



The Next Gen Almanac Worksheet
How Full is Your Tank?

NAME:

DATE:

SOUL

Place an X on the "tanks" below	To Fill the tank I need to:
YOU: EMPTY-----FULL	1 2 3
OTHERS: EMPTY-----FULL	1 2 3
HIGHER POWER / NATURE: EMPTY-----FULL	1 2 3

FUEL

Place an X on the "tanks" below	To Fill the tank I need to:
FOOD: EMPTY-----FULL	1 2 3
LIQUIDS: EMPTY-----FULL	1 2 3
EXERCISE: EMPTY-----FULL	1 2 3

WORK

Place an X on the "tanks" below	To Fill the tank I need to:
INTERNAL: EMPTY-----FULL	1 2 3
EXTERNAL: EMPTY-----FULL	1 2 3
KEY PERFORMANCE INDICATOR (KPI) EMPTY-----FULL	1 2 3

NETWORKING

Place an X on the "tanks" below		To Fill the tank I need to:
PEERS: EMPTY ----- FULL	1 2 3	
OLDER: EMPTY ----- FULL	1 2 3	
YOUNGER: EMPTY ----- FULL	1 2 3	

FUN

Place an X on the "tanks" below		To Fill the tank I need to:
ALONE: EMPTY ----- FULL	1 2 3	
WITH OTHERS: EMPTY ----- FULL	1 2 3	

COMMUNITY SERVICE

Place an X on the "tanks" below		To Fill the tank I need to:
CAUSE 1: EMPTY ----- FULL	1 2 3	
CAUSE 2: EMPTY ----- FULL	1 2 3	

FOLLOW UP QUESTIONS

<p>What is your most crucial gauge right now?</p> <p>Why?</p>	<p>1</p> <p>2</p> <p>3</p>	<p>What are the top 3 things on your "Fill the Tank" list?</p> <p>"Fill the tank" list?</p>
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