

Fuel Tank Worksheet

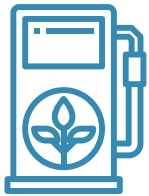
Your roadmap for change

This worksheet helps you to identify the things you need to do in four key areas, allowing you to visualise your transformation journey

Read the blog post with with descriptions, examples, and further resources:

The Fuel Tank Worksheet is your roadmap for change

Replenish with self-care



What fills your tank?

List the things that replenish and give you energy

Build resilience



What makes you more resilient?

List the things help you repair, bolster, strengthen and bounce back

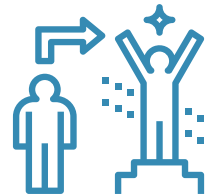
Increase capacity



What allows you to do more?

List ways you can increase your capacity here

Enable transformation



What enables you to change?

List the things that support your vision of the future

Fuel Tank Worksheet Example

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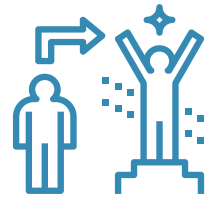
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What allows you to do more?

List ways you can increase your capacity here

Enable transformation



What enables you to change?

List the things that support your vision of the future

Doing a puzzle

Eating a variety of food

Taking baths

An evening to myself

Setting boundaries, saying no!

Reframing negative thoughts

Limiting contact with people & places that trigger anxiety

Delegating tedious tasks

Learning new skills!

Being more visible / open to opportunities

Managing my time effectively

Setting long term goals and imagining achieving them

Defining my vision, mission and compelling reasons

Creating Thought Ladders!