

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

“The children are kinder”

Lana Tran teaches kindergarten for Forest Hills Public School in Grand Rapids, Michigan.

She said, “I absolutely enjoyed reading your book to my kindergarteners.”

Lana added that this year her children are learning to be much kinder to their friends.

“I had a fun t-shirt project to remind our children to be extra kind to their friends and family. I keep bucketfilling t-shirts in the classroom and have the children put them on every day.

The tone of the room is unbelievable. I’ve seen changes in the way my children act and treat each other. They fill my bucket everyday.” Lana and her son are working on special bucketfilling Christmas presents for his preschool teachers. We don’t want to spoil the surprise here, but Lana tells us she has never seen her son so excited. “He fills my bucket!” she said.



One of Lana’s classes at Forest Hills School— zoom on photo to see bucket fillers t-shirts

Bucket Nuggets from Carol McCloud, The Bucket Lady

Bucket filling with a cup

Jan Merz, a teacher and Bucketfillers Team member offers this week’s bucket nugget:

At a recent presentation, the Bucket Lady suggested ideas for daily bucketfilling. One idea Carol mentioned caught my attention— it was perfect for me.

Every Friday morning, on my way to work, I reward myself with a special Caribou Coffee—a little pat on the back for doing my best during the week.

A few weeks ago, as I pulled up to the drive-through window, I remembered Carol’s suggestion and decided to give the customer behind me a TGIF treat and pay for their coffee.

I could feel my bucket filling up when the cashier handed me my coffee and told me how amazed and impressed she was that I would buy coffee for someone I didn’t know. I had not realized that my small gesture would not only fill the bucket of the recipient, but also the Caribou cashier’s bucket and the buckets of those around her.

However, my story doesn’t end here....

Today, I stopped at the same coffee drive-through and again decided to treat the customer behind me.

This time, the cashier, assuming there must be a connection between us, asked if I knew the person. When I said, “no,” she told me that a few weeks ago, “someone did that very same thing” and it had caused a ripple effect that was amazing — *each of the next six customers paid for the order of the person behind them!*

When we fill someone else’s bucket, we not only fill our own, we sometimes unknowingly fill many other buckets.

And knowing that fills my bucket.



This week’s winners

Congratulations!



Kim Socrainte of Waterford, Michigan, is our Bucket Filler of the Week. Congratulations, Kim! You have a book coming your way.

Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

www.bucketfillers101.com.

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Quote of the Week

“Taking joy in life is a woman’s best cosmetic”

—*Rosalind Russell. 1911-1976 American film star*