

Calculating Your Margin

How do we calculate whether we have margin or are experiencing stress?

- Re-read the section on *Living With Margin* in Chapter Six.
- Below, write down your current top five demands-one item per line.
- Towards the bottom of the page, record your top five resources, again, one item per line.
- Draw a large circle around each group.
- Put a number next to each item from one to ten, with one being a weak factor and ten being a strong factor.
- Reflect on the numbers, particularly those that are high.
- Add up the numbers for each circle.