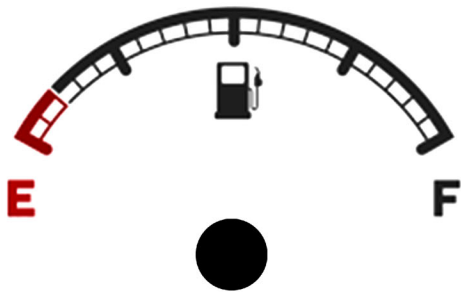


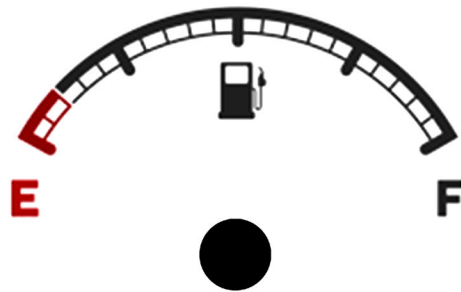


Gas Guage *health inventory*

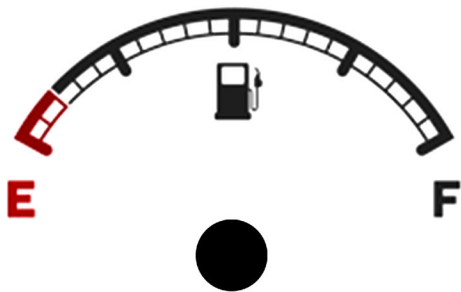
1. How would you define an EMPTY “_____ Health” tank? What does this look like for you?
2. How would you define a FULL “_____ Health” tank? What does this look like for you?
3. Rate the level of “gas” you have in each of your health tanks.
4. Discuss what steps you (we) can take to get each health tank filled.
(Ex. Rejuvenating rest. A deep, delightful conversation with a trusting friend. Achievable and measurable expectations and goals.)



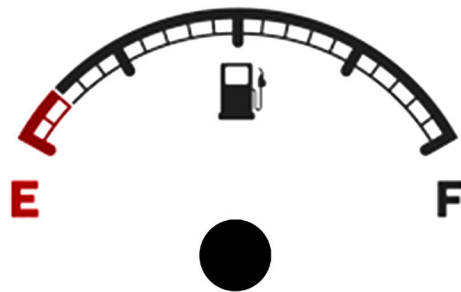
Physical Health



Emotional & Mental Health



Spiritual Health



Relational Health