

Weekly Capacity Check

Module 2.7 · Advocacy Academy · Steampunk Farms

Complete every week before planning advocacy activities. Strategic resource management, not weakness assessment.

Week of: _____

| Question | Score (1-10) | Action if Low |
|---|--------------|-----------------------------------|
| Energy: How full is my tank? | | Below 4 = reduce Active Advocacy |
| Empathy: Can I care about a perspective I disagree with? | | No = skip difficult conversations |
| Patience: Can I listen without interrupting? | | No = focus on Learning |
| Perspective: Can I see beyond this week? | | No = Community + Restoration |
| Joy: Advocacy-unrelated joy this week? | | No = urgent Restoration needed |

This Week's Rhythm Plan

| Category | Target % | Planned Activities |
|-----------------|----------|--------------------|
| Active Advocacy | | |
| Learning | | |
| Community | | |
| Restoration | | |

Remember: If Active Advocacy consistently exceeds 50%, you are on the burnout track.