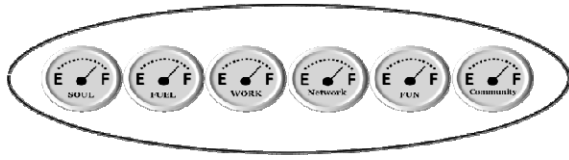


The Next Gen Almanac Worksheet
How Full is Your Tank?



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

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