



What's fueling me?

Imagine you have a tank full of gas – 100 gallons. It represents the energy that animates your life and health. What parts of your life are consuming most of your gas?

Part of my life	Gallons it uses	Part of my life	Gallons it uses
Caring for myself (cooking, moving, sleeping)		My spiritual practices	
My relationships		Giving & receiving love	
The stories I tell myself about my life & who I am		The family roles I play as a partner, parent, son/daughter...	
My work or education		Doing things I enjoy	
Thinking about unfinished experiences or regrets from my past		My illnesses & the symptoms I experience	
Engagement in my community		Worries about the future	
My ability to earn, save & spend money		_____	

Who is deciding how my fuel is used? (Circle what's true for you.)

Me

My partner

My children or grandchildren

My supervisor or boss

The news

My fears

God or a spiritual being

My mentor

My friends

My extended family

My neighbors

My doctor or healthcare team

When I am feeling empty, what are three ways I refill myself?

How satisfied & content am I with how my life is being fueled? (Circle where you are.)



Not at all

A bit

Mostly

Completely