

# Rest, Pace, & Margin

## Margin Assessment #1: Emotional Energy

Respond to each of the statements on a scale of 1-3.

1 = Never      2 = Sometimes      3 = Always

- \_\_\_ 1. I have a network of close friends.
- \_\_\_ 2. I have reconciled relationships.
- \_\_\_ 3. I spend time meeting the needs of others.
- \_\_\_ 4. I usually sleep well.
- \_\_\_ 5. I enjoy and participate in humor with others.
- \_\_\_ 6. I say "no" to some opportunities.
- \_\_\_ 7. I have an attitude of thankfulness.
- \_\_\_ 8. I am adaptable to changing situations.
- \_\_\_ 9. I easily make routine decisions.
- \_\_\_ 10. I am patient with those who disagree with me.

\_\_\_\_\_ **TOTAL**

### Score

10-16 = No margin - major adjustments need to be made

17-23 = Some margin - some adjustments need to be made

24-30 = Adequate margin

Observations, conclusions, and/or adjustments to be made:

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### Margin Assessment #2: Physical Energy

Respond to each of the statements on a scale of 1-3.

1 = Never      2 = Sometimes      3 = Always

- \_\_\_ 1. I have good nutritional habits.
- \_\_\_ 2. I exercise on a regular basis.
- \_\_\_ 3. I get plenty of sleep.
- \_\_\_ 4. I regularly take annual vacations.
- \_\_\_ 5. I often make deliberate choices to slow my pace of life.
- \_\_\_ 6. I make deliberate efforts to simplify my life.
- \_\_\_ 7. I seldom feel exhausted, late, and rushed.
- \_\_\_ 8. I balance time with people and time alone.
- \_\_\_ 9. I allow time for recreation and play.
- \_\_\_ 10. I am free of chronic illnesses.

\_\_\_\_\_ **TOTAL**

#### Score

10-16 = No margin - major adjustments need to be made

17-23 = Some margin - some adjustments need to be made

24-30 = Adequate margin

Observations, conclusions, and/or adjustments to be made:

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### Margin Assessment #3: Time

Respond to each of the statements on a scale of 1-3.

1 = Never      2 = Sometimes      3 = Always

- \_\_\_ 1. I make weekly time for rest.
- \_\_\_ 2. I schedule regular time for devotions.
- \_\_\_ 3. My schedule is seldom saturated.
- \_\_\_ 4. I place limits on my accessibility.
- \_\_\_ 5. I have time in my schedule to pursue personal interests.
- \_\_\_ 6. I allow for the unexpected.
- \_\_\_ 7. My weekly schedule reflects biblical priorities.
- \_\_\_ 8. I schedule regular time for reflection and renewal.
- \_\_\_ 9. I take time to plan and schedule.
- \_\_\_ 10. I complete tasks and fulfill responsibilities.

\_\_\_\_\_ **TOTAL**

#### Score

10-16 = No margin - major adjustments need to be made

17-23 = Some margin - some adjustments need to be made

24-30 = Adequate margin

Observations, conclusions, and/or adjustments to be made:

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### Margin Assessment #4: Finances

Respond to each of the statements on a scale of 1-3.

1 = Never      2 = Sometimes      3 = Always

- \_\_\_ 1. I use a budget successfully.
- \_\_\_ 2. I live within my means.
- \_\_\_ 3. I have a fundraising plan and am consistently working it.
- \_\_\_ 4. I am investing for the future.
- \_\_\_ 5. I resist impulse buying.
- \_\_\_ 6. I am committed to tithe.
- \_\_\_ 7. I am free from debt.
- \_\_\_ 8. I don't have anxious thoughts about finances.
- \_\_\_ 9. I pay my bills on time.
- \_\_\_ 10. I have an emergency savings account.

\_\_\_\_\_ **TOTAL**

#### Score

10-16 = No margin - major adjustments need to be made

17-23 = Some margin - some adjustments need to be made

24-30 = Adequate margin

Observations, conclusions, and/or adjustments to be made: