

Iron in the Fire Worksheet

Finding and Managing Your Daily Mental Capacity

Step 1 – Identify Your Limit

Think about your busiest day recently. How many activities could you handle before feeling overloaded? Write down your number here: _____

Step 2 – List Your Irons

Write down your major daily activities:

1. _____
2. _____
3. _____
4. _____
5. _____

Step 3 – Prioritize

Rank your irons from most important to least important:

1. _____
2. _____
3. _____
4. _____
5. _____

Step 4 – Schedule Rest

Plan your rest times BEFORE you reach your limit:

Step 5 – Protect Scripture Memory Time

Best time for me to memorize Scripture is: _____