

# Emotional Bucket

**Excitement, Creativity,  
Relaxation, Connection**

- Drains
- *Painful Emotions*
  - *Lack of Sleep*
  - *Triggers*
  - *Hunger*
  - *Anger*
  - *Illness*
  - *Stress*



50%  
Connection to Self

At Least 5 Things

- *Meditation*
- *Exercise*
- *Music*
- *Art*
- *Etc.*

50%  
Connection to Others

At Least 5 People

- *Significant Other*
- *Family*
- *Friends*
- *Social*
- *Etc.*