

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 anyone fill my bucket today?

Yes No

If yes, who? _____

- 3a. If yes, did I thank this person?

Yes No

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

Yes No

If yes, how? _____

- 4a. If yes, did I apologize?

Yes No

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

Yes No

If yes, how? _____

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

Yes No

If yes, what happened? _____

- 6a. If yes, did I use my lid and not dip back?

Yes No

7. Did I see anyone else get his or her bucket dipped today?

Yes No

If yes, what happened? _____

- 7a. If yes, did I use my lid to help?

Yes No

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

