

FUEL GAUGE ACTIVITY

In each area of our lives - our work, relationships, parenting, wellness, creativity, and personal growth - there are aspects that energize and refuel us. And there are aspects that drain and deplete us. The key is understanding what brings joy and fulfillment into our lives, and what is missing, leaving us feeling empty.

INSTRUCTIONS:

1. Think of 3-4 areas most important areas of your life.
2. On the next page, label each fuel gauge with the areas you have chosen. (Example below.)
3. Draw a line on the fuel gauge representing how much you are currently fed in that area of your life. (For example, see the red line in the illustration below.) The more you feel joy, fulfillment, and happiness in that area, the closer the line will be to FULL.
4. Use the space under the fuel gauge to document:
 - the ways you are fed in that area - what fuels you, brings joy, and adds value to your life
 - the things that are missing - the gap between what you have and what you want

Area of focus: my relationship



Currently I'm fed in the following ways:

- shared values
- shared sense of humor
- enjoy time together
- good home life

Currently I'm missing:

- more intimacy
- time together
- activities outside of our routine

Area of focus: my job



Currently I'm fed in the following ways:

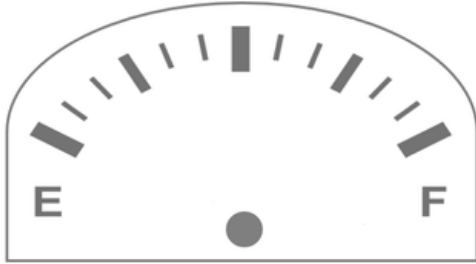
- meaningful work
- work aligns with my values
- great colleagues

Currently I'm missing:

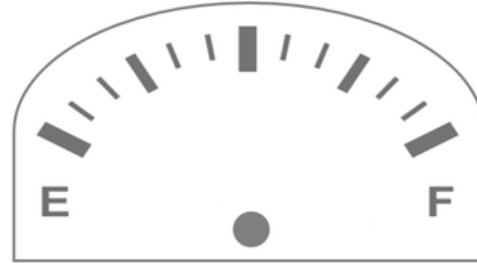
- working for a great leader
- better compensation
- more interesting projects
- more decision-making power

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Area of focus:



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Currently I'm missing:

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