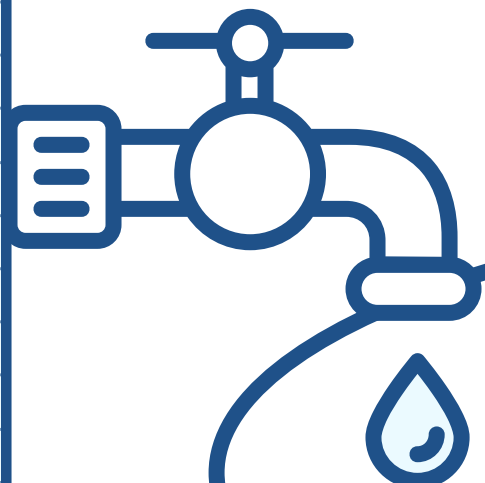
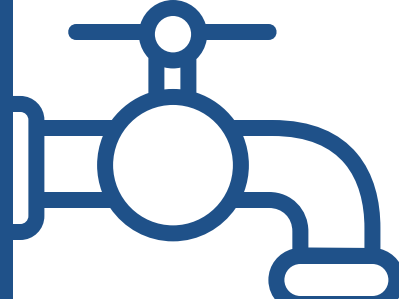




# WIFE'S SELF CARE LIST



**WHAT FILLS MY BUCKET**



**WHAT DRAINS MY BUCKET**

Have your wife fill out what things fill her bucket.  
Then have her fill what things drain her bucket.  
Make it your goal to fill her bucket!