

Bucket of Shit

Instructions

The Bucket of Shit worksheets are best used in conjunction with the Bucket of Shit Book. The first page provides instructions about the activity as well as the various questions to consider. These will then help when you are filling out the Bucket of Shit exercise on page 2.

STEP 1:

Create a list of the various things that are inside your bucket. These are things you are dealing with on a daily, weekly or monthly basis, both manageable and overwhelming. Write them in the first square below. Some examples have been included to get you started. It is best to break down as many things as you can think of. On the second page, transfer these items in the areas outlined by the shit.

STEP 1



Kids ready for school, financial budget, health, chores, work etc.....

STEP 2:

Determine who all of these items belong to. Write the names of these people in the square below. Some examples have been provided to help you get started. On the second page, transfer these names into the inside of the bucket itself.

My stuff, friends, partner, mother etc.

STEP 2



STEP 3:

Write down all the ways your life would be improved if you were not carrying other peoples shit. Some examples have been provided to help get you started. On the second page, transfer these items into the space underneath the bucket.

STEP 3



Relaxed, less stressed, more confidence etc.

STEP 1



STEP 2

STEP 3

