



The Plimsoll Line

Drawing the line that contributes to personal and organizational health.



It's a better investment to deliver less content and have people retain it, than it is to deliver more hours of "learning" that is quickly forgotten.

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Your *AHA! Moment*

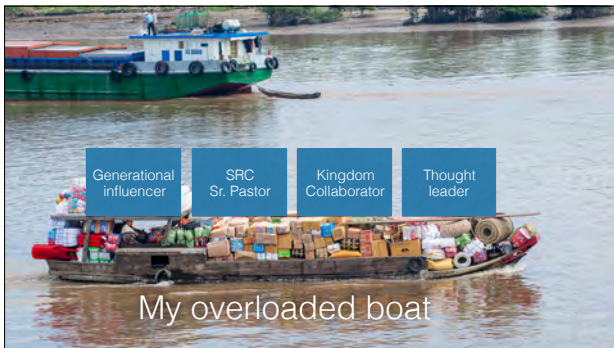
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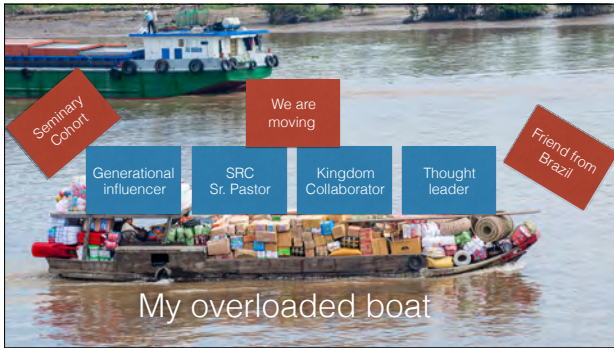
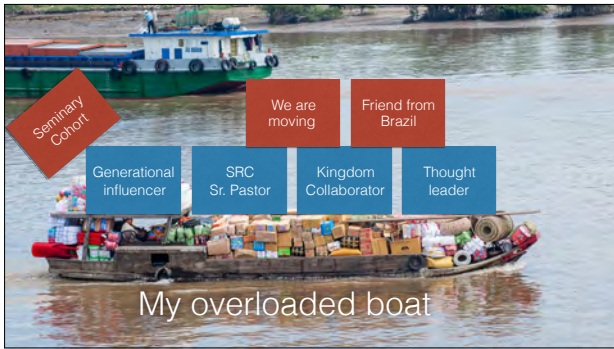
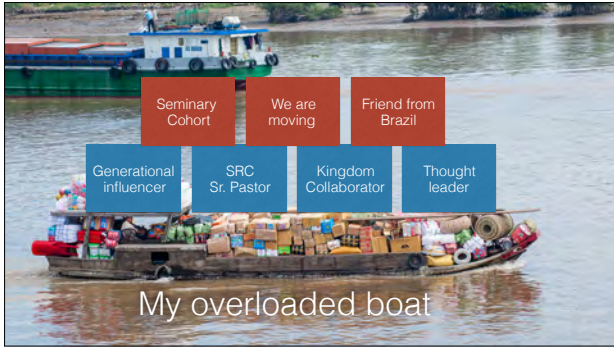
Week 2 Determining My Capacities

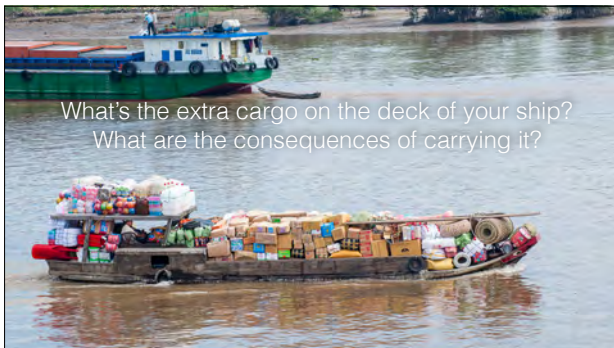
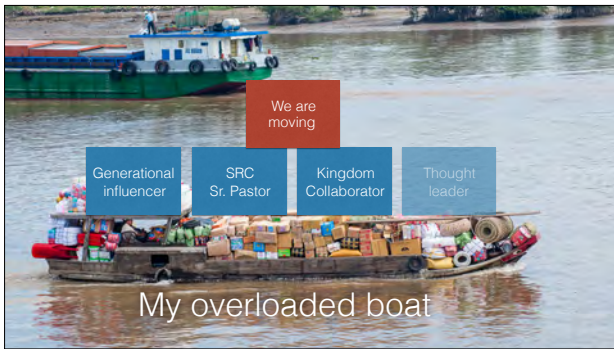
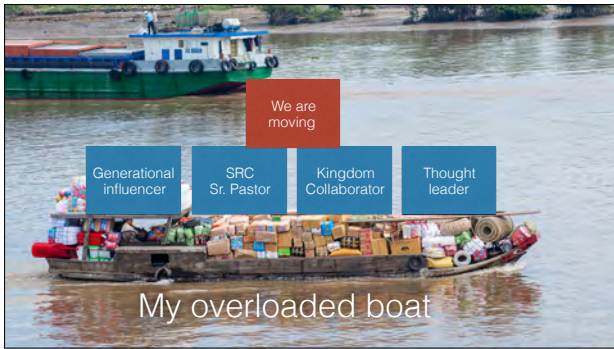
Leaders "draw the line" based on an understanding of their capacities.

- This is real! (personal/organizational)
- Why we want to do it all but CANT!
- Understanding & applying the capacity formula.
- What does God want me to learn from my capacity & limitations?









What is true personally,
is true organizationally



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The challenges of an overcrowded deck at work



- Weakened relationships
- Stress and burnout
- Rocky transitions
- Reduced learning, because members lack time together to share knowledge/ideas

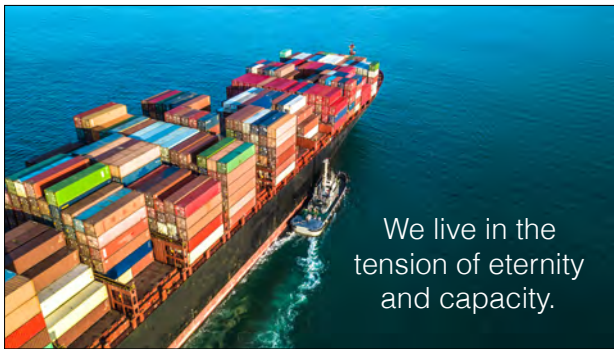
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Overwork sucks us into a negative spiral, causing our brains to slow down and compromising our emotional intelligence.

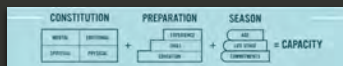


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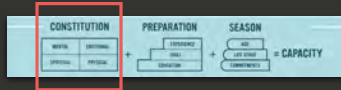
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Our Challenge Is Understanding/Applying
The Capacity Formula To Life



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Constitution

I know better than anybody what my constitution will bear and what it will not.
John Adams

Mental	Emotional
Physical	Spiritual

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We have different constitutions

- John Adams: "I know better than anybody what my constitution will bear and what it will not."
- J. Quincy Adams: "I am a silent animal."
- Andrew Jackson: "Born for a storm." "Providence may change me, but it is not in the power of a man to do it."
- Winston Churchill: "He was incapable of inactivity." W. Manchester
- What's your constitution? *What car/truck illustrates your constitution?*

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Physically

Weak

Strong



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Physically

Morning Person



Evening Person

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Emotionally

Introversion

Extroversion



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Emotionally



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Emotionally

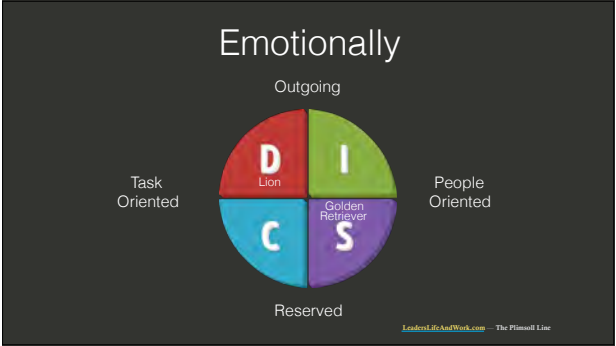
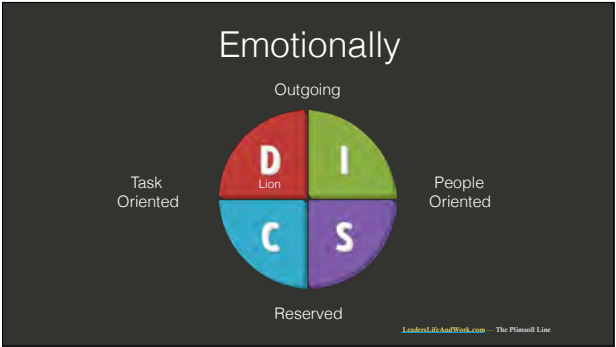
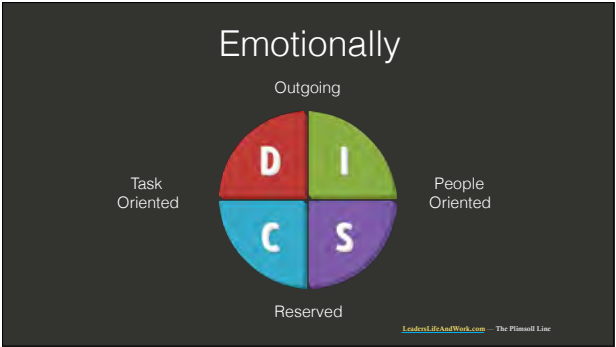


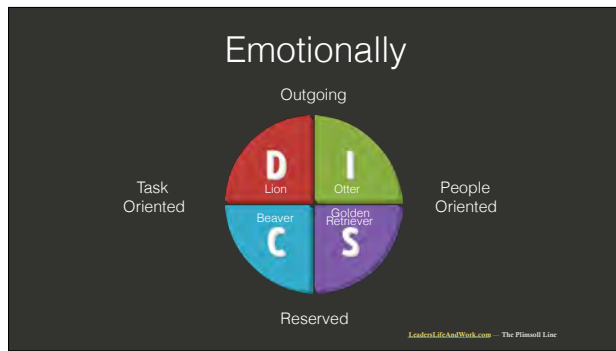
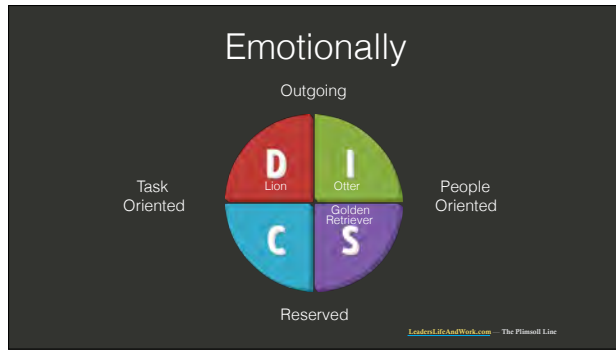
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Emotionally



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Emotionally

Smalley and Trent Human Typology

<p>Lion:</p> <ul style="list-style-type: none"> Direct Compassionate Decision makers Visionaries Expresses opinion readily 	<p>Beaver:</p> <ul style="list-style-type: none"> Inventive Accurate Can be critical "Perfection Paralysis" Hate disorganization & unpredictability
<p>Otter:</p> <ul style="list-style-type: none"> Anxious Shows feelings Emphasizes main ideas Persuasive Social Great motivators! 	<p>Golden Retriever:</p> <ul style="list-style-type: none"> Partners Cooperative Collaborative Slow to change Can be loyal to a fault

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Mentally: How do you learn?



- Visual: I have to see it.
- Auditory: I have to hear it.
- Kinesthetic: I have to work with it.
- Reading/Writing: I have to think it.

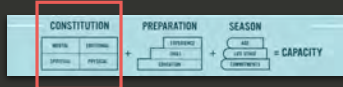
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Spiritually: Where are you in your walk with God?

Atheist Agnostic Seeker New believer Stalled Maturing

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Our Challenge Is Understanding/Applying The Capacity Formula To Life



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Preparation



- Experience
- Skill
- Education

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Preparation



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One secret of success in
life is for a man to be
ready for his opportunity
when it comes.



Benjamin Disraeli

Do you see a man skillful in his
work? He will stand before kings; he
will not stand before obscure men.

Proverbs 22:29 ESV

How have you seen your preparation
increase your capacity?

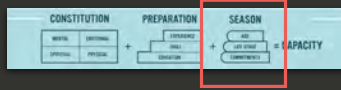


Experience

Skill

Education

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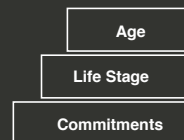
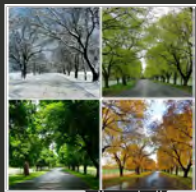
Season

For everything there is a
season, and a time for every
matter under heaven.

Ecclesiastes 3:1

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Season

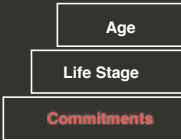
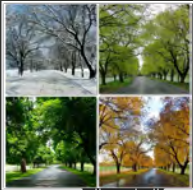


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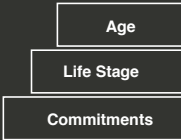
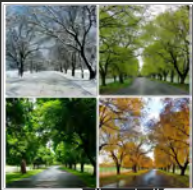
Season: Life Stage



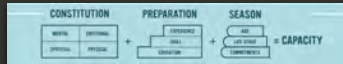
Season



Does this season increase or diminish your capacity for other things?



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What is your capacity in this season? Why?



Are you exceeding your capacity?
What must you offload?



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What does God want me to learn from my limitations?

- **His sufficiency:**
2 Corinthians 12:9-10
- **The power and joy of synergy:**
Ecclesiastes 4:8-9
- **The rest that comes from my limitations.** Ecclesiastes 3:1



Week 3 Lightening The Load

If your ship is sinking dangerously deep,
it is time to lighten the load.

- 4 questions you must ask & answer to effectively lighten the load.
- Three lists: To Be, Stop Doing, To Do





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