

WHAT'S IN YOUR CUP?

This chart is a reflection tool, not a comparison. Generosity is possible at every cup level, and your cup may change over time. Everyone's circumstances are honored and respected.

Runneth Over Cup

- My income and resources more than meet my basic needs.
- I may own property, vehicles, or investments without financial strain.
- I can travel comfortably, attend cultural events, and enjoy meals out often.
- I have the freedom to take time off work or retire without financial worry.
- Medical expenses and emergencies do not affect my financial stability.

Full Cup

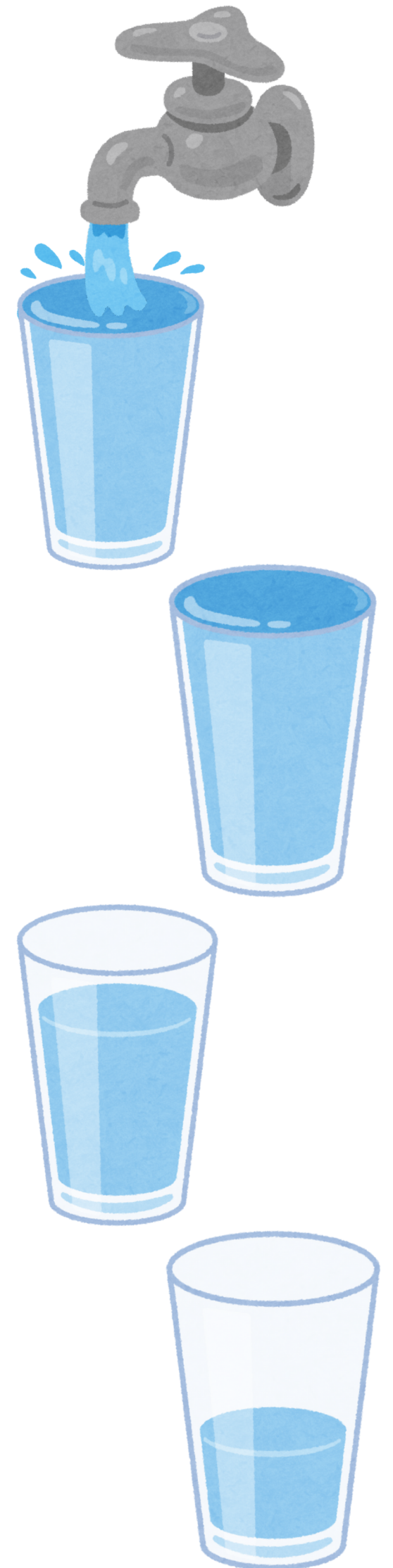
- I can always meet my basic needs with my income or retirement resources.
- I may own my home or rent comfortably by choice.
- I can afford reliable transportation.
- I have access to needed health care without avoiding it for financial reasons.
- I can regularly enjoy extras like dining out, entertainment, or new clothes.
- I can plan vacations and take time off when I choose.

Steady Cup

- I usually meet my basic needs (food, housing, transportation, health care).
- Debt or expenses do not typically prevent me from meeting those needs.
- I have reliable transportation.
- I can cover routine health care.
- I may have some savings, though not a large cushion.
- I can occasionally enjoy extras like dining out, cultural events, or travel without going into debt.

Stretched Cup

- Meeting basic needs (food, housing, transportation, health care) is often difficult.
- Debt or limited income affects my daily financial decisions.
- My housing may be unstable, subsidized, or below-market rent.
- I may not have access to a personal vehicle.
- I sometimes delay or avoid medical care because of cost.
- I have little or no savings.
- I rarely, if ever, have extra funds for dining out, entertainment, or vacations.



Level of Engagement and Participation

What's in your cup?		Core	Active	Casual	Resting
	Stretched	1-2%	1-2%	1-2%	1-2%
	Steady	8-10%	5-8%	3-5%	1-3%
	Full	13-15%	10-13%	7-10%	5-7%
	Runneth Over	15% or more	13% or more	10% or more	7% or more

*all levels of
engagement are
valued*