

Running on Empty

Notice the signs that you are running past what you have, before it takes you out.

WHEN TO USE THIS

Use this if work has felt heavy for weeks, not days.

Which of these have shown up lately?

- ☐ Sunday feels like dread
- ☐ Nothing feels worth doing well
- ☐ Short with people I like
- ☐ Tired even after sleeping
- ☐ Getting sick more often
- ☐ Cannot picture next month
- ☐ Small tasks feel enormous
- ☐ I stopped doing what I enjoy

Compared to six months ago, how much is left in the tank?

0	1	2	3	4	5	6	7	8	9	10
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Empty

Full

What has been taking the most out of you?

What could come off your plate this month, and who would you have to tell?

Running on empty is information, not a verdict on you.