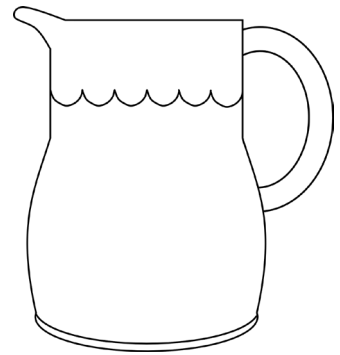


How Full Is Your Pitcher?

Think of a time when your pitcher was empty, and you were facing a significant challenge. Reflect and record your answers to the questions below.



1. What was the event or series of events?

2. What were some of the ways you were feeling?

3. What helped you to fill your pitcher or recover?

4. List more things that help you to keep your pitcher full.

5. Pick two things from your responses to questions 3 and 4 that you can do in the next week.