🌳 BANYAN TREE STRATEGIES

Next Gen Almanac Worksheet

How Full is YOUR Tank?

E | F

NAME:

DATE:

SOUL

Place an X on the 'tanks' below		To Fill the Tank I Need to:
YOU:	1	
	2	
EMPTY----------------------------------**FULL**	3	
OTHERS:	1	
	2	
EMPTY----------------------------------**FULL**	3	
HIGHER POWER:	1	
	2	
EMPTY----------------------------------**FULL**	3	

FUEL

Place an X on the 'tanks' below		To Fill the Tank I Need to:
FOOD:	1	
	2	
EMPTY----------------------------------**FULL**	3	
LIQUIDS:	1	
	2	
EMPTY----------------------------------**FULL**	3	
EXERCISE:	1	
	2	
EMPTY----------------------------------**FULL**	3	

WORK

Place an X on the 'tanks' below		To Fill the Tank I Need to:
INTERNAL:	1	
	2	
EMPTY----------------------------------**FULL**	3	
EXTERNAL:	1	
	2	
EMPTY----------------------------------**FULL**	3	
KPI:	1	
	2	
EMPTY----------------------------------**FULL**	3	

NETWORKING

Place an X on the 'tanks' below		To Fill the Tank I Need to:
PEERS:	1	
	2	
EMPTY------------------------------------FULL	3	
OLDER:	1	
	2	
EMPTY------------------------------------FULL	3	
YOUNGER:	1	
	2	
EMPTY------------------------------------FULL	3	

FUN

Place an X on the 'tanks' below		To Fill the Tank I Need to:
ALONE:	1	
	2	
EMPTY------------------------------------FULL	3	
WITH OTHERS:	1	
	2	
EMPTY------------------------------------FULL	3	

COMMUNITY SERVICE

Place an X on the 'tanks' below		To Fill the Tank I Need to:
CAUSE 1:	1	
	2	
EMPTY------------------------------------FULL	3	
CAUSE 2:	1	
	2	
EMPTY------------------------------------FULL	3	

FOLLOW UP QUESTIONS

What is your most crucial gauge right now?		What are the top 3 things on your 'Fill the Tank' list?
	1	
Why?	2	
	3	