



Fuel Gauge Exercise

There are aspects of our work, relationships, and personal lives that energize and refuel us, and other aspects deplete and drain us. It is valuable for us to get clear about what brings us joy in our lives, and where there are gaps between *where we are* and *where we would like to be*.

Instructions:

1. Think of 1-3 areas that you would like to work through on your own or with a coach.
2. Label each fuel gauge with the area of focus.
3. Draw a line on the fuel gauge representing how much that area of your life currently feeds you. The closer that area reflects your vision for your best life, the closer your line should be to FULL.
4. Use the space under the fuel gauge to bullet:
 - all of the things that fuel you, bring you joy, and mirror your vision for your best life
 - any existing gaps between your current state and your best life
5. Feel free to continue on another page, if you need more room.

For Example:

Area of Focus: My Relationship



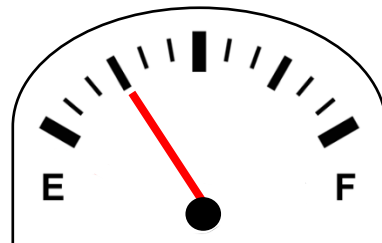
I currently am fed in the following ways:

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

What I am currently missing is:

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

Area of Focus: My Job



I currently am fed in the following ways:

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

What I am currently missing is:

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

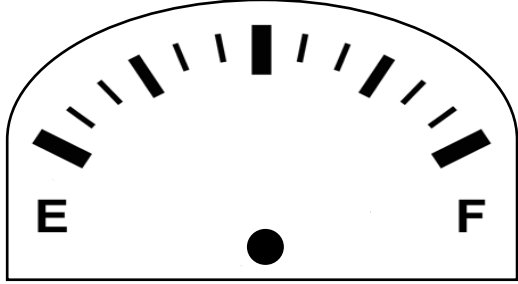
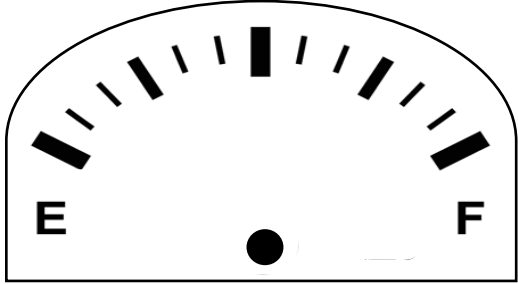
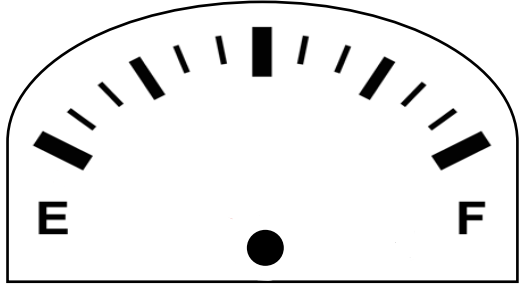
Name: _____

Date: _____

Area of Focus:

Area of Focus:

Area of Focus:



I currently am fed in the following ways:

What I am currently missing is:

I currently am fed in the following ways:

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What I am currently missing is: