

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

Kind words from California

As parents, we have all read and told hundreds of wonderful stories filled with important messages for our children.

This book (*Have You Filled a Bucket Today?*) translates the most simple lesson of all, "do unto others, as you would want done to you."

Treat people with love and respect, and you will in turn be treated with love and respect.

The simple analogy of filling the bucket is easy enough for adults to understand.

Every household, school, doctor's office and church should have a copy of this book on their bookshelf.

Stephanie Domenichelli, Sonoma County, California.

BUCKET CHUCKLES

Kid's Q&A on Moms

Question: *What would it take to make your mother perfect?*

- You know, her hair. I'd dye it, maybe blue.
- On the inside she's already perfect. Outside, I think some kind of plastic surgery.

Question: *If you could change one thing about your mother, what would it be?*

- I'd make my mother smarter. Then she would know it was my sister who did it and not me.
- She has this weird thing about me keeping my room clean. I'd get rid of that.



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Bucket Nuggets from Carol McCloud, The Bucket Lady

Regaining confidence

On August 3, 2005, my job as a newspaper marketing and research manager was eliminated in a corporate cost-reduction measure.

Suddenly, with no warning I was out of work, feeling hurt and a bit frightened.

Yes, life will dip in your bucket. I have learned how important it is, particularly when under stress, to work to keep my bucket filled.

How do you stay confident when everything around you seems to be dipping in your bucket?

I'd like to share what I've learned.

First, concentrate on your abilities and blessings and get passionate about who you are and what you can achieve.

Talk to yourself. Tell yourself out loud and emphatically, "**I can do this. I can make it through this.**" Even if you don't quite believe it, say it and keep saying it. Your positive self-talk will help you fill your bucket as easily as negative words will drain it.

I'm living proof that encouraging words, whether self-directed or other-directed, will build faith in your ability to overcome life's disappointments, both large and small.

There's also a lot of truth to the famous song title: *When the going gets tough, the tough get going.*

Not long after my marketing career ended, I chose to get tough by creating a long list of all the things I could do to redirect my life. I gave each item a lot of thought and added more ideas as time went on. Gradually I became excited about the options I'd listed. That list gave me the energy to begin the next phase of my life.

I focused on the future. Confidence can be restored if you are willing to concentrate on the good and let go of the bad.

I also refused to speak negatively about anyone or anything. Complaining, criticizing, and telling your sad story over and over does nothing but drain your bucket. When you use positive words and phrases, you can fill your bucket and keep it filled.

It's not always easy to fill your own bucket. I sincerely believe we also need other bucket fillers to help us regain our confidence.

My sister-in-law, Liz Walsh, was one of those who helped fill my bucket during this turning point in my life. I will always remember her loving words, "You're so smart; you could do anything you want." She filled my bucket and rekindled my confidence when I needed it most.

Liz died four months later, as I was writing my first book, which I dedicated to her. She made a life-changing impression on me and her encouraging words helped many others.

Over the course of my life, I've come to understand the importance of having a full bucket, especially during challenging times. I've learned that faith, hope, confidence, and enthusiastic expectation will fill my bucket.

As it turned out, the loss of my job was one of the best things that ever happened to me.



This week's winners

Congratulations!



Sandi Peterson, of Gresham, Oregon, is our Bucket Filler of the Week.

Congratulations, Sandi! 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.

Quote of the Week

"Sometimes in the winds of change, we find true direction." — *Author Unknown*