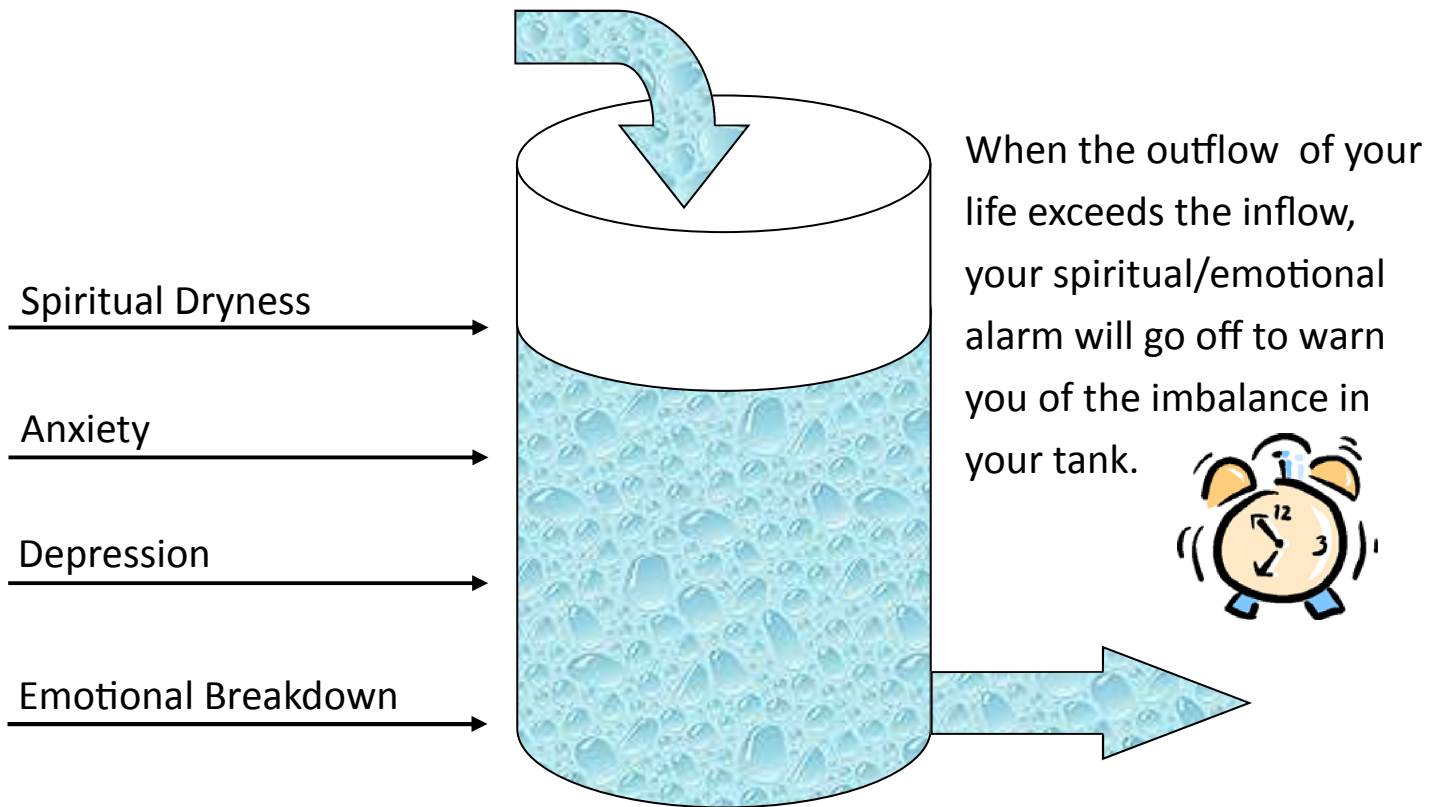


# KEEPING YOUR SPIRITUAL/EMOTIONAL TANK FILLED



## Questions To Ask Yourself

### What Fills Your Tank?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

### What Empties Your Tank?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

## When Do I Feel The Most Alive?

What am I doing? \_\_\_\_\_

Who am I doing it with? \_\_\_\_\_

Where am I doing this? \_\_\_\_\_