

APPENDIX C | SCRIPTS AND LANGUAGE BANKS

C.29 On Capacity and Limits

Supplemental resource from Beyond Wellness: The Adaptive Capacity Coaching Framework for Chronic Illness

What does your body need right now that you might be ignoring?

If you had to cut your to-do list in half, what would stay?

What would “enough” look like today?

What are you doing that someone else could do, even imperfectly?

What would sustainable look like for this goal?

Where are you spending energy on things that don’t align with your values?

What would you do differently if you truly believed rest was productive?