

# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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## Making a Difference

### Cookies fill buckets in Iraq and at home



Colleen Hadley is a student at Thornton Creek Elementary School in Novi, Michigan, and sends us three examples of personal bucket filling:

After hearing your talk about bucket filling it made me think of what kind of bucket filling I've done in the past.

I decided to send a package to my cousin, Chase, in Iraq and his platoon. I put in things like a deck of cards, gum, wipes, some calendars and, of course, coffee.

We got an e-mail thanking me. It said his platoon is always so excited when he gets a package because they know he will share it with them.

Since he liked the first package I sent him, I decided to send one more.

Meanwhile he touched base with me and wrote,

*"Hi, Thank you so much for the package of coffee. It was perfect and my soldiers are looking forward to having a nice cup of coffee. Thank you again for all your support. I am truly blessed to be part of this family, Chase."*

I also sent a Girl Scout cookie order sheet to my dad's office along with a note about Chase and asked if they would order some cookies for him, too. It was a very BIG hit.

When I noticed the custodian bought a box for the soldiers but not for herself, I asked my mom if I could give her one of our own boxes and write on a piece of paper "your kindness is rewarded."

It feels really good to know that I filled her bucket as she filled mine.

Thanks for teaching me about bucket filling.

*Editor's note: story has been edited for space.*

### BUCKET FILLERS, INC.

PO BOX 255

BRIGHTON, MI 48116

PHONE: 810.229.5468

FAX: 810.588.6782

[WWW.BUCKETFILLERS101.COM](http://WWW.BUCKETFILLERS101.COM)

Designed & edited by Glenn Merillat

### Bucket Nuggets from Carol McCloud, *The Bucket Lady*

## Look for those silver linings

This week, Katherine Martin, M.A., member of the Bucketfilling Team, offers these words for those concerned with the times we live in:



These are challenging times, financially, emotionally, psychologically, physically, and spiritually. A glance at the news, from global to local, makes it so easy to become angry, discouraged and all too often, frightened.

We've found ourselves living in an era that, over time, has become increasingly challenging in so many ways.

A major contributor to this problem is the pervasive availability of "bad news." Our high-tech culture, with its graphic and dire news, puts us on high alert nearly every day.

And, in its wake, some of us choose to "bury our heads in the sand" in an attempt to escape or disassociate. Others choose to complain, criticize, and/or worry. Still others find themselves caught in a web of distorted thoughts, feelings and actions. All of these are contagious.

Bad news does not need to inspire bad choices. Ask yourself, "What can I do about this?" If the answer is "nothing" head for the *off* button. Turning off and tuning out is, for the most part, a healthy choice, both mentally and emotionally. Be aware of the world condition, but don't let it negatively impact your personal life or spread to those around you.

#### ***If the news is dipping into your bucket, grab your lid.***

With your lid firmly in place, you are now in control of what you hear and the images you see.

And, when we realize that we have very little, if any, real control over what occurs in our lives, we have the freedom of choice to look at a personal event or a news story in another way.

True, painful situations can be a real challenge. However, there are usually positive aspects to most situations, if we take the time to look closely.

We can either wake up in the morning and say, "This is going to be a wonderful day" and then make a conscious choice to experience that wonderful day. Of course, there will be days that are less than wonderful but, over time, it is possible, more often than not, that your perception of life will bloom and grow to meet your positive expectations.

Yes, these are challenging times. Allow yourself the opportunity to learn about yourself as you live through these adventurous days. Discover the joy of appreciating the good things in the world around you and share this attitude with others. In other words, count your blessings, look for those silver linings and, for reinforcement, surround yourself with people who are doing the same.

They are the people who will fill your darkest days with sunshine.

They are bucket fillers.

### This week's winners

## Congratulations!



**Rachel Bell**, of Paramount Charter Academy in Richland, Michigan is our Bucket Filler of the Week. Congratulations, Rachel! 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](http://www.bucketfillers101.com).

### Quote of the Week

**"Life may not be the party we'd hoped for, but while we're here we should dance."** *Author unknown*