

## STRESS BUCKET ASSESSMENT

*How accumulated load shapes internal capacity*

*This form reflects the load your system has been carrying  
so your experience can be matched to what your system can support.*

*Please answer with honesty, not perfection.*

*This isn't a test — it's a way of naming what's already present.*

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

1. When your day feels full, what contributes most to that?

2. Where do you feel you're carrying more than people realize?

3. What tends to fill your bucket the fastest?

4. What allows your bucket to settle or release?

5. What kinds of support feel workable right now?



## INTERNAL EXPERIENCE & PACE

*This page helps name how your internal experience moves through the day — the pace, the patterns, and the moments that feel stretched or steady.*

*There are no right answers here. This is simply a way to capture what's real for you right now.*

### Internal Pace

1. *Do you feel like you're moving through your day at a pace that feels familiar but tiring?*

2. *What has helped you feel even 5% more room during your day lately?*

3. *What helps you feel even a little more settled or steady?*

### Your Readiness

(Capacity-focused, not mindset-focused)

*Does now feel like a workable moment to support more steadiness?*



# Let's Talk About Real Wellbeing

This section offers a way to notice how different areas of your life are feeling right now.

## Bucket Self Rating

This reflection isn't about judgment.  
It's a way to see what's present today, without pressure.

On a scale of 1–10, please rate how each area feels right now.  
1 = bucket feels spacious, 10 = bucket feels full

	<u>Truly Unsatisfied</u>					<u>Truly Satisfied</u>				
<b><u>Energy &amp; Vitality –</u></b> Do you have enough energy to meet your days with steadiness and motivation	1	2	3	4	5	6	7	8	9	10
<b><u>Mental Clarity –</u></b> Do you feel clear about who you are, where you're headed, and what matters most?	1	2	3	4	5	6	7	8	9	10
<b><u>Focused Performance –</u></b> Can you stay focused and follow through without slipping into overdrive or burnout?	1	2	3	4	5	6	7	8	9	10
<b><u>Authentic Expression –</u></b> Do you feel free to express what's true for you –in words, creativity, and action?	1	2	3	4	5	6	7	8	9	10
<b><u>Grounding Practices &amp; Self-Care –</u></b> Do you have regular practices that truly replenish you?	1	2	3	4	5	6	7	8	9	10
<b><u>Family &amp; Intimate Relationships –</u></b> Do you feel emotionally connected and supported?	1	2	3	4	5	6	7	8	9	10
<b><u>Social Belonging –</u></b> Do you feel part of a community that nourishes you?	1	2	3	4	5	6	7	8	9	10
<b><u>Communication &amp; Boundaries –</u></b> Do you communicate needs and boundaries with confidence?	1	2	3	4	5	6	7	8	9	10
<b><u>Emotional Steadiness &amp; Recovery –</u></b> Do you recover easily from stress or emotional challenges?"	1	2	3	4	5	6	7	8	9	10
<b><u>Meaning &amp; Sense of Connection –</u></b> Do you feel connected to something larger than yourself?"	1	2	3	4	5	6	7	8	9	10
<b><u>Coping &amp; Relationship with Substances –</u></b> Do you use habits or substances in ways that support rather than suppress you?	1	2	3	4	5	6	7	8	9	10
<b><u>Career Growth &amp; Learning Journey –</u></b> Do you feel engaged, learning, and progressing in your work or passions?	1	2	3	4	5	6	7	8	9	10
<b><u>Financial Steadiness –</u></b> Do you feel stable and empowered in your relationship with money?	1	2	3	4	5	6	7	8	9	10
<b><u>Life Logistics &amp; Legal Wellbeing –</u></b> Do you feel steady and organized with your life responsibilities?	1	2	3	4	5	6	7	8	9	10
<b><u>Physical Vitality Movement –</u></b> Does your body feel capable, mobile, and comfortable?	1	2	3	4	5	6	7	8	9	10

# Goal Refinement



Once a focus is identified, it can be shaped into a direction that feels workable and steady.  
This helps progress feel steadier and more sustainable.

*Name your goal in a way your body can believe.  
(Example: "I'll begin walking 10 minutes each morning" instead of "I'll exercise daily forever.")  
Think of it as setting direction, not pressure. Progress that feels doable is progress that lasts.*

S  
P  
E  
C  
I  
F  
I  
C

What will progress look or feel like?

*What small steps can guide you forward—and what timeframe feels realistic for that?*

M  
E  
A  
S  
U  
R  
A  
B  
L  
E

How will you notice your progress?

*What signs will show that your system is responding well?*

A  
T  
T  
A  
I  
N  
A  
B  
L  
E

*What patterns might make this direction harder to maintain?*

*What supports can help you stay steady when it gets challenging?*

R  
E  
L  
E  
V  
A  
N  
T

*What makes this direction meaningful for you?*

*What deeper value or vision does it serve in your life?*

T  
I  
M  
E  
B  
O  
U  
N  
D

*What milestone feels right for our first check-in?*

T  
I  
M  
E  
B  
O  
U  
N  
D

*When will you reassess what's working and what might need adjusting?*