

What's Fueling You?

Take Time for Your Life, by Cheryl Richardson

Review the list below and check the good fuel sources you already have in your life.

Relationships

- I enjoy the company of special friends.
- I share my life with a soulmate.
- I have a blood family or chosen family with whom I feel close.
- I get immense pleasure from spending time with children.
- I have a pet that brings me joy and provides me with unconditional love.
- I spend time having fun with people who make me laugh.
- I am part of a loving and supportive community.
- I have relationships that stimulate me intellectually.
- I have people I can turn to in times of need.
- I have relationships where I feel intimately connected to others.

Environment

- I have a special "soul nurturing" place in my home just for me.
- I listen to my favorite music regularly.
- I love my sense of style and feel good in the clothes I wear.
- I've let go of all the "stuff" I no longer need.
- I keep fresh flowers in my home and office.
- My home is neat, clean, and well organized.
- I create beauty around me.
- I love the neighborhood I live in.
- My bedroom is the perfect place to get a good night's sleep.
- I have at least one room with a beautiful view that I enjoy.

Body, Mind, and Spirit

- I exercise regularly.
- I have eliminated caffeine from my diet.
- I have a way to relax that eliminates stress and keeps me feeling centered.
- I eat healthy and nutritious foods.
- I care for my body with regular health care checkups and bodywork appointments.
- Each day I read something inspirational to keep my attitude positive.
- I have a spiritual practice that connects me with my Wise Self.
- I feel a strong connection to a power greater than myself.
- I set aside regular time for solitude and silence.
- I have a safe and healthy outlet for my emotional well-being.

Work

- _____ I enjoy my work.
- _____ My commute is stress free.
- _____ I have a mentor who guides and encourages me.
- _____ I always take lunch breaks.
- _____ I have colleagues who inspire and respect me.
- _____ I take mental health days when I need them.
- _____ I feel energized at the end of most work days.
- _____ My office is a beautiful space that's well organized and free from distractions.
- _____ My work contributes to a larger vision that I have for my life.
- _____ My ideas and talents are welcome at work.

Money

- _____ I always carry enough cash with me.
- _____ I have a system to keep my finances in order, and I know where my money goes.
- _____ I am fully insured and protected.
- _____ I save money consistently.
- _____ My taxes are paid and up to date.
- _____ I've made smart investments that earn me top dollar.
- _____ I enjoy being generous and easily share my wealth.
- _____ I pay myself first.
- _____ I spend my money on things that I love.
- _____ I pay my credit cards in full each month.

List below the top five items of good fuel you could add to contribute to your overall health and well-being.

1. _____
2. _____
3. _____
4. _____
5. _____