

The Cure: Refueling

Examine your own priorities for taking care of yourself. What percentage of the time do you get an adequate amount of the following?

	0 %	10 %	20 %	30 %	40 %	50 %	60 %	70 %	80 %	90 %	100 %
REST											
GOOD NUTRITION											
REGULAR “NON-STRESSED” EXERCISE											
TIME ALONE											
TIME TO READ & LEARN											
SPIRITUAL GROWTH											
INTIMACY, LOVE											
FUN, JOY, PLAY											
QUALITY TIME WITH FAMILY & FRIENDS											
HOBBIES											
REGULAR & FREQUENT VACATIONS											

Now that you see your priorities in black and white, consider how shifting them—spending a few more minutes on things that matter—might lower your stress level and increase your enjoyment of life.