

“FUEL YOUR FIRE” PLAN

MOVE

Things to try:

1 I get up and move regularly throughout the work day.



2 I have a consistent exercise program that boosts my energy.

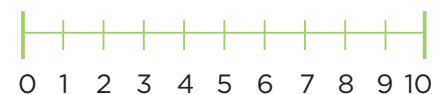


YOUR SCORE

EAT

Things to try:

3 I eat in a way that provides sustained energy throughout the day.



4 I have a pattern of eating nutritious food at every meal.



YOUR SCORE

“FUEL YOUR FIRE” PLAN

SLEEP

Things to try:

5 I get at least seven hours of sleep each night.



6 I am satisfied with the quality of sleep I get each night.

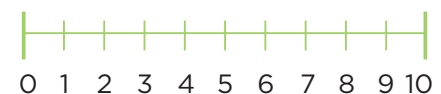


YOUR SCORE

RELAX

Things to try:

7 I have an effective coping strategy to deal with stress.



8 My lifestyle supports my ability to manage stress.



YOUR SCORE

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CONNECT

Things to try:

9 I take time to connect regularly with the important people in my life.



10 I regularly connect with the purposes and values that make my life meaningful.



YOUR SCORE

Score: 0–6 Problem Area 7–15 Average 16–20 Doing Great

Which driver will you work on?

What specific actions will you take?