

# wellness plan:

## HOW CAN I FILL MY BUCKETS TODAY?

read for fun, study a bit,  
find new music, do a puzzle  
or crossword



brain

walk, stretch,  
do yoga, dance,  
laugh



body

bake, build, doodle,  
write, create,  
daydream



create

plant care, weed  
flower bed, pick  
up trash, feed the  
birds, be outside



nature

pick one space to  
tidy up, organize,  
rearrange or redecorate;  
small cleaning tasks



home

mail a card,  
video/call a loved one,  
donate to a cause,  
act of kindness



others



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