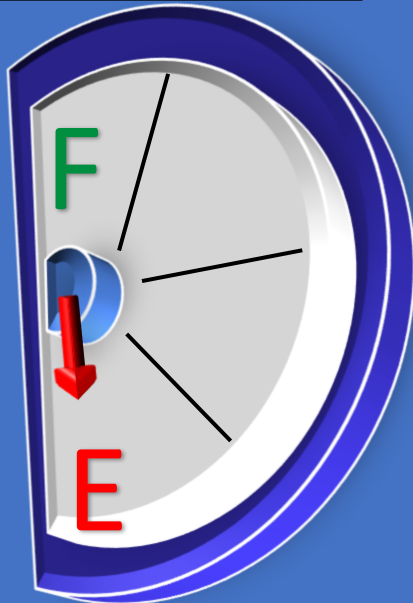


## INNER ENERGY GAUGE



What is your  
CURRENT  
energy level?

### SIGNS of DEPLETED ENERGY TANK

- Low frustration tolerance
- Difficulty thinking clearly
- Reacting vs responding
- Waking up tired
- Diminished hope, emotionally labile
- Focusing on failures, problems
- Loss of perspective
- Not feeling like yourself
- Forgetting about strengths

**NOTE:** These are most likely symptoms of an unmet need, not a sign of bad person.

## IT IS WISE to STRATEGIZE!

**FACING THE FACTS:** Moving through your days as if you will just get what you need, is a problematic assumption. Many people are so keenly tuned into others, their own needs are often overlooked. Expecting to be your best, when you haven't been attending to your own needs, is like expecting a car to run without gas. Sometimes a REFUELING plan takes RESOLVE and CREATIVITY; rather than assuming you will just get what you need, remember It is WISE to STRATEGIZE!

### EXAMPLES of REFUELING STRATEGIES:

Time in nature	Hobbies	Remember to hydrate	Stop and rest
Massage / body work	Music	Mindfulness	Prioritize sleep
A day Away	Stop for lunch	Reading for pleasure	Thai Chi
Exercise	Go for a Walk	Ask for help, (You can pay it forward later)	Time with people who love you
Restorative Yoga	laughter	Healthy food	Hydrate
Forest Bathing	Deep Breathing	Positive Visualization	

How do I know when I am depleted?  
What are the signs?

What REFUELS ME?

My REFUELING INTENTION

Who or What will help me be  
SUCCESSFUL with this INTENTION?