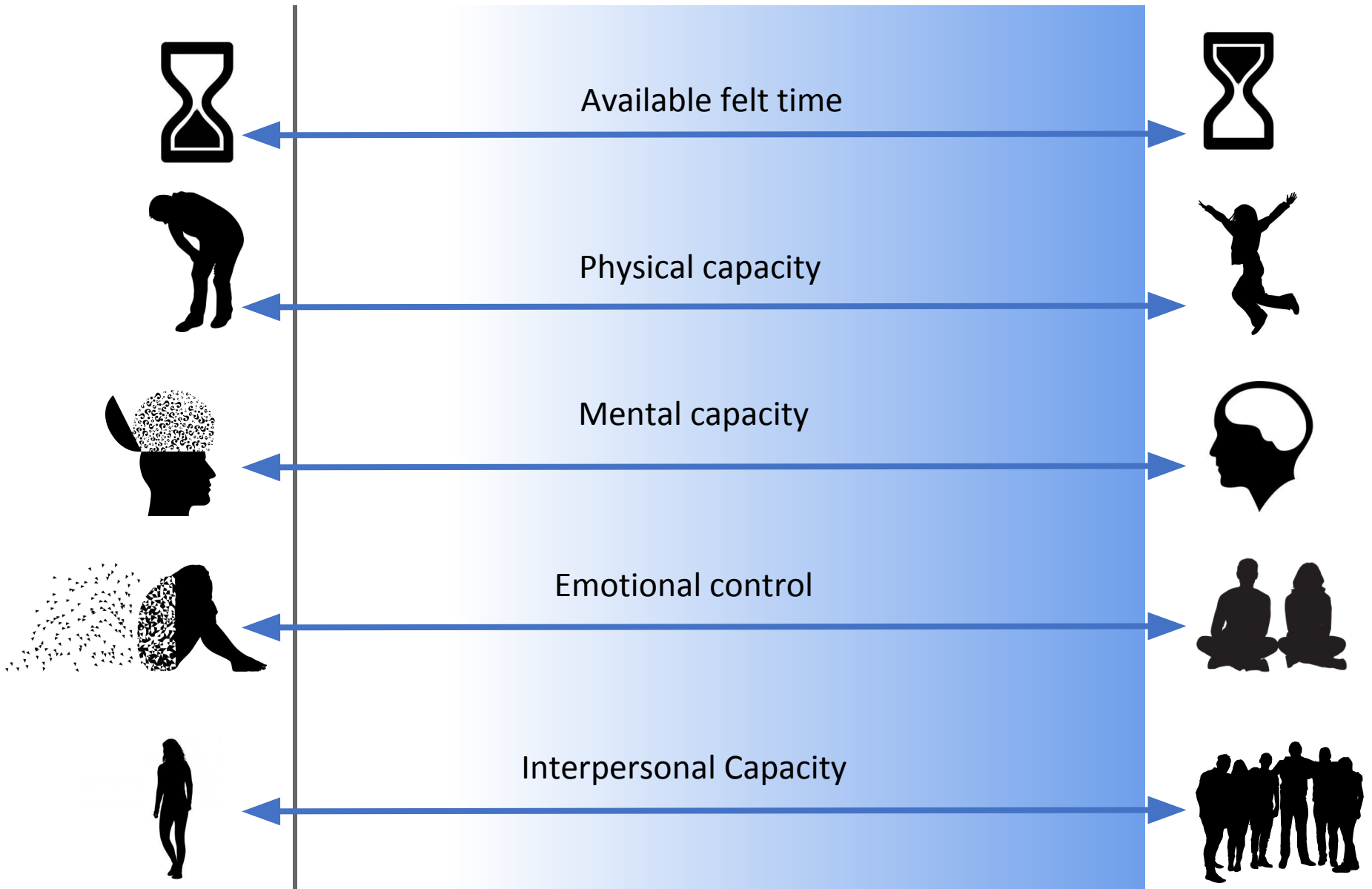


Capacity Check



What is the felt sense of the capacity I am bringing to this interaction right now?



Using the Capacity Check

- Please print the capacity check off and mount to your fridge or a magnet board.
- Have each member of your team or household have 5 magnets each, one for each capacity. Place them off the board.
- Based on your family/team decision - apply the magnets to your level of capacity. No talking is required. Just watching and acknowledgement.