

FILLING YOUR CUP

PERSONAL ASSESSMENT

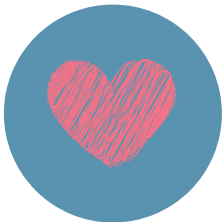
PHYSICAL THIRST



FULL.....EMPTY

2 WAYS TO REFILL

EMOTIONAL THIRST



FULL.....EMPTY

2 WAYS TO REFILL

SPIRITUAL THIRST



FULL.....EMPTY

2 WAYS TO REFILL