## Template for "Fill Your Buckets" Activity

Bucket	Activity	Feeling +, - or N (for Neutral)	Statement	Action Plan
Example: Finances	Paid all my bills on time every month	+	Even though it was hard sometimes to cover all expenses, I managed my money carefully and made it through the year.	I will remember the lessons of this year, keep my bills up to date, not waste money on late fees, and remember how good this felt.
Work	Activity1	+		
Work	Activity2	-		
Work	Activity3	N		