

REPLENISHMENT CYCLE

To live and lead with your best each day you must lead yourself first by refueling your own tank. The replenishment cycle is a life coaching tool that helps you think through different aspects of your being so you can identify those things that put life back into you. The circles below guide you to think through what refuels you: Physically, Mentally, Emotionally, Socially, Spiritually, and Vocationally. As a follower of Jesus, all of life is spiritual as it is lived under his reign, but I included the spiritual as a particular category to identify those particular rhythms that refresh us through our walk with the Lord like Bible reading or prayer walking in nature. This is about what refuels you. Identify those things that really put life back into your tank. This tool helps us lead ourselves well so we have the fuel and internal fortitude to live out our life purpose each day.

