

How Full Is Your Bucket?!

What is your bucket? The bucket represents your mental and emotional self.

How do I know if my bucket is full?

You are self-confident & secure

You are calm

You are happy

You have positive thoughts

You are friendly

VS.

How do I know if my bucket is empty?

You have negative thoughts

You are stressed

You are depressed

You are worried

You are insecure and lack confidence

What is bucket filling?

Kind actions and words

Giving a heart felt smile to someone

Helping someone without being asked

Giving sincere compliments

Showing respect

VS.

What is bucket dipping?

Gossip

Being disrespectful

Insincere thoughts and actions

Making fun of someone

Not helping someone in need

What is your lid?

- Your lid is a mental shield which protects you against anything that would dip into your bucket.
- It is really important to learn how to protect the good thoughts and feelings you have collected.
- When you practice using your lid, you will build resilience. You will be able to battle through life's challenges.

“Your bucket will be filled when at the close of the day you reflect on ways in which you have filled other buckets”.



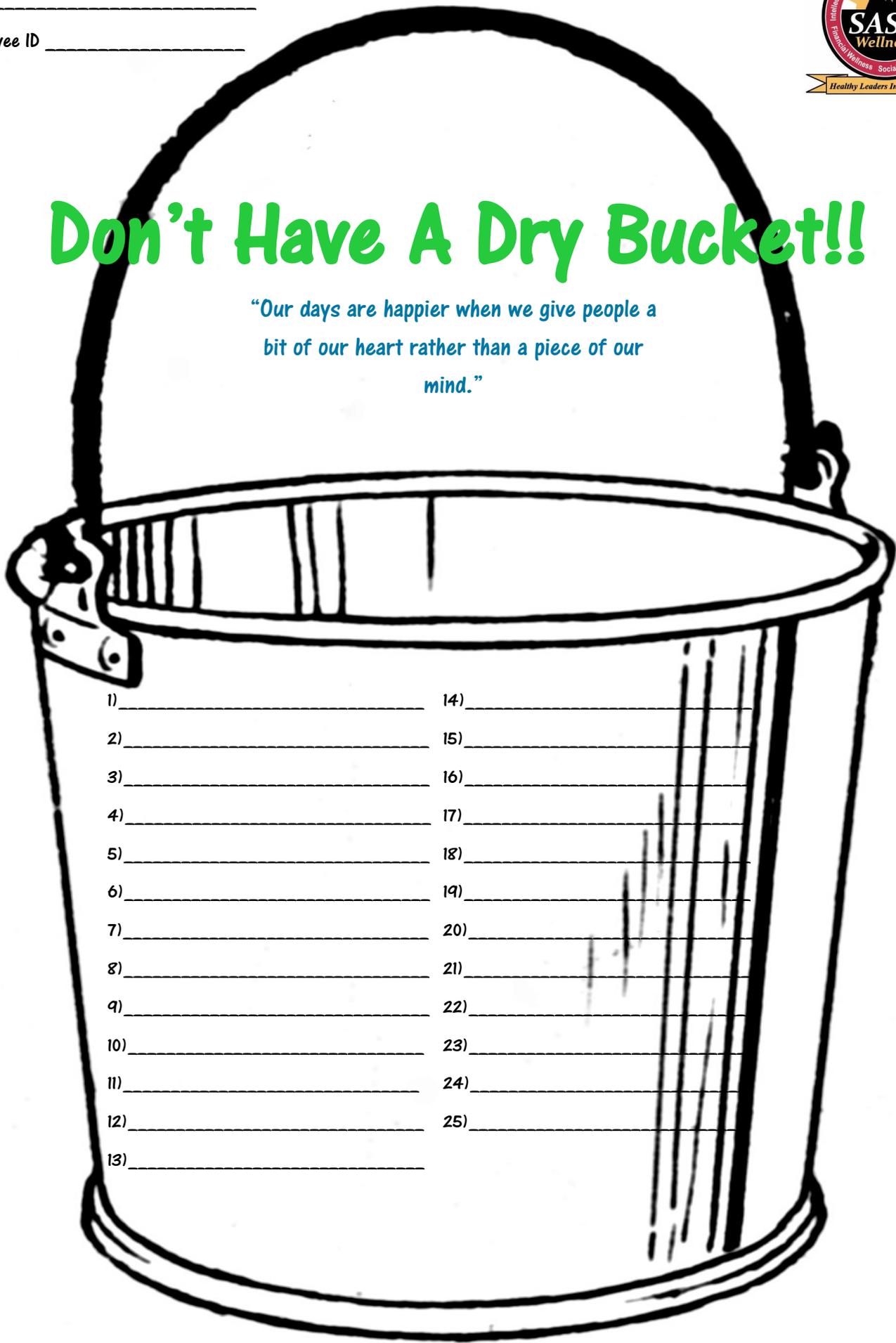
Name _____

Employee ID _____



Don't Have A Dry Bucket!!

"Our days are happier when we give people a bit of our heart rather than a piece of our mind."



- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
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- 25) _____



Capture those bucket filling moments in your life 25 times and record them on the lines below. Here's the catch. You can only record one per day!



Must be completed by April 21st!
25 Wellness Points

Examples of bucket filling actions:

- I held the door open for a stranger
- I smiled and said hello to 5 people I didn't know
 - I picked up garbage on the sidewalk
- I complimented someone on his/her clothing
 - I said thank you
 - I sent an email to an old friend
 - I told my kids I loved them
 - I helped my neighbor shovel
- I told the custodian he did a great job cleaning
- I told someone I admired their will-power
 - I helped jump-start a strangers car
 - I donated clothes to Good Will
 - I made a meal for a family in need
 - I donated food to the Food Pantry
- I carried things for my injured friend
 - I let my neighbors dog out



Or any other bucket filling action you did!

