

Life Strategy Mapping Resource

Capacity & Energy Check + Boundary Reflection

Sustainable success starts with self-awareness, not self-pressure.

This resource is designed to help you regularly assess your capacity, energy, and boundaries so your work and life choices support your well-being—not compete with it. Revisit this document during times of transition, stress, or decision-making.

Part 1: Capacity & Energy Check

Purpose

To understand your current capacity across multiple dimensions so you can make realistic, compassionate choices about work, commitments, and growth.

Capacity is not fixed.
Capacity is not moral.
Capacity is information.

Step 1: Check Your Current Capacity

Reflect honestly on where you are *right now*.

Rate each area on a scale of **Low / Medium / High**.

- **Emotional Capacity** (stress tolerance, emotional regulation):
☐ Low ☐ Medium ☐ High
- **Mental Capacity** (focus, clarity, decision-making):
☐ Low ☐ Medium ☐ High
- **Physical Capacity** (energy, health, rest):
☐ Low ☐ Medium ☐ High
- **Recovery & Well-Being Capacity** (nervous system, coping tools, support):
☐ Low ☐ Medium ☐ High
- **Time Capacity** (availability beyond obligations):
☐ Low ☐ Medium ☐ High

Step 2: Energy Awareness

Answer the following:

- Activities or environments that **restore** my energy:

- Activities or environments that **drain** my energy quickly:

- Early signs that I'm approaching overload or burnout:

Step 3: Capacity Reality Check

Complete the statements:

- Right now, I have the capacity for:

- Right now, I do not have the capacity for (even if I want to):

Naming limits is an act of wisdom—not failure.

Part 2: Boundary Reflection

Purpose: To clarify boundaries that protect your health, recovery, values, and long-term sustainability—especially in work or entrepreneurial settings.

Boundaries are not about control.
They are about clarity and care.

Step 1: Identify Boundary Stress

Reflect on recent experiences.

- Situations where I felt resentful, exhausted, or overwhelmed:

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- Commitments I agreed to out of fear, guilt, or urgency:
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Step 2: Boundary Patterns

Check any that resonate:

- ☐ Overworking to prove value
- ☐ Difficulty saying no
- ☐ Blurring personal and professional roles
- ☐ Feeling responsible for others' outcomes
- ☐ Ignoring rest to meet expectations
- ☐ Allowing work to override recovery needs

Optional reflection:

- The boundary pattern I notice most is:
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Step 3: Define Supportive Boundaries

Complete the prompts:

- A boundary that would protect my well-being right now:
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- A boundary that would support my recovery or mental health:
-

- A boundary that would help me enjoy my work more:
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Step 4: Boundary in Action

Choose one boundary to practice.

- What the boundary is:

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- How I will communicate or honor it:

-
- What support I may need to maintain it:
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Part 3: Integration & Gentle Commitment

Reflection

Complete one or both:

“When I honor my capacity, I notice...”

“When my boundaries are respected, I feel...”

Gentle Commitment

In the next 30 days, I commit to:

- ☐ Checking my capacity weekly
- ☐ Saying no to one misaligned request
- ☐ Adjusting my workload or expectations
- ☐ Asking for support
- ☐ Resting without guilt
- ☐ Other: _____

Closing Reminder

*You are allowed to build a life and livelihood that honors your humanity.
Sustainability is success.*