**Life Buckets Brainstorm**

## **Document Overview:**

This exercise is meant for you to critically think about what matters most to you. By listing out the core areas of your life you will be able to think more deeply about what comprises those areas and set tangible goals to continue growing as an individual in what matters most.

[Creating Your Core Buckets](#_10avt7fqrown)

[Extrapolating Your Core Buckets](#_y0yg9gxa3lct)

[Creating Your Bucket Goals](#_vu9y1ntkf6mv)

## **Creating Your Core Buckets:**

What are the areas of your life that matter the most to you? Take a moment and think as high level as possible. This can be things such as, Family, Yourself, Your Work, etc. Really try and think about the core areas of your life that make up who you are. I recommend limiting your buckets to no more than 6 and no less than 3.

| **Core Bucket 1** |  |
| --- | --- |
| **Core Bucket 2** |  |
| **Core Bucket 3** |  |
| **Core Bucket 4** |  |
| **Core Bucket 5** |  |
| **Core Bucket 6** |  |

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## **Extrapolating Your Core Buckets:**

Now that you have a better understanding of the areas of your life that you want to focus on, take a moment and go a level deeper. Think about how each of those buckets is composed. For example, family may consist of your Brother, Sister, Mom, and Dad. Your personal bucket may be made up of health, finances, and hobbies. I’ve provided an example and template below to help you along your bucket journey. Use the template to extrapolate each of your listed buckets above.

**Example:**

| **Core Bucket:** | **What Comprises That Bucket:** |
| --- | --- |
| **Personal** | **Hobbies, Finance, Health, Personal Reading** |

**Template:**

*Remember to do this for each of your listed buckets above*

| **Core Bucket:** | **What Comprises That Bucket:** |
| --- | --- |
|  |  |

| **Core Bucket:** | **What Comprises That Bucket:** |
| --- | --- |
|  |  |

| **Core Bucket:** | **What Comprises That Bucket:** |
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## **Creating Your Buckets Goals:**

Now that you have what makes up your buckets, think about the goals you want to achieve in each of those areas. Once again I have provided an example and template below to help guide you through this process.

**Example:**

| **Core Bucket:** | **What Comprises That Bucket:** |
| --- | --- |
| **Personal** | **Hobbies, Finance, Health, Personal Reading** |
| **Goals Within Bucket** | |
| **Hobbies:**   * Play Basketball at least once a week * Make music at least once a week   **Finance:**   * Save 20% of pay check each month * Invest $XX per month   **Health:**   * Work out 5 days a week * Meditate for 30 min a day * Go for a 20 min walk at least once a day   **Personal Reading**   * Read a book a month | |

**Template:**

*Remember to do this for each of your listed buckets above*

| **Core Bucket:** | **What Comprises That Bucket:** |
| --- | --- |
| **Personal** | **Hobbies, Finance, Health, Personal Reading** |
| **Goals Within Bucket** | |
|  | |