

Using the Being Buckets Tool

Use our labels, or make your own. Begin with the top 4-6 most meaningful wedges of your life, right now, and consider how much each of those is important to you, using criteria such as:

- Brings me joy
- Allows me to spread joy
- Offers me the opportunity to give joy to another
- What else is important to you, in terms of measuring how you'll spend your time and treasure?

Shade in each wedge, using one of the following options:

1. Shading shows how satisfied you are with the fullness of that bucket.
2. Shading shows the relative importance of that bucket as compared to others.
3. Shading shows how much you wish to grow the fullness of that bucket.
4. Other measures that are meaningful to you.

Leave the shaded wedges alone for a while, and come back and look at the big picture.

What do you see?

How will what you see guide you?

****Remember, you can always create more than one bucket tool, if you'd like to examine your wedges from more than one perspective. Just print another blank, and start fresh.**

Your Being Buckets



■ Physical ■ Life Wealth ■ Historical ■ Spiritual ■ Relational ■ Temporal