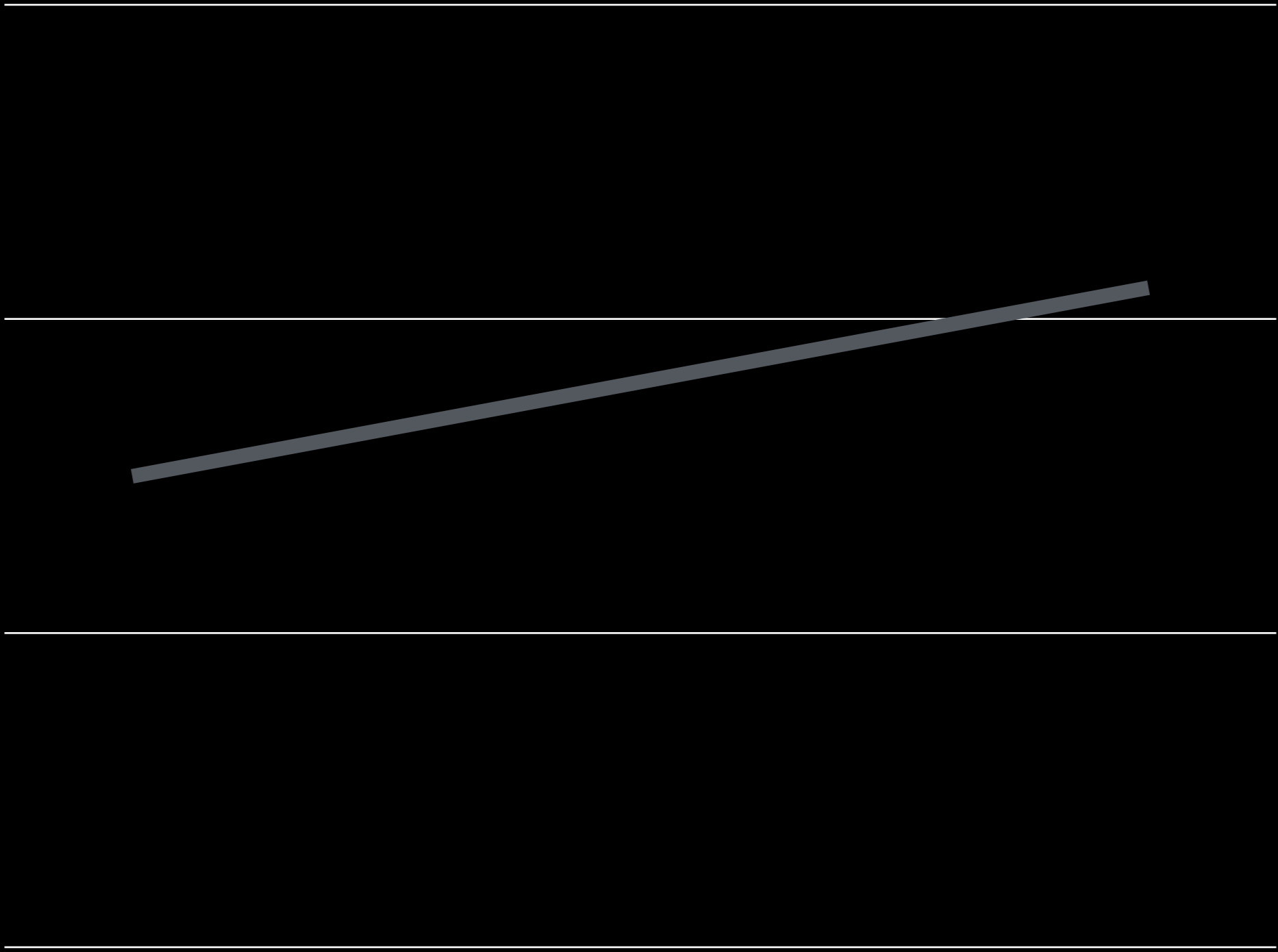


Progress: The Enemy of Margin

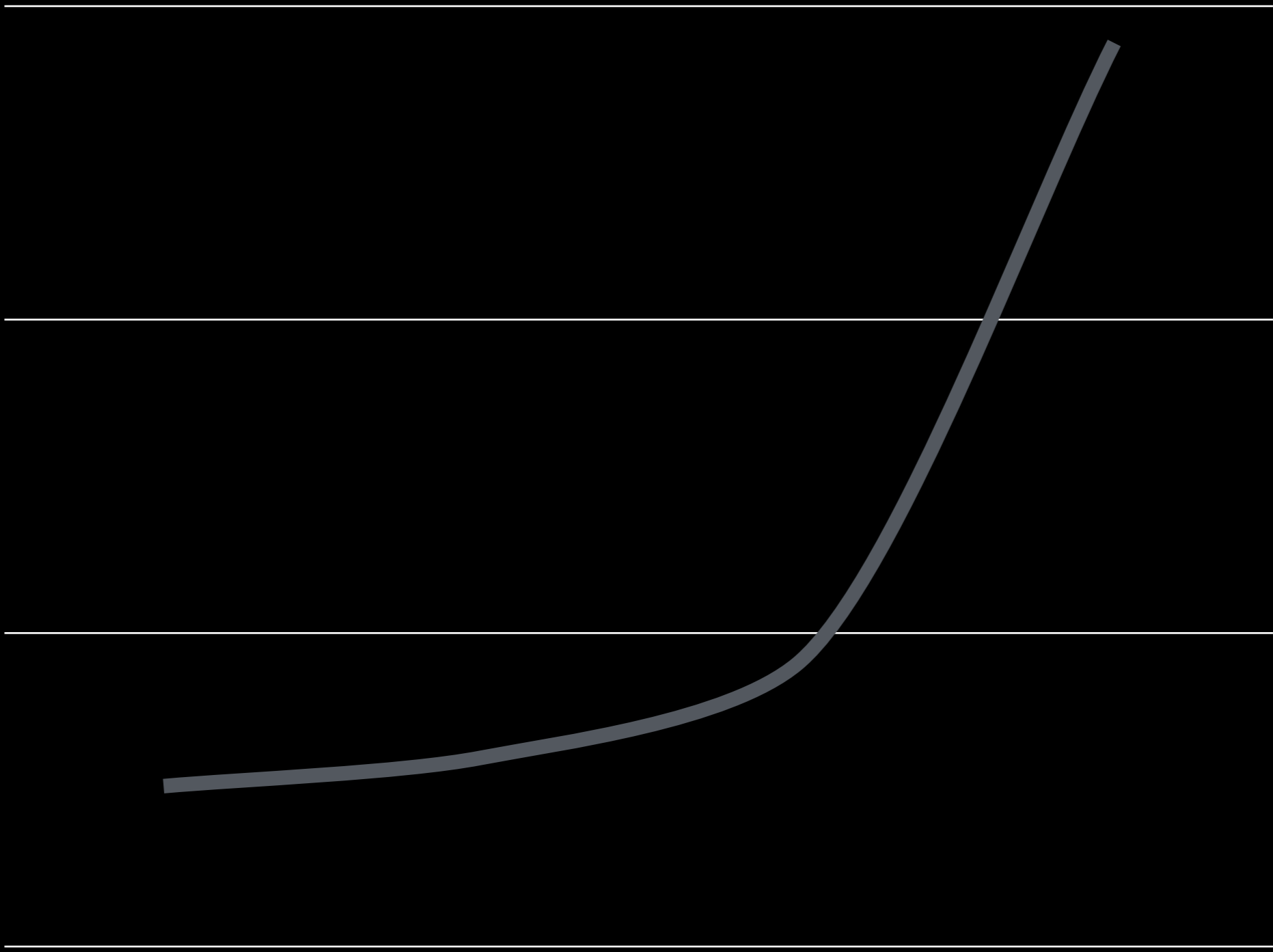
“There can be little doubt that the contemporary absence of margin is linked to the march of progress. In a general sense, those cultures with the most progress are the same as those with the least margin.

Margin has been stolen away, and progress was the thief. If we want margin back, we will first have to do something about progress.”

— Dr. Richard Swenson



Describes much of the Past



Describes much of the Present

“The manner in which progress evolves, therefore, ALWAYS, results in more and more of everything faster and faster. It is impossible for progress to give us less and less slower and slower.”

— Dr. Richard Swenson

Limits & Overload

You Have Limits

Overload

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

“When our bodies and feelings can’t cope any longer with the demands made upon them, when the overload becomes too great, their only course of action is to shut everything down... For many people, physical or nervous breakdown is the only way out of the impasse.”

— Robert Banks, *The Tyranny of Time*

Margin Cost

“When we try to do it all and have it all, we find ourselves making trade-offs at the margins that we would never take on as our intentional strategy.

When we don't purposefully and deliberately choose where to focus our energies and time, other people—our bosses, our colleagues, our clients, and even our families—will choose for us, and before long we'll have lost sight of everything that is meaningful and important. We can either make our choices deliberately or allow other people's agendas to control our lives.”

— Greg McKeown, *Essentialism*

BIG IDEA

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.

Margin Reset Focus Booster 🚀

Areas of Margin

Section One

Areas of Margin

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

Time Margin

Margin in our time is unique because with it we have the ability to *restore* or *suffocate margin* in every other area.

As we all are keenly aware, there are only twenty-four hours in a day. **We can't manage it into more**, no matter how hard we try.

Time Margin

- Most have a baseline commitment trading their time for money. Career.
- We receive requests from others of how they would like us to spend our time.
- Each of us have things we would like to spend our time on.

Financial Margin

Financial margin is an emergency fund for the unexpected, not *“how much can I spend,”* but *“how little do I need to cover the necessities?”*

Financial margin is living within your means. **Spending less than you make.**

Financial Margin

- It can buy time margin when spent properly.
- **The only area in which you can exceed your limit.**

Physical Margin

Our physical bodies are capable of remarkable acts of endurance, and while we can *temporarily* push the limits, eventually there is a breaking point.

Athletes understand the importance of sleep and nutrition. To function at their highest possible potential, they prioritize sleep and a balanced diet for rest and repair.

Physical Margin

To operate at a baseline level of healthy physical margin, we need:

- Consistent and high-quality sleep
- Nutrient-rich foods to fuel our bodies
- Regular exercise

Emotional Margin

Our first semi-visible area of margin.

While you may not be able to measure emotional margin like physical, time, or financial margin, it is just as valuable, if not more so.

“A person can work twelve hours a day, six days a week for an entire life at physical labor and suffer no ill effects—as long as that person has decision-control over the work schedule. Actually, such hard physical labor would usually have salutary health benefits.

But if the strain is mental and a person is constantly being frustrated, the negative health affects can be catastrophic.”

— Dr. Richard Swenson

Emotional Margin

When we lack physical margin, we feel it emotionally. When our schedule is bursting at the seams, our emotions also suffer. When our finances are stretched beyond their boundaries, we may quickly find ourselves emotionally overwhelmed.

- Emotional exhaustion and burnout is as real as a broken arm
- Our emotions are affected by every area of life

Creative Margin

The second of our semi-visible margin areas.

While not all of us would identify as “creatives,” every individual that exercises their right to choose is creative.

Our mental dietary intake of stimulus affects our ability to focus and create. We must care for our creative and mental margin as we would our physical.

Creative Margin

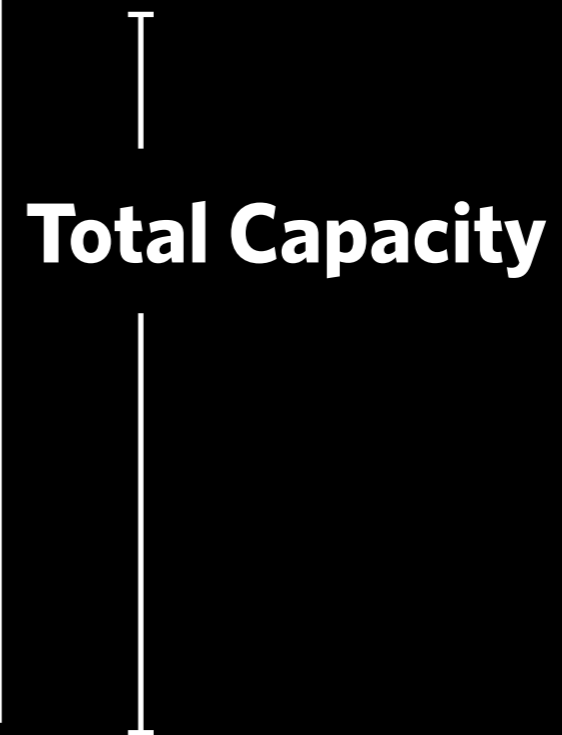
As much as our bodies need a healthy regiment of sleep, food, and exercise, so do our minds.

- Creative expression comes through in every day life
- Solitude deprivation has a direct impact on our creative / mental margin
- We have a finite capacity of willpower (creative output)

How to Restore Margin

Section Two

*“Margin is the space
between our load and
our limits.”*



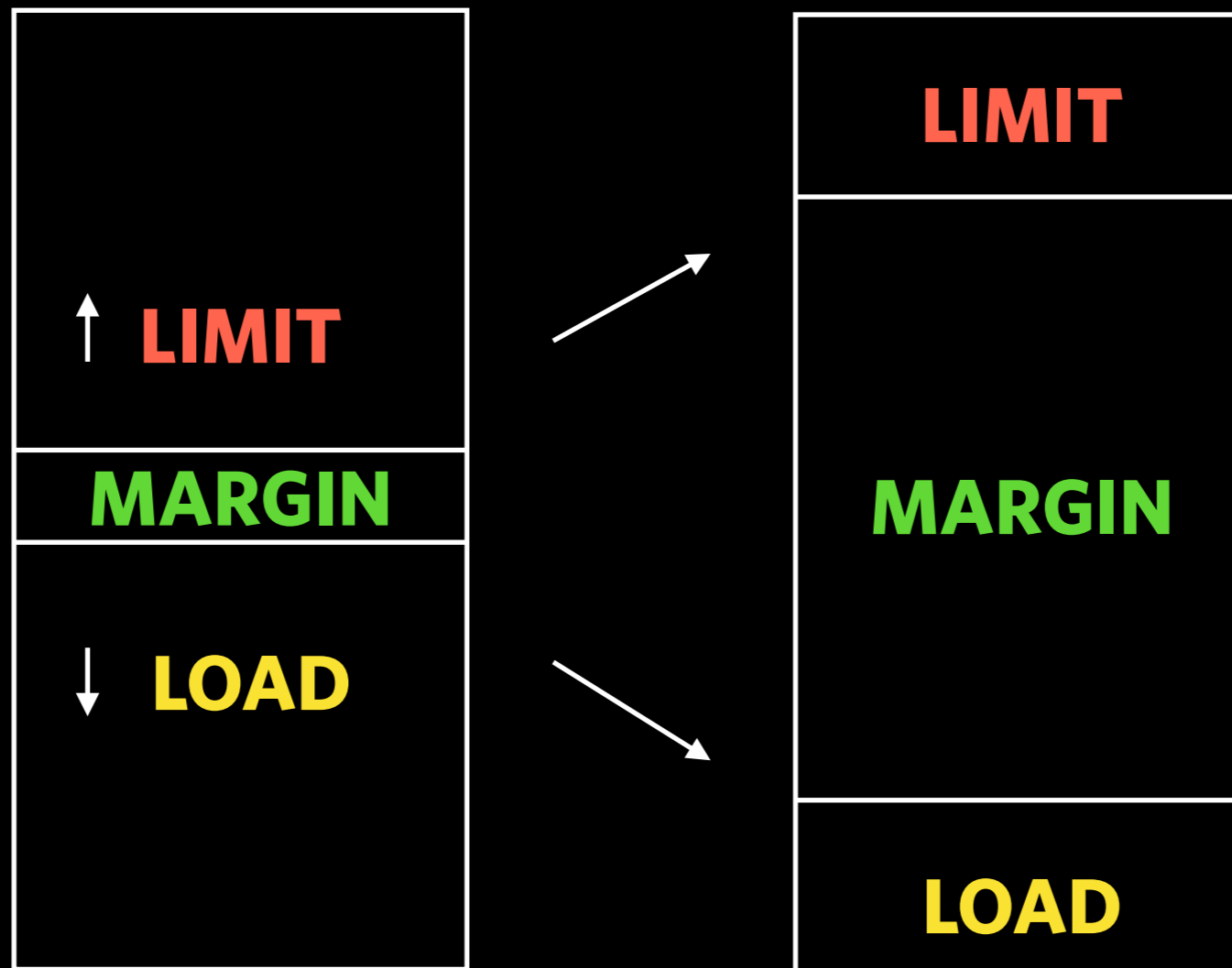
*Not
good...*



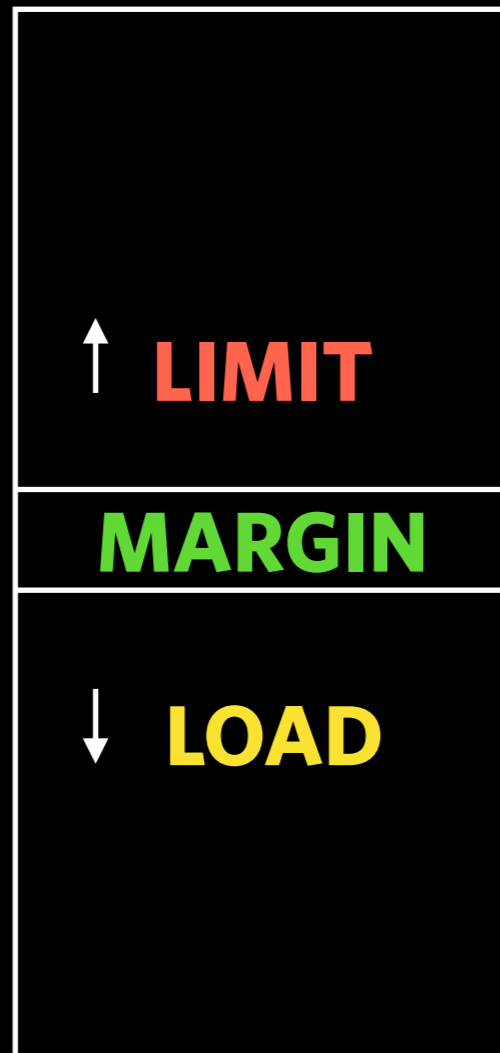
Two Ways to Restore Margin

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

Restoring Margin



1: Increase Your Limit



Intentional

Practice

Routine /
Habits

Saving

Strengtheni
ng

Increase Physical Limit

- Increase the amount and quality of sleep
- Increase through regular exercise
- Increase through balanced nutrient rich diet

Increase Time Limit

- No makes time, yes fills it
- Schedule recurring meetings with yourself
- Planning!

Increase Financial Limit

- Save for the unexpected
- Ask for a raise
- Increase your monthly retirement contribution

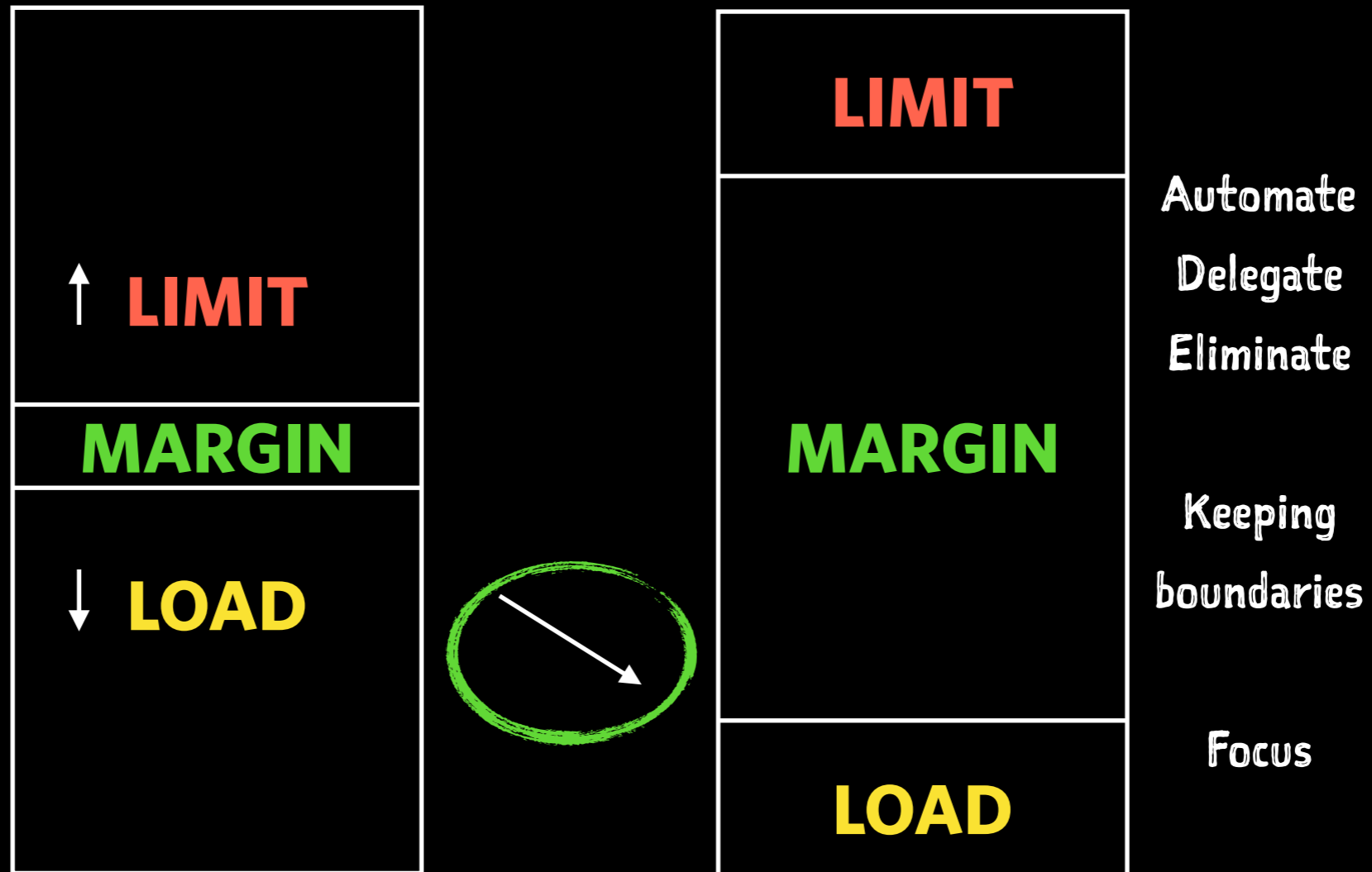
Increase Emotional Limit

- Develop a high quality leisure activity
- Daily reflection and journaling
- Invest in friendships
- Exercise

Increase Creative Limit

- Deliberate practice
- High quality leisure activity
- Embrace boredom
- Exercise

2: Decrease Your Load



Ownership Matrix

I LOVE
doing this

I DISLIKE
doing this

ANYBODY
can do
this for me

ONLY I
can do this
for myself

Ownership Matrix

I LOVE doing this	2	4
I DISLIKE doing this	1	3
	ANYBODY can do this for me	ONLY I can do this for myself

Ownership Matrix

I LOVE doing this	<i>Lawn Care</i> <i>Cleaning</i>	<i>Date Night</i> <i>Exercise</i>
I DISLIKE doing this	<i>Personal Finances</i> <i>Home projects</i>	<i>Eating well</i> <i>Early Wakeup</i>
	ANYBODY can do this for me	ONLY I can do this for myself

Ownership Matrix

I LOVE doing this	<i>Don't let this become a distraction</i>	<i>100% Ownership</i>
I DISLIKE doing this	<i>Automate. Eliminate Delegate</i>	<i>100% Ownership</i>
	ANYBODY can do this for me	ONLY I can do this for myself

Ownership Matrix

I LOVE
doing this

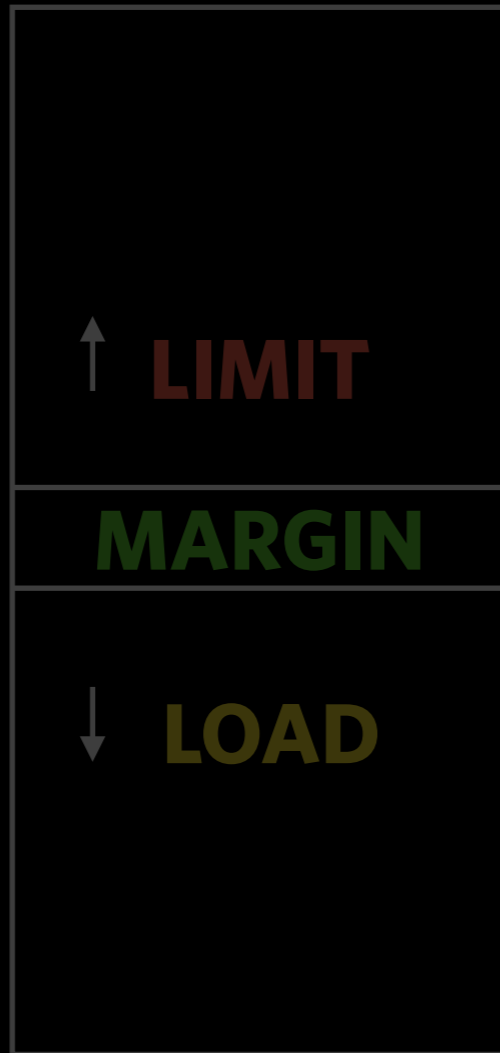
I DISLIKE
doing this

<i>Automate. Eliminate Delegate</i>	

ANYBODY
can do
this for me

ONLY I
can do this
for myself

Old



New

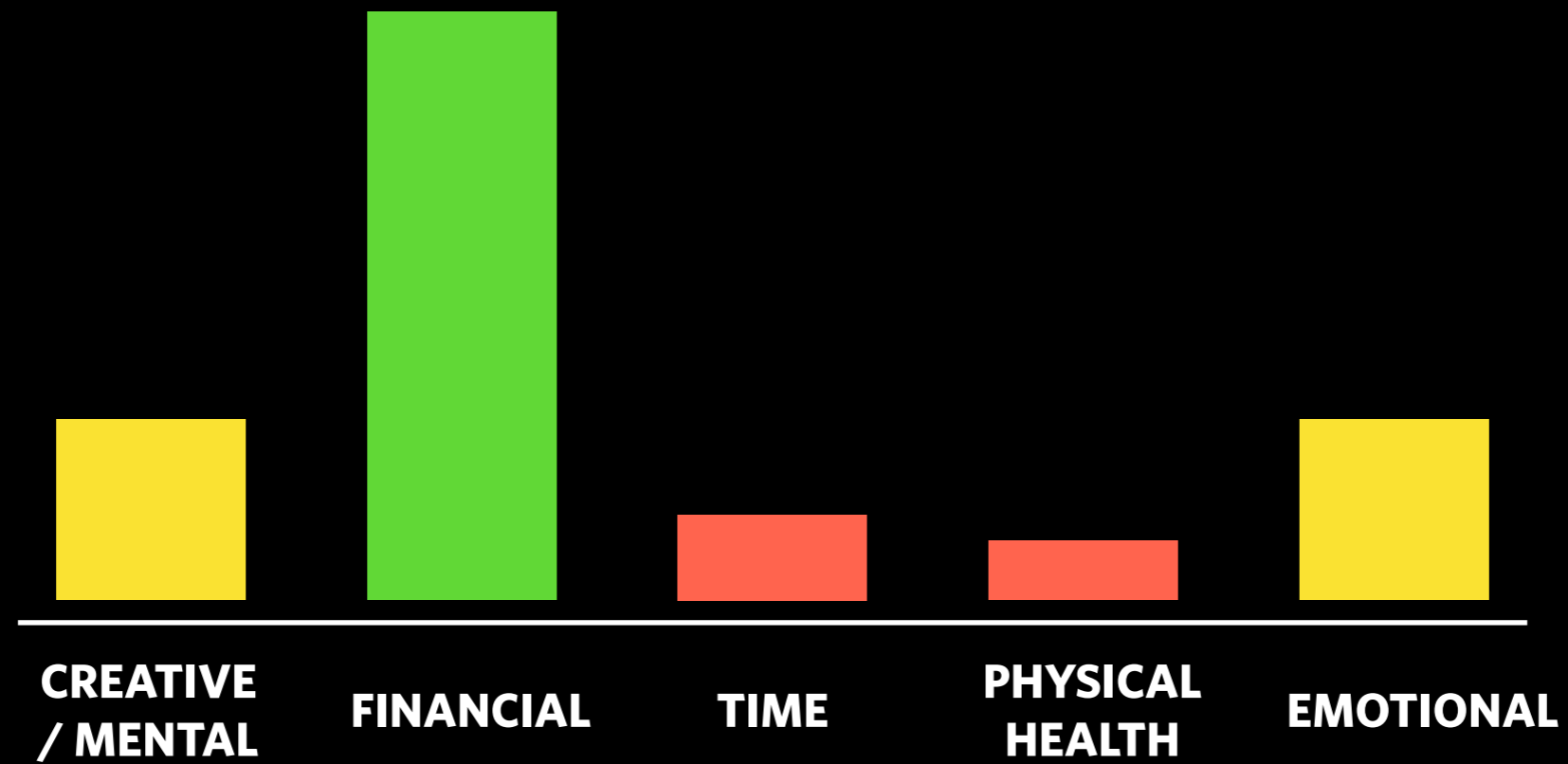


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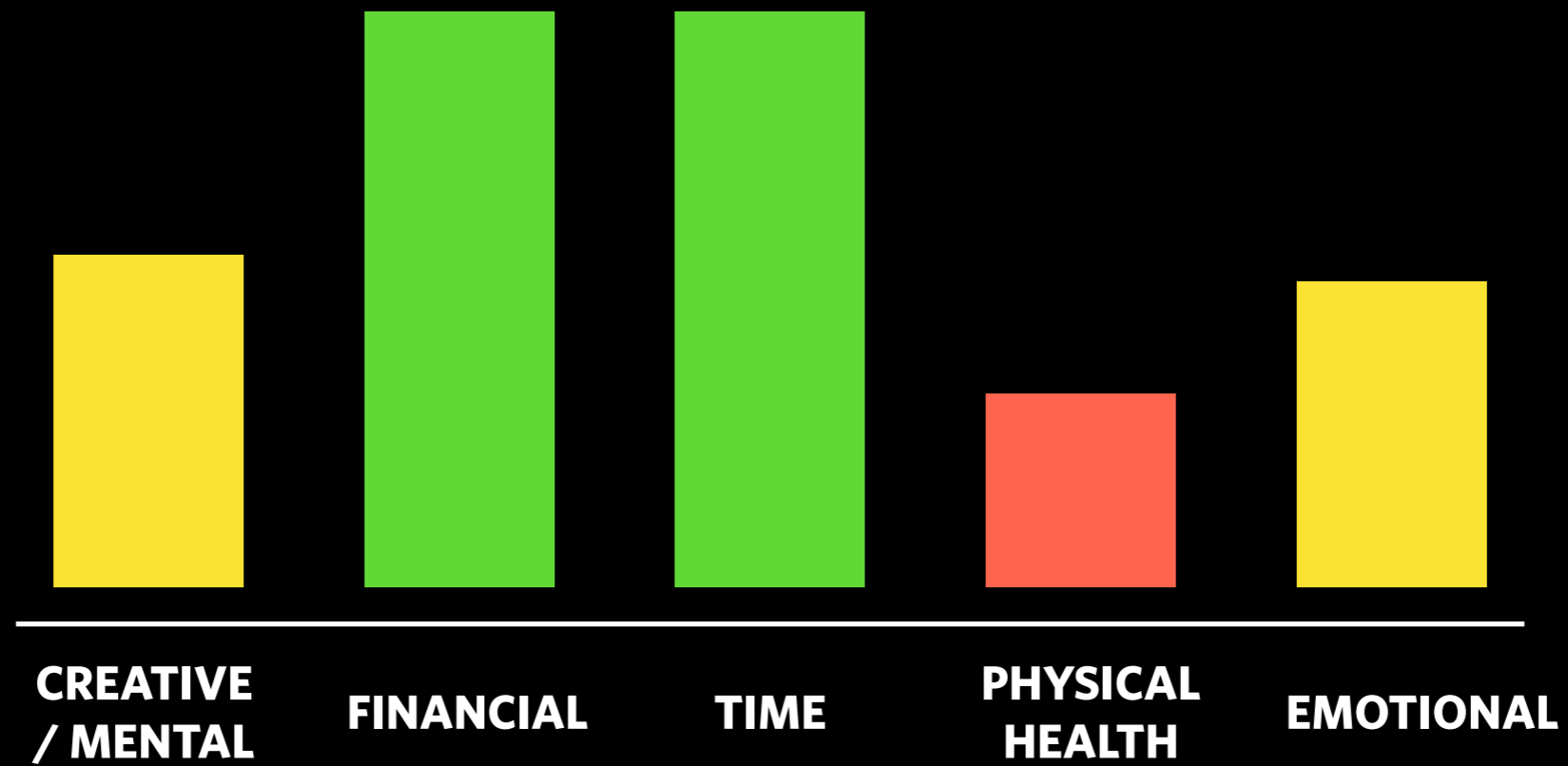
Using Margin to Restore Margin

Section Three

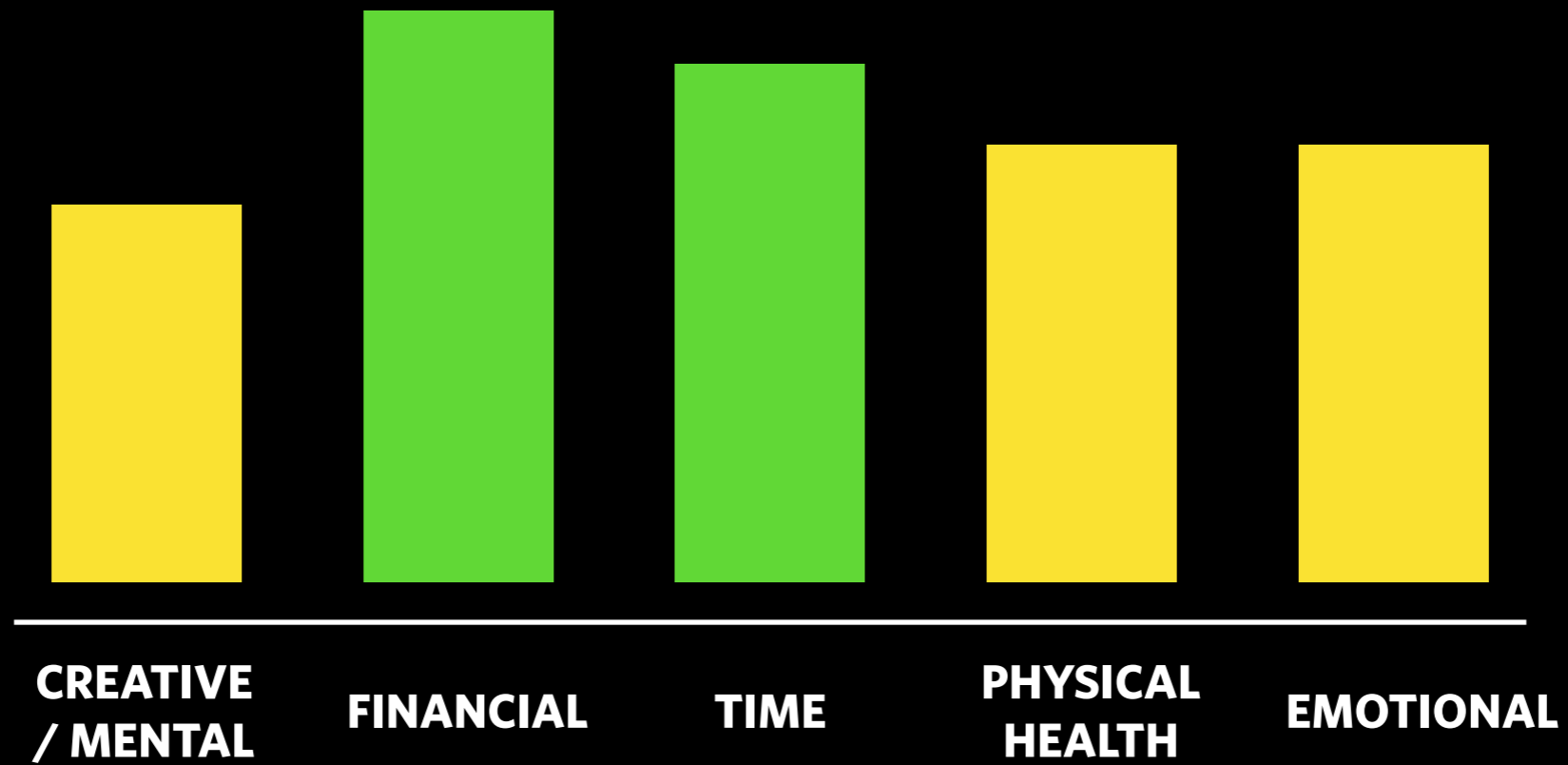
Using Margin to Get More Margin



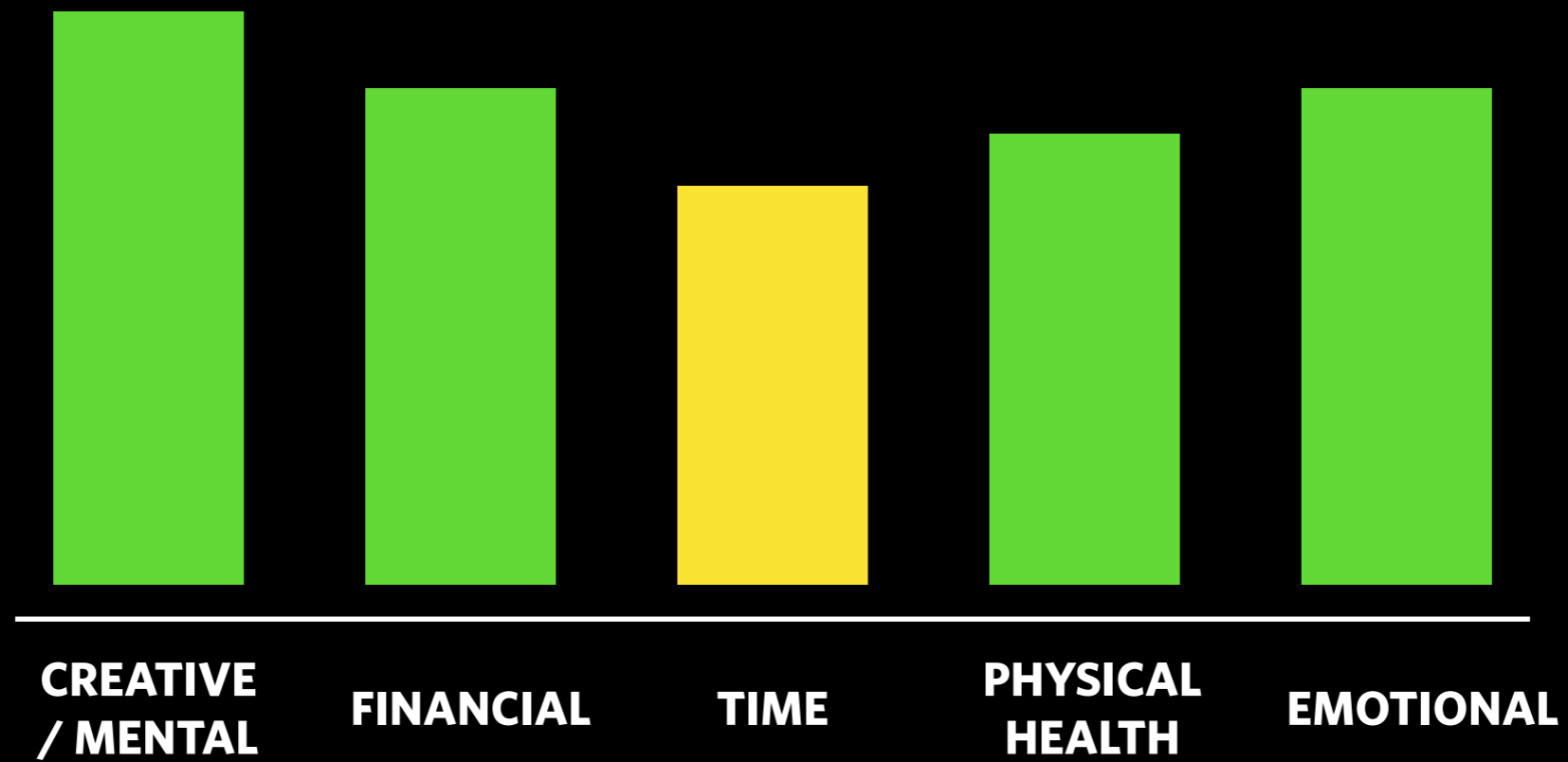
Using Margin to Get More Margin



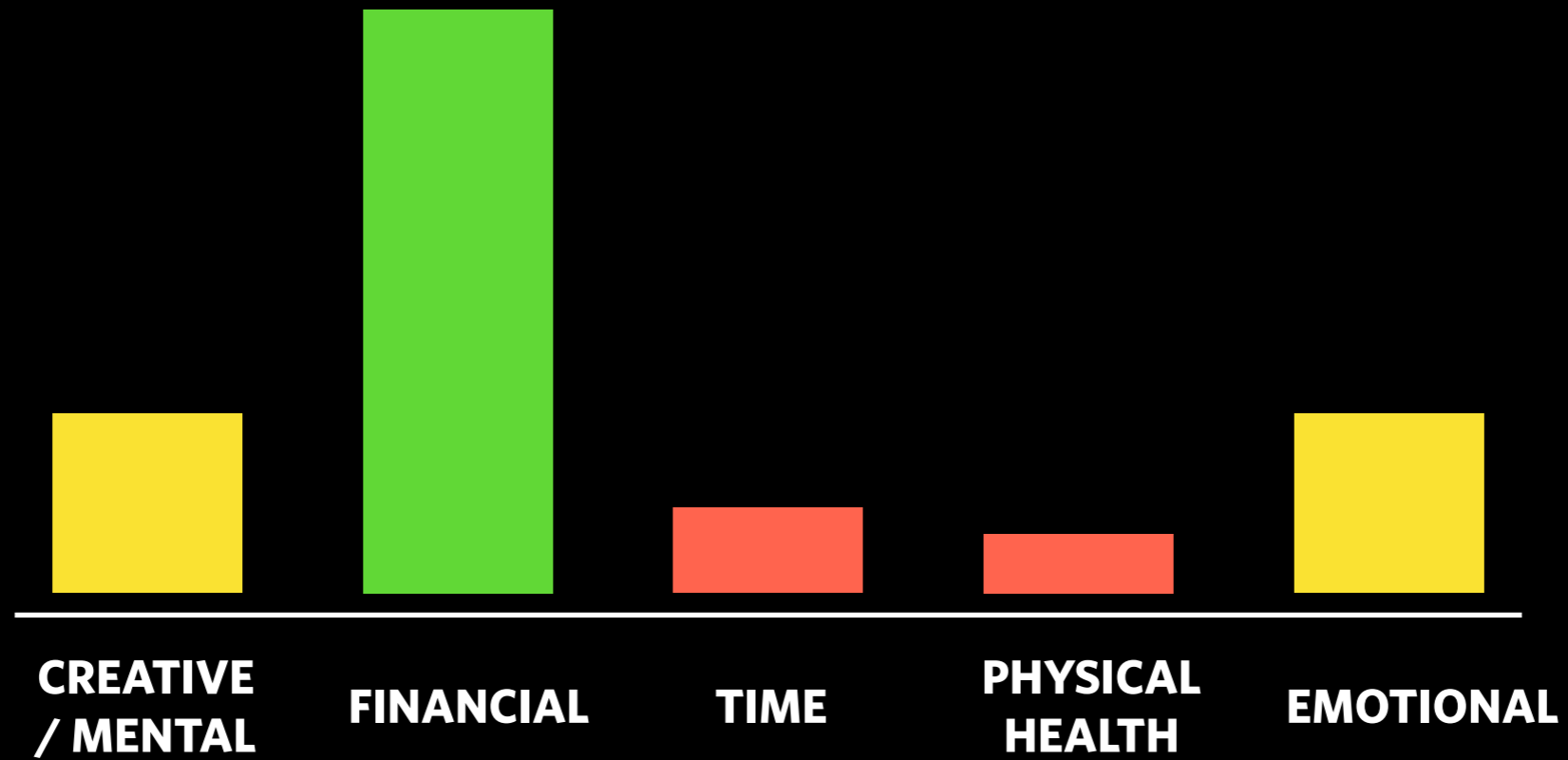
Using Margin to Get More Margin



Using Margin to Get More Margin

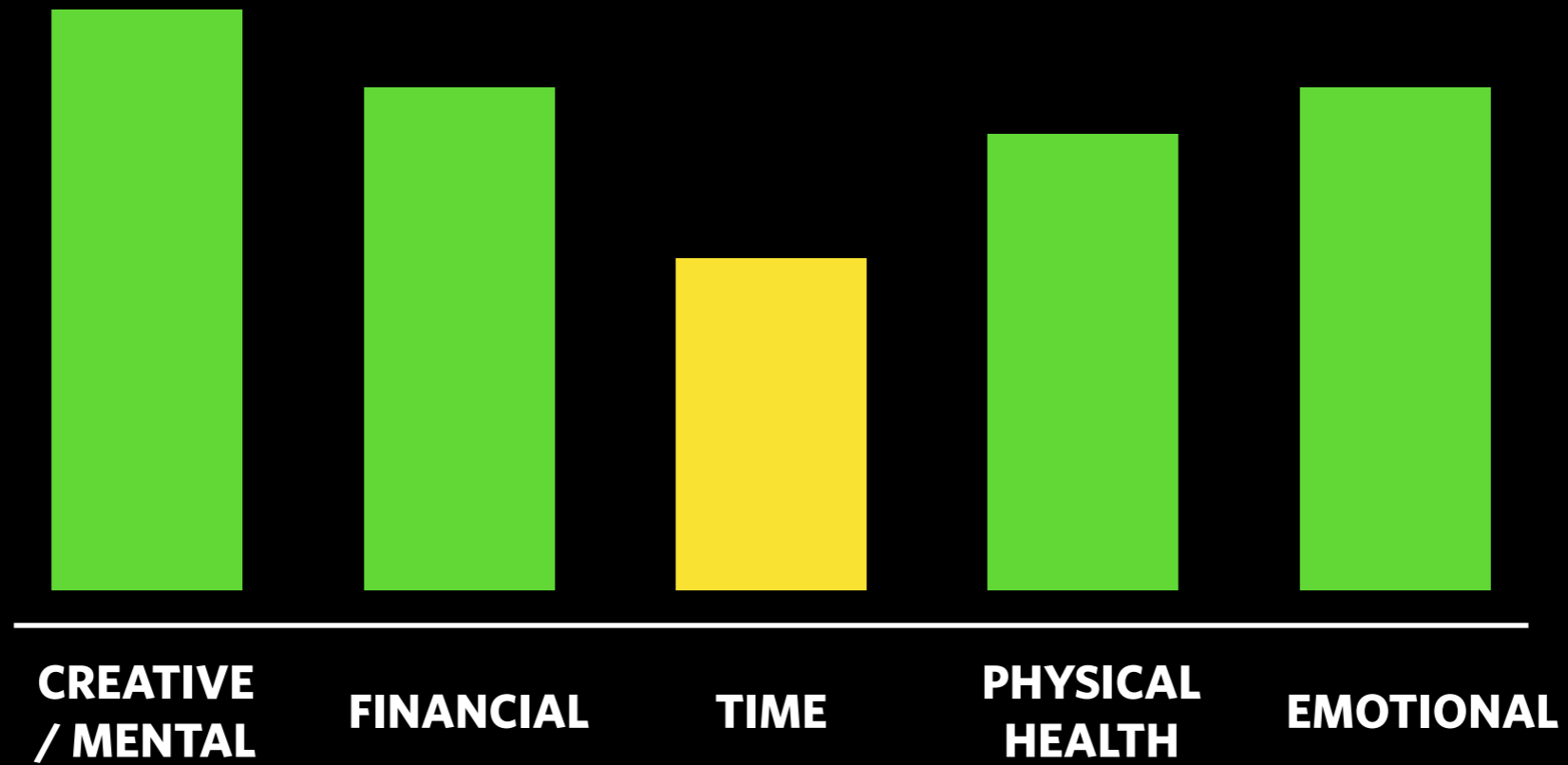


Using Margin to Get More Margin



BEFORE

Using Margin to Get More Margin



AFTER

Margin Restoration Worksheet

5-Minute Working Session

Ideas for Restoring Margin

EMOTIONS 

Recharge by... going outside, reading,
quality time with others...

(increase limit)

Less news, less inboxes, less scrolling

(decrease load)

Margin Restoration Worksheet

5-Minute Working Session

- Explore ideas to INCREASE your LIMIT
- Explore ideas to DECREASE your LOAD
- Which area of margin could you implement right now?

If you get stuck, feel free to ask questions in the chat...

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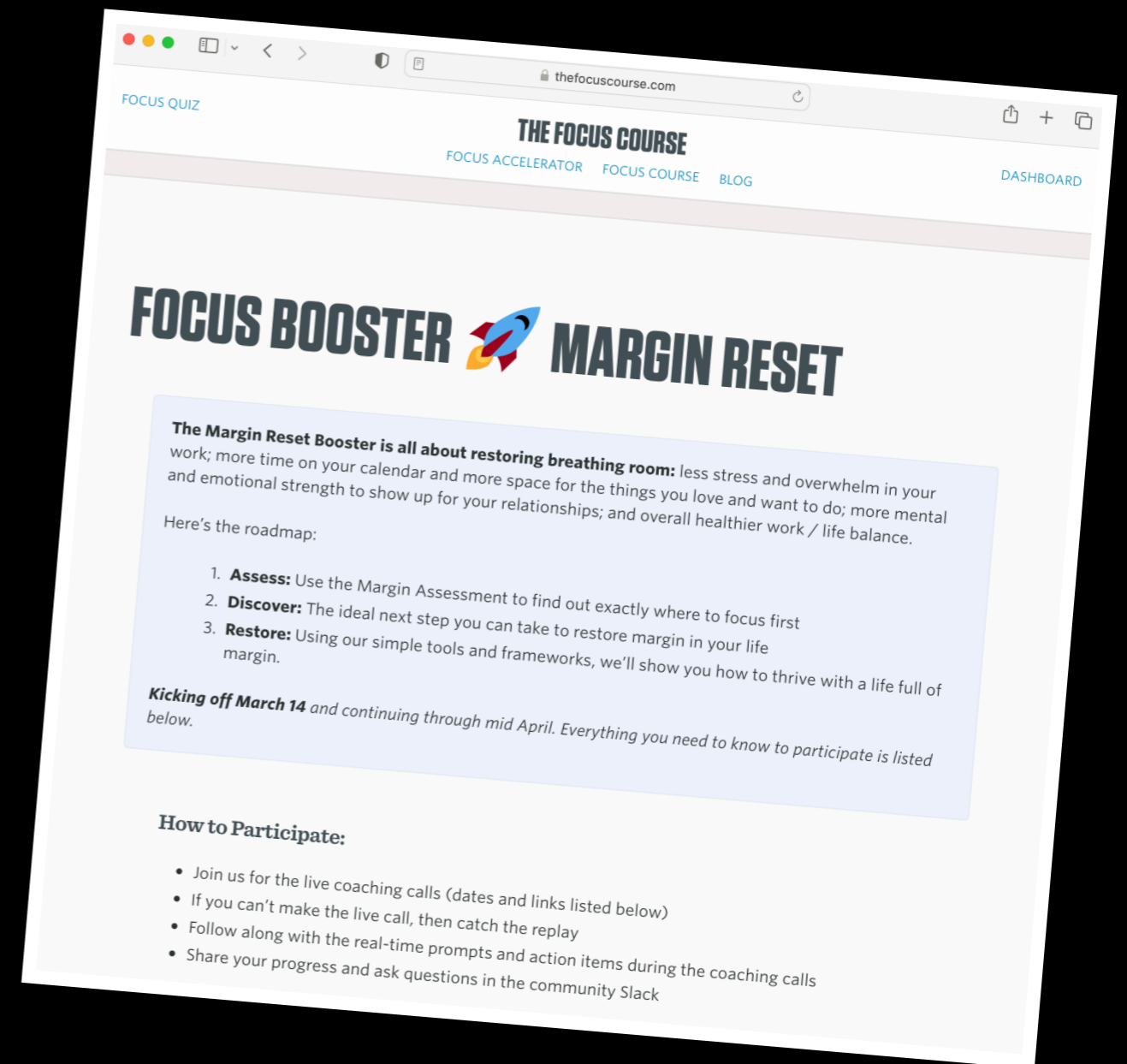
5-Day Margin Reset

Starting Monday in Slack!

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