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4-Bucket Inventory

Directions:

From 0 (bone dry) to 4 (full and overflowing) shade each of the small buckets based on the questions below.

Relationally: Do I feel seen/known by the people who matter the most to me?

Spiritually: Do I experience joy, gratitude, and a sense of purpose in ways that deeply alter how I live?

Physically: Do I get 7, 8, 9 hours of sleep most nights, feel good most days, and free of medical concerns?

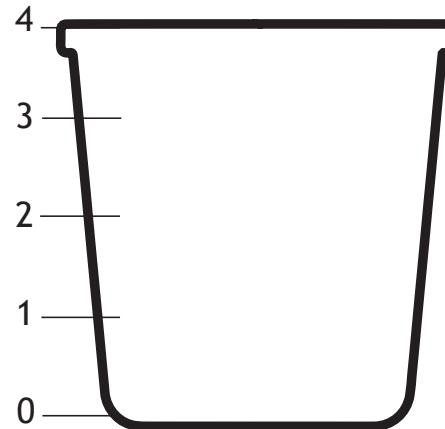
Emotionally: Do I experience a daily dose of hope and happiness in a way that reduces the time I feel angry, irritable, depressed, and anxious?

Digging Deeper

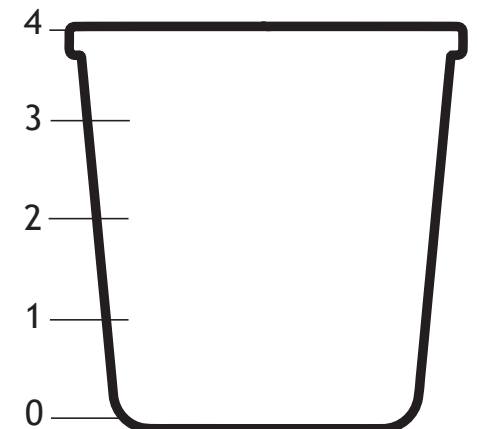
Holes represent challenges that are "out of your control." Add a hole (of any size) to any bucket that represents a current crisis (like a broken wrist) or a chronic challenge (like a family member with mental health issues).

Stress Fractures represent challenges that are "in your control." Add little water drops to the bottom of any bucket where unhealthy habits might be causing "Stress Fractures" (like not having a bedtime).

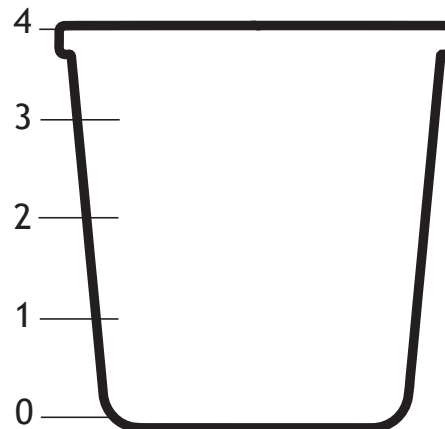
Relational



Spiritual



Physical



Emotional

