

# MEASURING THE VITALITY GAP

You can feel The Vitality Gap.  
Now you'll have data to track it.



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## **THE VITALITY GAP: THE DATA YOU'RE MISSING**

The Vitality Gap is the deficit between what your life extracts from you and what it gives back. Most women have never measured it, but they feel it.

The pace of their lives, the pressure and the sense that something essential is missing. But they haven't had a way to see the size of it.

This assessment changes that. Consider this a lens, not a clinical diagnostic. It's going to allow you to see the cost of what you're carrying and how much it's taking from you. The number you get at the end is data. Data guides strategy.

## HOW TO USE THIS ASSESSMENT

For each statement, rate yourself from 1 to 5.  
Here's what each number means:

- 1** This is not my experience at all
- 2** This is rarely true
- 3** This is true about half the time
- 4** This is true most of the time
- 5** This is my constant reality

There are no right answers. The most useful thing you can do is answer honestly. If you're unsure between two numbers, go with your first instinct.

The score that comes before you start rationalizing is usually the accurate one.

## PART ONE: HOW EXTRACTION IS HAPPENING

Use the scale on page 2 to rate how much each statement is true for you right now.

- I can sustainably absorb the volume and pace of what's expected of me at work.
- The tasks that fall to me at work advance my goals.
- My workplace's expectation that I be available and reliable feels reasonable.
- Managing the details of the household is a responsibility I share equitably.
- The household calendar reflects my needs alongside everything else.
- I can care for the people who depend on me without consistently setting myself aside.
- The social, relational and community commitments in my life feel like my choices.
- Being reliable and present for people in my life outside my family does not strain me.
- The total of these responses is your **Extraction Score**.

## PART TWO: WHAT RETURNS

Use the scale on page 2 to rate how much each statement is true for you right now.

- I regularly have time that is genuinely mine.
- I feel like I play a starring role in my life not the stage manager.
- Things I find restorative are regular features in my life.
- The calendar for the month ahead has something on it where I am the priority.
- When I have free time, I'm clear on what I want to do with it and I go do it.
- Doing something for myself requires no justification.
- I have reliable ways of managing stress that work when the demands are intense.
- I am as skilled at directing my own time as I am at responding to what others need from me.
  
- The total of these responses is your **Return Score**.

## TAKE A BREATH

Most women have never been asked to do this kind of assessment, to look at what happens when life extracts from you. Notice what it feels like to answer these questions.

## PART THREE: YOUR MEASUREMENT

The Vitality Gap is the result of subtracting your Return Score from Part Two from your Extraction Score from Part 1.

### **The Vitality Gap = Extraction - Return**

A higher result means your life is taking more than it's giving back.

## READING MEASUREMENT

- 0** or below Your life is giving back as much as (or more than) it's taking. This is rare and worth protecting.
- 1-10** Early signs of The Vitality Gap. Extraction is starting to outpace return.
- 11-20** The deficit is real. The Vitality Gap is present in your life. What you're getting in return is not reliably sustaining you.
- 21 +** Your life is operating in a sustained deficit. This will not self-correct.

## WHAT TO DO WITH THIS

Whatever your number is, you now have something you didn't have before: a measure of the unmet cost you're bearing from extractive systems. That cost is to your vitality, the source that fuels your life.

Most women have never quantified this. Seeing the number changes what's possible because you can't address what you haven't measured.

Your measurement captures a deficit conventional strategies don't reach. Closing The Vitality Gap requires a different set of moves. Most people push through this deficit, but that only makes things worse.

***Is this building me or draining me?*** You now have a number for the answer. Track this over time. Retake this assessment once a month and capture the number in a note on your phone. You're looking for positive movement. If your number isn't improving, something in your life structure needs to change. Most women don't realize how wide The Vitality Gap is for them until they see the data.

## WHAT COMES NEXT

If your measurement tells you that you're experiencing The Vitality Gap, don't ignore it. This doesn't fix itself.

Know someone whose number might be high? Send this to her. Sometimes having a name for what you're experiencing makes it clearer that you need to deal with it.

My masterclass breaks down how to close The Vitality Gap without blowing up your life. It's called "The Vitality Gap: What to do When Your Life Takes More Than it Gives Back," and it walks you through the framework I built because it didn't exist.

***Here's how to find me:***

**Access the masterclass [here](#)**

**Connect on Instagram: @atmpotts**

**Connect on LinkedIn: Anne Mara Potts**

