Personal Fuel Checklist.

Gym: Balance in exercise?

Physically Stable: Balance in sitting and standing?

Eating: Balance in healthy foods?

Alcohol: Moderation in alcohol consumption?

Illness/Injury: Have you been sick or have others been sick, have you been washing hands?

Temperature: Have you been in environments of severe temperature?

Mental Training: Balance in exercising your mind?

Stress: Balance of stress (negative threat) and eustress (positive challenge with meaning hope or vigor)?

Stressors: Can you list other stressors?

Time Management: Have you been properly managing your time?

Analysis Paralysis: Paralyzed by tough decision?

Wrong Seat: Are the people you are working with in the right seat?

Objective: Unsure whether something is a fact or interpretation?

Triggers: Other triggers?

Relationships: Are there any relationships in disarray?

Intimacy: Intimacy issues?

Listen: Have you been listening to others?

Judgment: Have you been too hard on others?

Meditation: Have you meditated?

Values: Have you been sticking to your values?

Guidance: Have you been helping guide others?

Self: Have you been taking enough time for yourself?

Purpose: Do you have a clear purpose for your actions and goals?

Big Picture: Are you looking at big picture or too focused on details?

Present: Do you feel present in the moment?