

THE BUCKET EXERCISE

1. Define Your Buckets

- A. Divide your age by 5, those are your buckets. For example: If you are 50, your buckets would be 0-9, 10-19, 20-29, 30-39, 40-49.
- B. Education Shift. For example: Your buckets would be Pre-School, Elementary School, Middle School, High School, College, Later.
- C. You decide what feels right to you!

Bucket 1

Bucket 2

Bucket 3

Bucket 4

Bucket 5

Bucket 6

2.1 Bucket Name: _____

Write a list of the major events you remember from this bucket. Not details about the event, just a few words. For example, first child born, parent passed away. Put both positive and negative memories on the list.

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3. Events

Once you are finished with your bucket lists, read through them.

Once you have that initial list and have reviewed it, highlight *one* event that evokes a negative emotion. Just one event from the entire list. Then take a blank page, like a heading in a book, write that event name. Then below it, start writing about it.

If possible, pick the event you want to avoid most. As you read this, if there is a memory that already comes to mind, that's the one. That's the event that is putting the most weight on your magic carpet.

Repeat with other events.