



**fill-a-bucket**

This is a reflective exercise to understand your own response to different ways you connect with others. Some of the ways we connect with people—whether it is the person themselves or the interaction/activity—leave us feeling energized and supported. Other ways we connect with people can leave us feeling drained. And sometimes those things that help us feel energized at first become drains if they are too intense or too frequent.

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Spend a minute or two thinking back to recent experiences you have had while interacting and connecting with others. These can be conversations with family or colleagues, interactions with students, events you have gone to—any time you were interacting with others or engaged with a community.

Next to the bucket marked with a “+” below, put all the ways in which you connect and give to others that fill you up. How many of those did you engage with or experience recently?





In the bucket about to spill over with negativity, put all the ways in which you give too much or feel drained by others. How many of those did you engage with or experience recently?



*What kind of information did this provide you with?*