

The Capacity Log

When operating at full capacity, you lose access to innate resources that will help you stay in charge of your life. At full capacity, you are overwhelmed and out of balance. The circumstances and events of your life determine whether you are suffering or happy. To restore balance and stay out of overwhelm, identify what is using up your capacity and what restores it. Use the Capacity Log to track what increases or decreases capacity.

Increases Capacity	Reduces Capacity

Imagine you have a 5-gallon bucket that holds all that uses up your capacity to show up as the highest and best version of yourself. After determining what increases and decreases your capacity, what are you called to do? Make a plan and implement it so you can access innate resources that allow you to respond to circumstances and events and yield the life you want.