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WHERE ARE YOU?

Use the gauges below to assess how you are doing – emotionally, physically, and relationally. Remember, when leaders improve, everything around them does, too. **Assess** how full your tank is by marking your level on each gauge. Then, use the activation ideas to refuel your tank and **attack** the gaps from where you are to where you want to be.

EMOTIONALLY



- #### ACTIVATION IDEAS
- Take a break. Rest, nap, or simply pause.
 - Practice gratitude every single day. Write down 3 things you are grateful for before bed every night.
 - Commit to play!
 - **One thing I will do to refuel emotionally:**

• **I will do this by (date):** _____

PHYSICALLY



- Get outside! Go for a run or – if you can't – opt for a walk.
- Assess your diet. Are you fueling your body well to fuel your mind and life?
- Go to sleep an hour earlier every night.
- **One thing I will do to refuel physically:**

• **I will do this by (date):** _____

RELATIONALLY



- Reach out to an old friend you haven't contacted in a while.
- Consider how you can add more value to your family.
- Assess your calendar: Does it reflect a commitment to relationships?
- **One thing I will do to refuel relationally:**

• **I will do this by (date):** _____