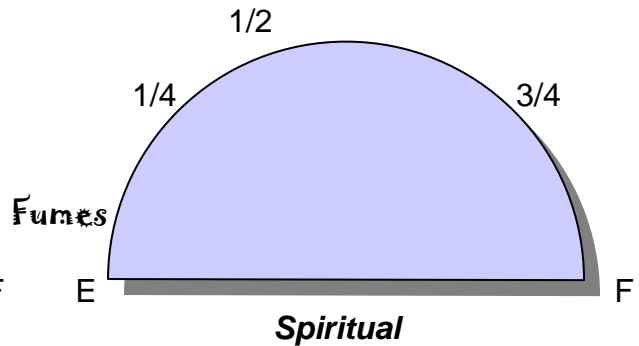
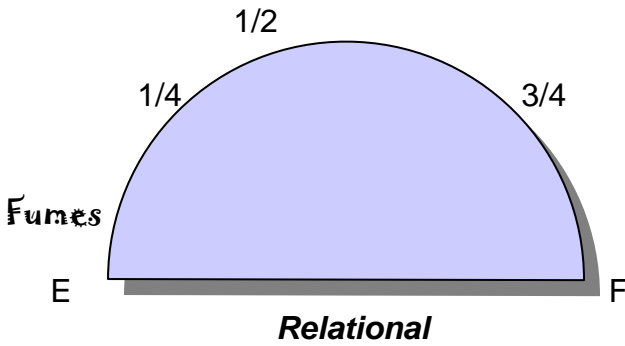
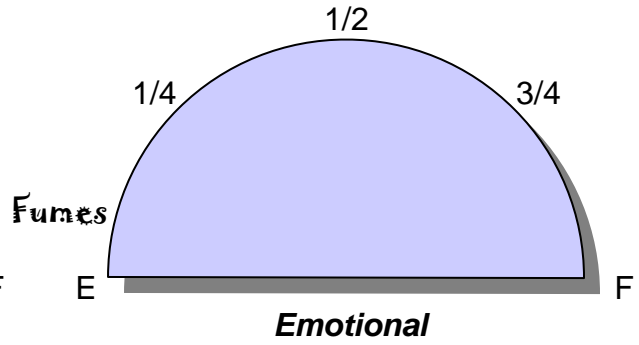
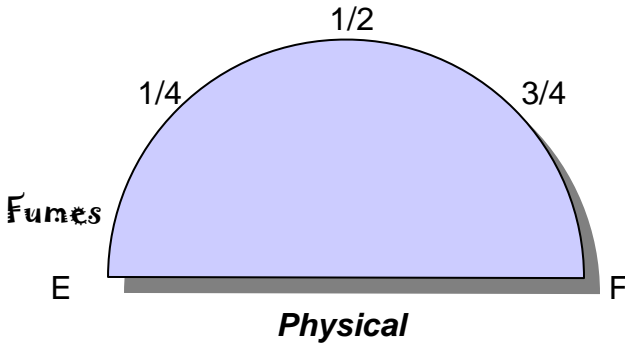


# Keeping your "Tanks" Filled

## How Full are your Tanks?

On the gauges below indicate how full your energy reserves are in each area.



## What Fuels your Tanks?

In order to build resilience into your life and ministry it is important to know what fills you up and to include some of those things in your life each day. How do *you* keep your physical, emotional, spiritual and relational tanks filled? What are you doing to take care of yourself? Try this simple exercise:

- In the chart below list twenty things that you enjoy doing.
- Indicate which of your tanks are fueled by each activity

These do not have to be things that you are currently doing, but anything that you have ever enjoyed. They don't need to be complicated or exotic but as simple as taking a walk or going for coffee with a friend.

As you make this list you may notice, as many people do, that you cannot even come up with twenty things that you enjoy doing. That's OK. What's important is to get started.

Once you have completed the list – begin to include some of these activities in your calendar. If you are like most leaders, it is more likely to happen if it is in your calendar.

Activity	Emotional	Spiritual	Physical	Relational
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				

