

# INNER ENERGY GAUGE

**FULL TANK:** take note of what you are doing to care for yourself. Resolve to continue doing what works!

What is your **CURRENT** energy level?

$\frac{3}{4}$  to  $\frac{1}{2}$  TANK: It's **WISE** to **STRATEGIZE**. Plan for, schedule and protect time to refuel

$\frac{1}{4}$  TANK: Prioritize refueling. Say "No" or "Not right now" to anything that drains you of energy and "YES" to what refuels you.

**EMPTY:** Support, Assistance required.

What are you most longing for right now?