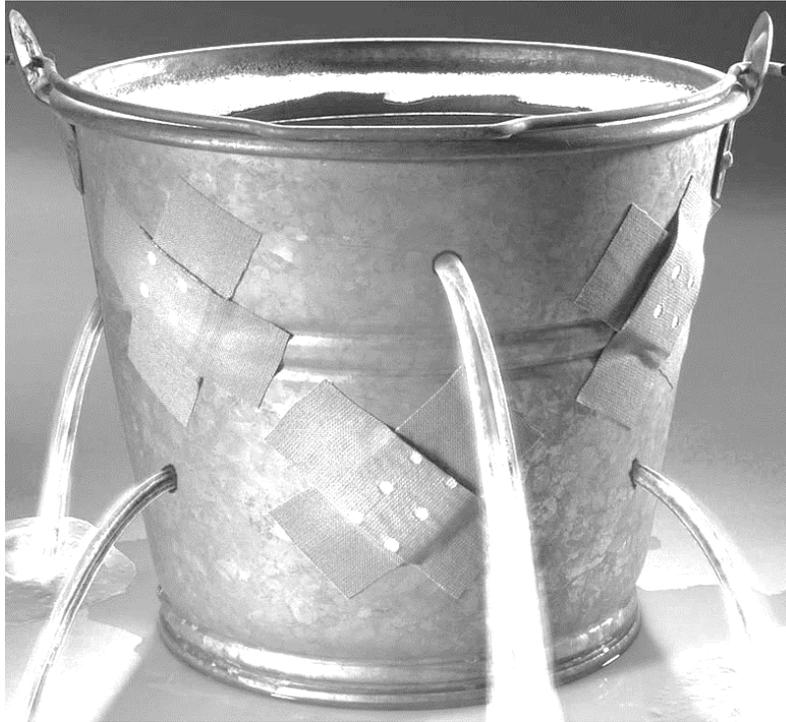


## ARTIFACT: KEEP YOUR BUCKET FULL

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What do you fill your cup with? What are the parts of your life that give you energy? Draw and label these things in the cup below.



What drains your cup? What are the parts of your life that take away your energy and make you feel negative? Draw and label these things in the water that is leaking out.

What can you do to turn these negatives into positives? Draw and label those on the band-aids.