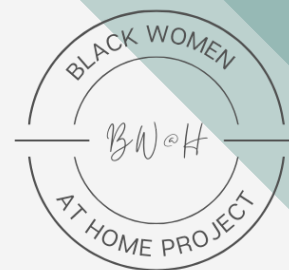


# At Home Within: A Capacity Check



Sister to Sister Offering  
from Jamila Medley

Take 10 minutes. Grab some water or tea. Be honest - this is for your heart only.  
On a scale of 1-5 (1= strongly disagree; 5 = strongly agree), answer the following prompts.

1 2 3 4 5

## Part 1: Reclaiming my time

I have a clear understanding of how many hours a week I am available to others (work, family, community) versus how many hours I am belonging to myself.

☐ ☐ ☐ ☐ ☐

If my body/spirit signaled an emergency (health, grief, or a sudden creative spark), I have a sufficient buffer to attend to it without feeling like the world would collapse.

☐ ☐ ☐ ☐ ☐

## Part 2: The expert of my life

I save and use enough of my "best self" for my own life goals, dreams, and passions.

☐ ☐ ☐ ☐ ☐

I often feel like a "resource responder" for everyone else rather than the designer of my own life.

☐ ☐ ☐ ☐ ☐

## Part 3: What's good for my soul

When I enter my home or look at my weekend, I feel a sense of expansion rather than a "tightness" in my chest.

☐ ☐ ☐ ☐ ☐

I can name a strategic goal for *myself* that has nothing to do with being useful to someone else.

☐ ☐ ☐ ☐ ☐

After you've done it, do something about the results. Celebrate how well you're doing. Call that friend (or schedule that therapist appointment) who can handle the "you're too much" version of you to talk through it. You get to set the direction for your next step. Decide where you want the compass to point and reclaim your capacity as needed.

**Come back to take this again whenever you need a capacity check. It's here for you.**

**Have feedback about the tool? Email me at [jamila@blackwomenathome.com](mailto:jamila@blackwomenathome.com)**