

At the end of each day, ask yourself these questions. Circle your answers and fill in the blanks.

1. Did I fill someone else's bucket today by being helpful, thoughtful, or kind?

Yes No

If yes, how? _____

2. Did I fill my own bucket today?

Yes No

If yes, how? _____

3. Did I say or do anything that might have dipped into someone's bucket today, or did I dip by not doing something that I was supposed to do?

Yes No

If yes, how? _____

- 3a. If yes, did I apologize?

Yes No

4. Did I dip into my own bucket today with negative thinking?

Yes No

If yes, how? _____

5. Did anyone or anything try to dip into my bucket today?

Yes No

If yes, what happened? _____

- 5a. If yes, did I use my lid and not dip back?

Yes No

6. Did I see anyone else get their bucket dipped today?

Yes No

If yes, what happened? _____

- 6a. If yes, did I use my lid to help?

Yes No

7. Is there anyone I know whose bucket is less than full and could really use a friend right now?

Yes No

If yes, who? _____

- 7a. If yes, what could I do to help? (You could ask your parents for an idea.)

8. Each day is a new day. How would I like my day to be different tomorrow?
