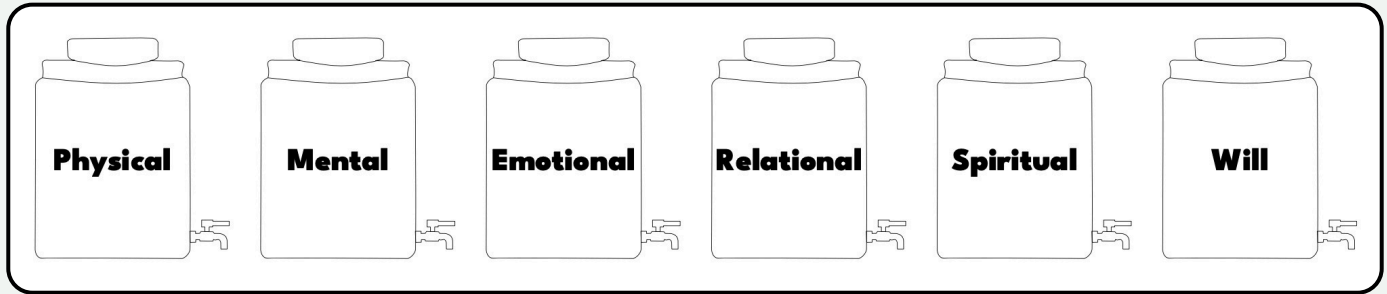


# How Full is Your Tank?

From time to time, it can be helpful to reflect on how full your tanks are. Use this visual assessment to take a holistic snapshot of your current energy levels. As you look at each tank, how full is it? Using a pen, pencil, crayon or whatever you've got handy, color in your tanks to their current "fill" level.



## Questions:

1. What are you noticing about your current energy levels?
2. What is impacting your current levels?
3. Which of those things can you control and which are out of your control?
4. How can you intentionally prioritize things that are restorative for you?
5. Is there someone who would be helpful for you to talk with about this?



**Eric Purcell**  
ERICPURCELL.ORG

[www.omahawatershedcollective.com](http://www.omahawatershedcollective.com)