

# ALUMNI COLLECTIVE

## RESOURCING LEADERS

These Compass Resources were voted “Best Of Class” for Leading Yourself

### Compass Module 1: Rest and Margin

#### Personal Margin Plan

1. Write a Personal Margin Plan (~2 hours)
  - i. Write a 2-3 page plan (bullet points is fine) to apply your growing understanding of healthy margins, rhythms and pace as a leader. Utilize strategies from your readings on this topic.
  - ii. Include:
    1. A frank description of your current reality of margin and rest. (Be sure to include past and current struggles in this area.)
    2. A clear statement of your ideal future that has been informed by your studies during this module’s development.
    3. A list of obstacles you foresee and your plan to overcome them.
    4. Your ideal week plan. (Refer [to Roy Fitzwater’s resource](#) in the input section)
    5. A timeline for changes. (Of course your personal calendar should be updated to reflect this timeline)
    6. The plan may include daily, weekly, quarterly and annual rhythms.
    7. The plan may include a “stop doing list” and a “don’t start doing list.”

#### Video on Essentialism

1. [Essentialism video](#)
2. [Essentialism PDF](#)

#### Personal Retreat Guide

1. [Personal Retreat Guide PDF](#)
2. Read Sacred Rhythms, by Ruth Haley Barton Chapters: 1. Longing for More, 2. Solitude, and 8. Sabbath