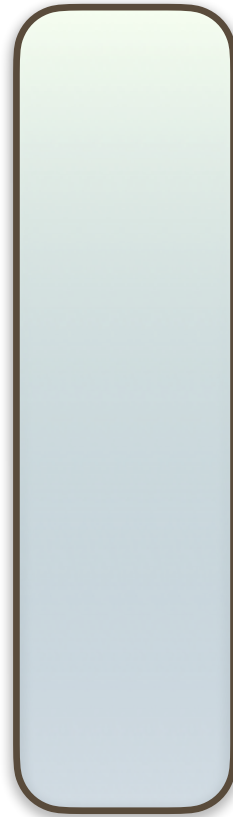


LIFE TANK WORKSHEET

REPLENISHING FACTORS

RATE EACH FACTOR USING 0-10 SCALE



DEPLETING FACTORS

RATE EACH FACTOR USING 0-10 SCALE

INSTRUCTIONS

1. Fill in the Life Tank based on how much vital energy or resourced you currently feel. This is your "Life Tank Rating."
2. Identify anything that is currently draining or restoring your energy (sleep, nutrition, exercise, home/work/city/political environment, work, relationship with self/others, time spent w/valued pursuits or interests, etc.). Rate each factor based on how replenishing or depleting it is using a 0-10 scale.
3. Identify which depleting factors are within your control to reduce the impact of, or eliminate. Develop a written solution-focused action plan for each controllable factor. Develop an emotion-focused coping plan for each uncontrollable factor.
4. Increase the frequency of, or maintain, replenishing factors to offset the impact of depleting factors.
5. If your Life Tank Rating is low, choose to address a depleting or replenishing factor that requires the least of your energy to improve, and provides you with the highest yield or impact on your Life Tank Rating.
6. Complete a weekly "Life Tank" check-in to update your Life Tank Rating and adjust current replenishing/depleting factors accordingly.