

LEAD WELL

KNOWLEDGE

LEAD ENERGY TANKS

SUMMARY

Similar to different tanks on a vehicle we have different tanks that we draw energy from. You want each tank to be at healthy levels in order to be at your best. When any one tank is low it affects everything. Thinking through each tank can help you diagnose what may be draining your energy and causing fatigue. Then you can be proactive to refill those tanks.

- Physical - your body
- Emotional - core relationships
- Mental - learn new things and getting to apply what you know
- Social - interactions with others throughout the day
- Spiritual - sense of purpose - making a meaningful difference

REFLECTION

Often when we feel overwhelmed it could be because one of our tanks is running low. A good first response to these feelings would be to take a quick pulse check to see how your tanks are looking. If you haven't slept much lately it could be you simply need a nap. Perhaps you are missing someone who matters to you just need to connect and fill up emotional tank. Perhaps you need to be reminded about how your work is making a difference.

ACTIONABLE ITEMS

- For each tank write down a percentage on the level. EX: 50% means it is half full. Each tank you pick a percentage between 0 - 100%.
- Think about what you could do to refill any tanks that may be low and how to prevent any major energy drains from causing tanks to run dry.