



Fill Your Cup

a worksheet to start full-filling the future YOU

Feed your motivation by intentionally energizing yourself *intellectually, physically, emotionally, and spiritually*. You'll give yourself more energy, confidence, and courage to be unapologetically YOU!

Use this worksheet to...experiment. It will give you prompts to think about these four pillars of self-health so you can become more aware and inclusive of your whole self.

As you work through these four areas, notice what currently works and doesn't work in each area...and tenaciously fill your cup so you have plenty to give yourself and others.

Start by writing 1-3 items in each area. Give yourself permission to let it evolve as you grow.



Intellectually

This refers to how you learn; recognizing what stimulates your mind, what challenges you, what lights a spark in you, and what provokes your thoughts.



Physically

This refers to your whole-body health, internally and externally, and recognizing the things you will do to take care of your physical being.



Emotionally

This refers to recognizing how your feelings influence your actions, how your mood can change the way you think, and how to strengthen this awareness.



Spiritually

This refers to recognizing in some way, shape, or form, how you step away from your day-to-day activities and create expansive and meaningful experiences.



See the next page to get started!



Intellectually

start full-filling the future YOU

Ask yourself: *How do I like to learn?*

For example:

If you love to learn for the sake of learning, maybe give yourself time to go down the rabbit-hole. Freely follow your curiosity to wherever it leads you.

If you're more of a "learn it when you need it" kind of person. What's one new skill that would serve you well right now as a leader? Find a concise way to learn more about that.

When was the last time you were stimulated intellectually? Maybe you were a student or teacher. Are there specific people who challenge you to think deeper? How might you hang out with them more?

What about adding a spark of learning at work? Maybe a leadership book club, a discussion group on thought-provoking topics, or peer learning based on each person's area of expertise.

How will you "fill your cup" on your intellectual side? Write 1-3 areas you would like to focus on for now.





Physically

start full-filling the future YOU

What can you do to take care of your body, internally or externally?

This question is about more than just exercise.

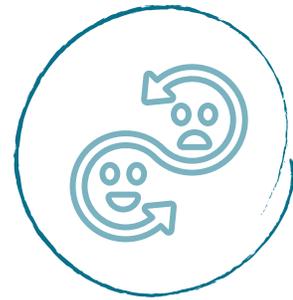
When you move your body, endorphins are released which helps relieve stress. Plus, movement helps emotions move through your body rather than getting stuck and causing (at the minimum!) frustration.

However, physicality can also mean taking care of your *body*.

That might look like choosing what you want to put into your body or how you're treating your body. For example, getting enough sleep, committing to massages, taking baths, improving your diet, changing skincare routines...to name a few.

How will you take care of your **ONLY** body? Write 1-3 areas you would like to focus on for now.





Emotionally

start full-filling the future YOU

Have you noticed that the way you feel influences what you think and how you act? How might you get more in touch with your feelings so they don't control you?

A crucial step is naming what you're feeling. When you don't recognize what you're feeling, it can get stuck inside you and come out in unexpected (not so good) ways.

Here are some ideas to get you started:

You might get in touch with your feelings by journaling or talking with a trusted friend when things come up.

Another way to strengthen your emotional awareness is by building your Emotional Intelligence skills – especially the foundational skill which is self-awareness. How might you make this a habit? For example, you might ask yourself how you're feeling before going into meetings and then notice how what you were feeling influenced your actions.

How will you tend to your emotions? Write 1-3 areas you would like to focus on for now.





Spiritually

start full-filling the future YOU

You're welcome to interpret spirituality in whatever way is meaningful to you.

The intent here is that in some way, shape, or form, you're stepping away from your day-to-day activities and giving yourself a more expansive and meaningful experience.

For example:

It might look like meditating for 1 minute (or more), spending time in nature, being a member of a spiritual community, having what I call "juicy" conversations, or even intuitively painting.

How will you connect with yourself spiritually? Write 1-3 areas you would like to focus on for now.

