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“ Jesus answered, “*The first is, ‘Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.’*”

— Mark 12:29-30

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In order for us to be able to lead with effectiveness and joy, we first must be in a healthy place ourselves. When we are leading from a place of loving God with heart, soul, mind, and strength, our actions have power and grace!

On the following page, you’ll find a grid. You’ll notice that each of the four columns correspond to what we’ve been talking about this week. The columns are like the fuel gauge on your car. If everything in your life in the particular area is going great, perfect, you could not do any better, then your fuel gauge would be at the top: full tank! But if you’re feeling that you are completely depleted, if you have absolutely nothing in that area, then the gauge will be at the bottom: empty tank.

At this moment in your life, where is your fuel level in each of the areas?

*Heart:* how healthy and deep is your relationship with God?

*Soul:* how are your words and actions reflecting God’s love in your daily life?

*Mind:* how well are you using your intellect to learn more about God and who God has made you to be?

*Strength:* how well do you know, and how well are you using your gifts and talents?

Don’t overthink your answers!  
Remember that this is just a snapshot of where you are right now.



week two: understand yourself

day five: fuel level check-up

10 full tank!	9 no problem	8 almost full	7 okay level	6 above half	5 half tank	4 stop soon	3 getting low	2 on fumes	1 empty tank
HEART									
SOUL									
MIND									
STRENGTH									