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?
   If yes, how? ____________________________  Yes  No

2. Did I fill my own bucket today?
   If yes, how? ____________________________  Yes  No

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?
   If yes, how? ____________________________  Yes  No
   3a. If yes, did I apologize?  Yes  No

4. Did I dip into my own bucket today with negative thinking?
   If yes, how? ____________________________  Yes  No

5. Did anyone or anything try to dip into my bucket today?
   If yes, what happened? ____________________________  Yes  No
   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?
   If yes, what happened? ____________________________  Yes  No
   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?
   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?