



## Boundaries of Margin

- **Know yourself. We often fail to recognize our personal needs for self-care and recharge. Self-reflection can go a long way toward creating margin.**
  - Take time to reflect on your personal values. What gives life meaning? Where and when do you experience joy, rest, rejuvenation, and inspiration most vividly? Find recharge activities that incorporate these traits and characteristics. Don't be too high-minded about this. Focus on what actually works for you, and embrace those things as essential and regular practices.
  - Recognize your personal warning signs of overwhelm, burnout, or exhaustion. These might include irritability, resentment, apathy, lack of motivation, persistent fatigue, or feeling stuck. When you see these warning signs crop up, flag them as an important reminder of your need for increased margin.
  - A few additional resources for self-reflection\*:
    - <https://www.16personalities.com/free-personality-test> :: This assessment offers personalized insights about strengths and growth areas for functioning at full capacity in all areas of life. Includes specific points about recharge needs and vulnerabilities for burnout.
    - <https://www.tonyrobbins.com/disc/> :: This assessment focuses on identifying personal leadership traits and also pinpoints certain aspects of leadership that you might find more taxing. Identifying the types of engagement that tend to be most draining can be helpful when determining margin and scheduling recharge time.
    - <https://www.freeshapetest.com/> :: This assessment incorporates biblical giftings into the assessment language.
    - *\* These free resources are merely examples of some of the assessments available. HCC in no way endorses any particular assessment or the creators of the assessments.*
- **Chart how your daily and weekly time is spent. Ensure that the overall pie chart of your time shows at least 25% devoted expressly to personal life (even more is great!).**
  - Personal life involves time and activities that are distinct from work, people from work, talking about work, and thinking about work.
  - For pastors and leaders in ministry, it is important to have life and relationships apart from ministry, and if you are bivocational, away from both jobs.
  - Yes, this is possible and, in fact, necessary even for very busy people! Setting margins to allow personal time can be difficult, but is essential for sustained balance and well-being in both contexts.
- **Schedule recharge time into your calendar. Keep it sacred and unyielding, like a high priority work meeting or an important appointment.**
  - Make it regular – every week in smaller increments, and larger chunks of time on a monthly or quarterly basis.
  - Prioritize this time. Say 'no' and/or find other time for the good and important things that might infringe on this essential recharge time. Remember that this time will in fact enhance and sustain the other valued parts of your life and vocation.