The Capacity Audit

For the Maxed-Out Leader



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Before You Begin

What if it's capacity?

What if the thing standing between you and your next season isn't a lack of clarity, certainty or even opportunity? What if it's capacity?

I work with incredibly driven men and women who are carrying a lot. Businesses. Teams. Marriages. Kids. Financial responsibility. Vision. Other people's problems. And when your load continually exceeds your capacity, eventually everyone around you starts paying for it too. Your stress becomes the atmosphere in your home. Your exhaustion affects your decisions. You become less patient, less present, less creative, and often less able to hear clearly from God.

> CAPACITY
>
> *Your ability to receive, hold, process, steward and multiply what's been entrusted to you without continually overflowing into chaos, depletion or breakdown.*

Being able to endure more does not mean you have more capacity. Capacity is what allows you to hold more *well.* So the real question is this: **Can I carry this without sacrificing my peace, my health, my marriage, my relationship with God and the people I'm doing all of this for?**

HOW TO TAKE THE AUDIT

1. **Rate each statement from 1 to 5** based on how true it is for you right now, in this season. Answer honestly. No performance. This is for you.
2. **Add up each section.** Every area scores between 6 and 30.
3. **Plot your scores on the snapshot page.** Your lowest score is your capacity ceiling, and that's where you start.

Set aside about ten quiet minutes. Building capacity is not selfish. It's stewardship.

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Mental Capacity

What is consuming my mind share?

You can be highly intelligent, incredibly skilled, and still have no mental capacity. Mental capacity is your ability to **think clearly, hold perspective and respond instead of react, especially under pressure.**

Most of us do not have a knowledge problem. We have a mind share problem. A crowded mind cannot access great strategy.

> *"We take captive every thought to make it obedient to Christ."*
> 2 CORINTHIANS 10:5

		1 RARELY TRUE · 3 SOMETIMES TRUE · 5 ALMOST ALWAYS TRUE
1	I can switch off at night. My mind is not still spinning at 3 a.m.	1 2 3 4 5
2	I make decisions clearly, without flip flopping or putting them off.	1 2 3 4 5
3	Not everything in my day feels urgent. I am out of firefighter mode.	1 2 3 4 5
4	I am not the bottleneck for every decision at home or at work.	1 2 3 4 5
5	Other people's lack of preparation does not automatically become my emergency.	1 2 3 4 5
6	I give myself space to integrate what I already know before I consume more input.	1 2 3 4 5

MY MENTAL SCORE _____ / 30

TAKE THIS WEEK:

Name what is taking up the lion's share of your mind share right now. Not what should be. What actually is. Then sort it into two lists: what requires action, and what requires surrender. Choose one thing to eliminate and one next step.

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Emotional Capacity

Do I still have the heart for the life I've built?

You can be highly successful, fully committed to your responsibilities, and still be emotionally disconnected from the very people, the purpose and the life you're working so hard to build. Emotional capacity is your ability and willingness to **stay openhearted, present and engaged, especially in discomfort, disappointment, conflict and uncertainty.**

A lack of emotional capacity doesn't always look like a blow up. Sometimes it looks like absence.

> *"Above all else, guard your heart, for everything you do flows from it."*
> PROVERBS 4:23

		1 RARELY TRUE · 3 SOMETIMES TRUE · 5 ALMOST ALWAYS TRUE
1	When I am home, my heart is there too, not just my body.	1 2 3 4 5
2	My spouse can be disappointed and I can stay present without defending, fixing or escaping.	1 2 3 4 5
3	I listen to understand, not to fix or defend.	1 2 3 4 5
4	Setbacks and disappointment have not made me cynical, jaded or numb.	1 2 3 4 5
5	I still feel real excitement and anticipation about my work, my marriage and my future.	1 2 3 4 5
6	I make room for joy, play and adventure now, not after everything is done.	1 2 3 4 5

MY EMOTIONAL SCORE _____ / 30

TAKE THIS WEEK:

Walk into your next conversation with your spouse or someone you love with no agenda, just to connect heart to heart. Try this: "Help me understand what you've been missing. I want to hear you." Then do one small thing this week that lights you up.

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Physical Capacity

Can my body carry the life I'm asking it to carry?

You want peace, connection and intimacy. The question is whether you have a physical structure that can actually hold it and sustain it. Physical capacity is your ability to **generate, sustain, regulate, recover and adapt physically to the demands of life.**

The body doesn't lie. It is always communicating. The question is whether you are listening.

> *"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."*
>
> 1 CORINTHIANS 6:19 & 20

	1 RARELY TRUE	3 SOMETIMES TRUE	5 ALMOST ALWAYS TRUE
1	Most nights I get more than six hours of sleep.		1 2 3 4 5
2	I move my body most days, and I feel strong in it.		1 2 3 4 5
3	I have the energy and vitality for the intimacy and connection I want.		1 2 3 4 5
4	When I walk through the door at home, I can downshift instead of carrying the day's fires into the room.		1 2 3 4 5
5	When my body sends a warning light, I respond to it instead of ignoring it or masking it.		1 2 3 4 5
6	I bounce back from illness, injury and hard seasons in a reasonable time.		1 2 3 4 5

MY PHYSICAL SCORE _____ / 30

TAKE THIS WEEK:

Build the morning stack: sunlight, water, movement, breath. Before the phone and the inbox, step outside, drink some water, move for 10 to 20 minutes and give yourself a few minutes of calm, slow breathing. Don't add six new health obligations. Stack one life giving practice into a rhythm you already have.

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Spiritual Capacity

Can I see, hear, receive and respond?

Everything that shows up in your home, your marriage and your team starts in the spirit first. Spiritual capacity is your ability to **see, hear, receive and respond to the Spirit of God accurately, especially under pressure.**

Activity does not equal capacity. More church, more serving and longer prayers don't automatically build it. When pressure hits, what comes out of you reveals what you've been carrying.

> *"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."*
> JOHN 15:5

	1 RARELY TRUE	3 SOMETIMES TRUE	5 ALMOST ALWAYS TRUE
1	When pressure hits, I can see what is actually happening beneath who said what and who is right.		1 2 3 4 5
2	I come to God without handing Him my agenda first.		1 2 3 4 5
3	I can tell the difference between waiting on the Lord and hesitating out of fear.		1 2 3 4 5
4	When I hear God, I respond, even when I don't like the answer.		1 2 3 4 5
5	I can hold uncertainty without grabbing for control.		1 2 3 4 5
6	My time with God is changing me from the inside out. I am abiding, not striving.		1 2 3 4 5

MY SPIRITUAL SCORE _____ / 30

TAKE THIS WEEK:

Choose the one situation where you keep hitting the same wall. Before you reach for another strategy, bring it to God with no agenda and ask: What am I not seeing? What are You saying? Am I willing to receive the answer, even if I don't like it?

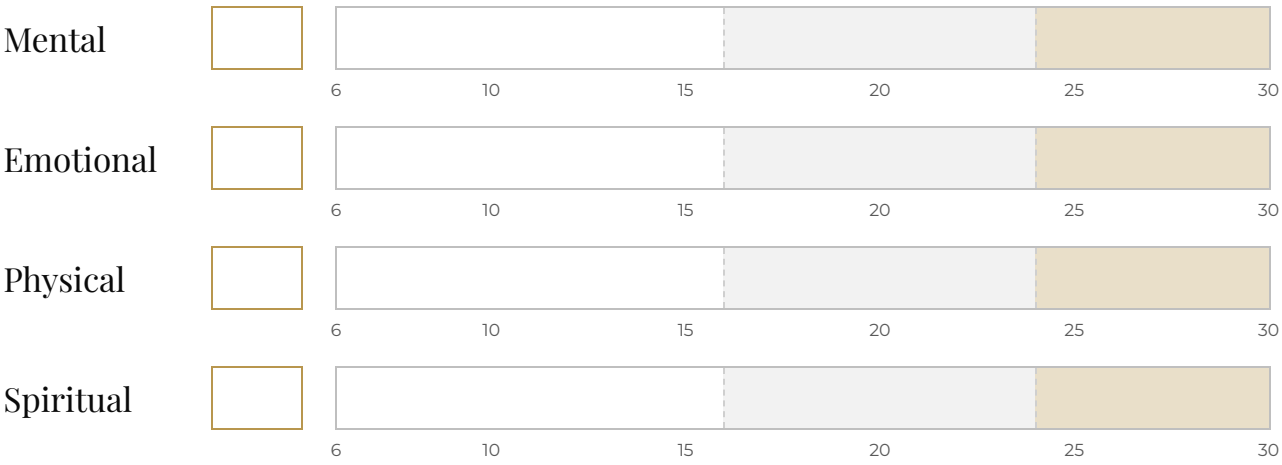
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Your Capacity Snapshot

Where is your ceiling?

Write each score in the box, then shade the bar up to your number.

DEPLETED 6 to 15 STRETCHED 16 to 23 STRONG 24 to 30



TOTAL CAPACITY SCORE _____ / 120

WHAT YOUR SCORES MEAN

Strong 24 TO 30	This is capacity you have built. Now protect it. Capacity without boundaries eventually becomes depletion, so decide what gets access to you, when, and what deserves your best energy.
Stretched 16 TO 23	You are carrying it, but you may be borrowing energy from tomorrow to fund today. The people closest to you are probably already feeling the strain. This is the moment to build, before your body or your marriage sets the boundary for you.
Depleted 6 TO 15	This is your capacity ceiling. You may think you have a clarity problem when you actually have a capacity problem. Everything else in your life is being limited by this one area right now.

Your lowest score is your ceiling. It's where your next investment will make the biggest difference.

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From Awareness to Action

Name it. Then build it.

It's one thing to have awareness. It's another thing to execute on it. Stop asking only "What's next?" and start asking what you need to build to carry it well.

Where am I hitting my capacity ceiling right now, and what is it costing me at home, in my marriage and in my leadership?

What am I no longer available to carry?

What do I need to invest in now so I can hold what God is asking me to carry next?

"Don't just build a bigger life. Build the capacity to actually live it."

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YOUR NEXT STEP

Don’t build it alone.

Your next season is not just asking you to carry more. It’s inviting you to build the capacity to carry it well.

You may have the strategy. You may have the resources, the experience and the skills. If this audit showed you where your ceiling is, the next step is support, structure and accountability to build new infrastructure at home and at work.

That’s the work I do with founders, leaders and couples through private advisory and the Rapid Implementation Intensive. Let’s talk about what your next season is asking of you.

REQUEST A CONVERSATION

thechristinejewell.com/application-work-with-me

Listen to the full capacity series on the **Breaking Chains Podcast**
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