

The Buckets Exercise

According to “The Power of Full Engagement” by Jim Loehr Ed. D., Managing *energy* is more important than managing *time*.

Our energy stores can be divided into four categories or buckets:

1. Physical
2. Mental
3. Emotional
4. Spiritual (our values)

Energy in these buckets are filled or drained by events or situations that happen each day. This is a personal thing. The things that fill your bucket might be different than what fill my bucket and, of course, the same for emptying them.

Similar to Maslow’s Hierarchy of Needs, when our buckets are depleted, we are more stressed, quicker to react poorly and focused on our own needs before we can focus on someone else’s. Contrast to that, when our buckets are filled, we are happy to contribute to others and our attitudes are good because we are “looked after”.

For this exercise, have each person spend at least 10 minutes filling in the next two pages. There should be multiple events listed on each side of each bucket.

You can suggest a few based on what you know for your buckets.

Here is an example of mine:

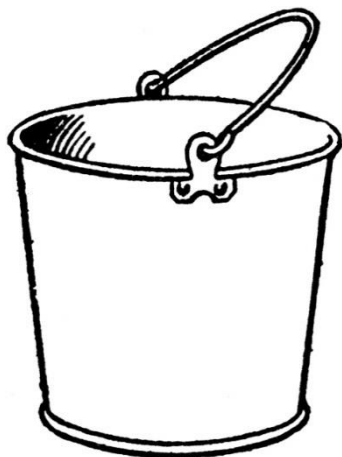
My Spiritual Bucket helps fill every other bucket and ensures that each one is easier to fill throughout the day. I fill my Spiritual Bucket each morning with some time in prayer and reading the Bible.

However, I would argue that my most important bucket is the Physical Bucket. For me, a great morning starts the night before. By making sure I get to bed at a reasonable time, I get enough sleep. This allows me to get up on time and feel rested so I don’t fall asleep in my prayer or Bible (drool is so not good for the scriptures). That great quiet time fills my Spiritual Bucket.

PHYSICAL

What fills your physical bucket?

What empties your physical bucket?

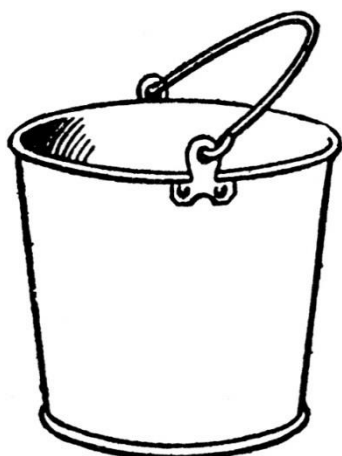


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MENTAL

What fills your mental bucket?

What empties your mental bucket?

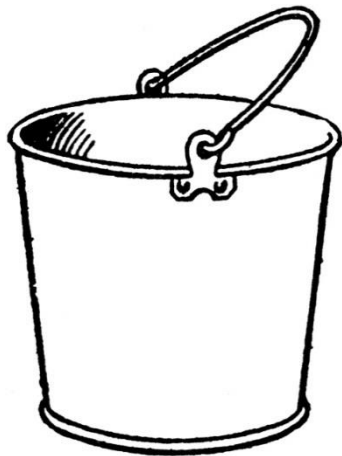


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EMOTIONAL

What fills your emotional bucket?

What empties your emotional bucket?

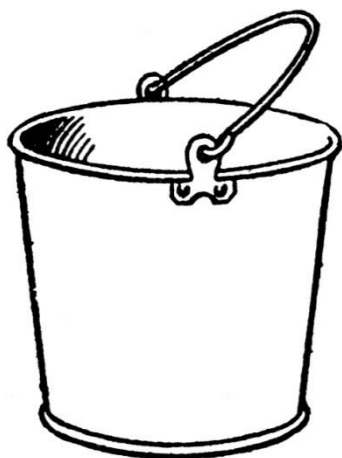


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SPIRITUAL (VALUES)

What fills your spiritual bucket?

What empties your spiritual bucket?



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_____	_____

Part 2

Once you've filled in the previous pages, the second step is to isolate a few items in each bucket that you can utilize to fill that bucket in a quick way.

Think and list a few things in each bucket that fill it in 20 seconds to 2 minutes – at least in a quick way.

Another example from my life:

My Mental and Emotional Buckets can be filled by a quick phone call to my wife. If I'm feeling stressed or stuck, I call Melissa and, within a minute, I'm refreshed and recharged. My wife is awesome.

QUICK FILLS

Physical

Mental

Emotional

Spiritual
