

## Measuring Cup of Moderation

### PART 1: MAPPING YOUR MEASURES

Identify 3-5 areas in your life where you struggle with moderation:

1. \_\_\_\_\_ Current tendency: ☐ Too much ☐ Too little ☐ Inconsistent
2. \_\_\_\_\_ Current tendency: ☐ Too much ☐ Too little ☐ Inconsistent
3. \_\_\_\_\_ Current tendency: ☐ Too much ☐ Too little ☐ Inconsistent
4. \_\_\_\_\_ Current tendency: ☐ Too much ☐ Too little ☐ Inconsistent
5. \_\_\_\_\_ Current tendency: ☐ Too much ☐ Too little ☐ Inconsistent

For each area, define your "ideal measurement":

- Area 1: \_\_\_\_\_ Ideal measure: \_\_\_\_\_
- Area 2: \_\_\_\_\_ Ideal measure: \_\_\_\_\_
- Area 3: \_\_\_\_\_ Ideal measure: \_\_\_\_\_
- Area 4: \_\_\_\_\_ Ideal measure: \_\_\_\_\_
- Area 5: \_\_\_\_\_ Ideal measure: \_\_\_\_\_

### PART 2: AWARENESS CALIBRATION

For your most challenging area, answer these questions:

1. What emotions or situations typically trigger "overflow" in this area?

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2. What physical sensations do you notice when you're approaching your limit?

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3. What would "reading the measurements accurately" look like in this situation?

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## PART 3: DESIGNING YOUR TEMPERANCE TOOLS

For each challenging area, design a specific tool or strategy:

**Area 1:** Tool/Strategy: \_\_\_\_\_

Visual reminder or cue: \_\_\_\_\_

How I'll track success: \_\_\_\_\_

**Area 2:** Tool/Strategy: \_\_\_\_\_

Visual reminder or cue: \_\_\_\_\_

How I'll track success: \_\_\_\_\_

**Area 3:** Tool/Strategy: \_\_\_\_\_

Visual reminder or cue: \_\_\_\_\_

How I'll track success: \_\_\_\_\_

## PART 4: REFLECTION

1. When has finding the "right measure" led to greater satisfaction in your life?

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2. What's one area where you might benefit from a larger "measuring cup"?

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3. What's one small step you can take today toward more mindful moderation?

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**Remember:** The goal isn't perfect measurement but growing awareness and intention. Calibration is an ongoing process—be patient with yourself as you develop your temperance skills.

