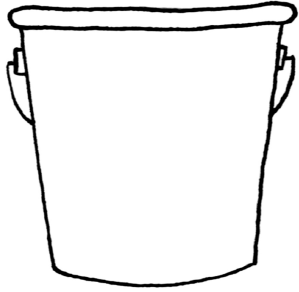


simplify.

from exhausted to energized



Draw a line on this bucket to mark where you realistically feel your energy level is right now. If it's not full, as yourself and God why you let yourself get depleted - what drives you *really*?

Create an Energy-Bucket Filling Plan:

“What are the replenishing people, dynamics, activities, and engagements that predictably fill you up when you’ve gotten a little low in the tank? What are the things that bring you the most joy, the deepest sense of God’s pleasure with your life? They may be things you’ve never done but want to try, may be activities you used to enjoy but have let slide...” - Bill Hybels, *Simplify: ten practices to uncluttered your soul*, p. 28.

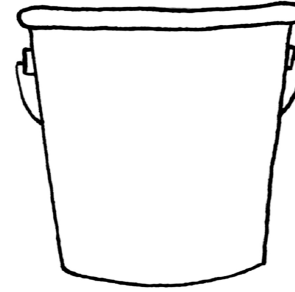
Choose and write down one or two to start doing TOMORROW:

Choose and write down one to do a week from now:

Choose and write down one to try a month from now:

simplify.

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