

## Red Zone Worksheet

The following questions can be used for additional individual or group reflection related to the topic of pursuing a wise stewardship balance of work and rest, as explored in Study 5. Further information about the idea of the Red Zone can be found here:

<https://embracingfollowership.com/2016/09/20/5-gauges-for-your-followership/> and in James Lawrence's book, *Growing Leaders* (Chapter 4).

1. List areas of responsibility that you have (maximum of 7). Make the categories as broad or as specific as you need in order to represent the different stewardships that you have.

- i.
- ii.
- iii.
- iv.
- v.
- vi.
- vii.

2. How often do you live in the Red Zone in fulfilling these responsibilities? Do some of them particularly cause you to often dwell in the Red Zone?

3. Consider your physical, emotional, relational, intellectual, and spiritual gauges (see 5 Gauges blog post for more info). Which of these gauges are you most sensitive to? Which one(s) convict you of the need for habit change?

4. What temptations, needs, expectations, and circumstances compel you into the Red Zone?

5. What SHAPE (Spiritual gifts, Heart, Abilities, Personality, Experience) are you? What's your calling (stewardships of field, work, maturity, faith, & gifts)?

6. Put your list of responsibilities (from #1) in order of priority.

- i.
- ii.
- iii.
- iv.
- v.
- vi.
- vii.

7. How do God's expectations for our capacity (His calling, mandate for rest, & your personal SHAPE) fit into your priority considerations?

8. Do you need to remove any responsibilities or re-prioritize as a result of these considerations?

9. What habits & circumstances help you to return to (or remain in) the zone of normal capacity?  
What habits do you have or would you like to implement to maintain healthy levels of output?

10. What do your five gauges indicate to you about your pace of life over the last 6 months?

11. Seek someone to give you input on your current responsibilities & habits. What categories and patterns do they see?

12. Look again at your prioritized responsibilities. Rate yourself for each: fulfilling, should initiate more, should initiate less. What habits do you need to change to achieve this level of operation?  
What do you need in order to make those changes?

13. Are you at peace?