

IN THE BUCKET

What's important to you?

Materials: Worksheet copies, template copies, pens or pencils, timer

Directions: Read the worksheet, complete the activity and discuss as a group.

Does it seem life is spinning around and around? That there aren't enough hours in the day to accomplish all that needs to be done?

How can you regain control?

Creating a "bucket list" lets you prioritize what's important. It highlights the goals and activities you want to achieve.

A bucket list helps communicate what matters to you. Let's start a bucket list to share with our loved one!

ACTIVITY INSTRUCTIONS

- 1 On the template, write a list of things you'd like to do with your loved one when they return home. Think about activities you enjoyed before they deployed, and what you'd like to do on their return. Use the worksheet examples to help guide you. You'll have 7 minutes to write.

(Set the timer for 7 minutes.)

- 2 When the timer sounds, let's discuss some of our favorite bucket list items. How will you share your bucket list with your loved one? Will they participate in your bucket list activities?



