

Your Wellbeing Bucket

On the next page is a drawing of a bucket. Turn the page landscape and write in and around it with the following:

What fills your bucket?

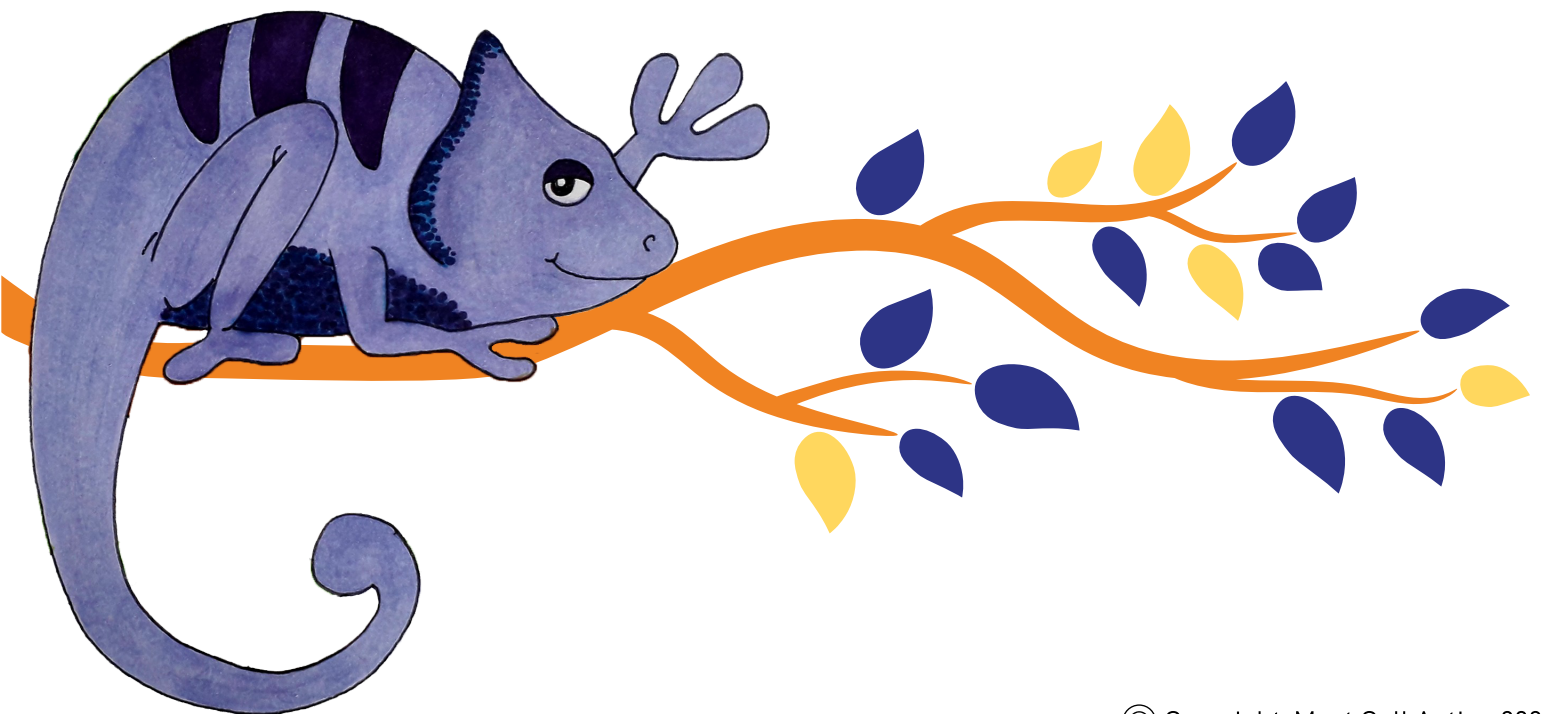
(Consider: what you do well, what you enjoy, who/what supports you)

What puts holes in your bucket?

(Write down: negative thoughts or people, worries, unhelpful behaviours)

What plugs the holes?

(List: what makes you feel better?)



**What puts holes in
your bucket?**



What fills your bucket?

**What fills the holes
in your bucket?**

