

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of DECEMBER 14, 2008 • Volume 2, Issue 50

Making a Difference

November 2008

Presentations

Sessions: 41

Attendance: 7,070

- Clear Lake Elementary, Oxford, MI
- Clinton Valley Elementary, Mt. Clemens, MI
- Conner Creek Academy East, Roseville, MI
- Dean A. Naldrett Elementary, Chesterfield, MI
- Drake Elementary, Strongsville, Ohio
- General Federation of Women's Clubs, Charlotte, MI
- Great Oaks Elementary, Chesterfield, MI
- Harmon Elementary, St. Clair Shores, MI
- Holbrook Elementary, Hamtramck, MI
- Kinsner Elementary, Strongsville, Ohio
- Lakewood Elementary, Tomball, Texas
- Livingston County Child Care Conference, Howell, MI
- Muraski Elementary, Strongsville, Ohio
- New Buffalo Elementary, New Buffalo, MI
- South Hill Church Building Strong Families Conference, Milford, MI
- South Maple Elementary, Gaylord, MI
- St. Joseph Catholic School, Battle Creek, MI
- Sugarbush Elementary, Chesterfield, MI
- Thornton Creek Elementary, Northville, MI
- Whittemore-Prescott Elementary, Prescott, MI
- Williams Elementary, Flint, MI

Total Bucketfilling Sessions through 11/30/08

Sessions: 918

Attendance: 119,400

BUCKET CHUCKLES

Words of Wisdom?

- "We do not raise silk worms in the United States, because we get our silk from rayon. He is a larger worm and gives more silk."—Donald, age 12
- "If you want a kitten, start out by asking for a horse."—Naomi, age 15

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Bucket Nuggets from
Carol McCloud, The Bucket Lady

Two kinds of wealth

In addition to elementary school children, the Bucket Fillers team also speaks to parent groups on the importance of bucket filling. In these sessions, we ask parents, "Which would you rather give your children, one million dollars or a healthy self-concept?" We are happy to report that we have never had a parent raise their hand in favor of the million dollars.

Most parents understand that their children's *inner wealth*— their mental and emotional health, self-concept, or invisible bucket—is more important than outer wealth.

They understand that should a person with a healthy self-concept, or a full bucket, want to earn a million dollars, he or she will find a way. On the other hand, it is extremely difficult, if not impossible, for a millionaire to find happiness if their bucket is empty. The old adage is true; money cannot buy happiness.

Last month, Bucket Filler team members, Kathy Martin, M.A. and Kathy Dunham, M.A. spoke at the Annual Livingston County (Michigan) Early Childhood Conference.

Their presentation focused on the new *Fill a Bucket* book and linked it, page by page, with the important building blocks of child development; love, security, trust, self-esteem, self-reliance, courage, perseverance, and respect.

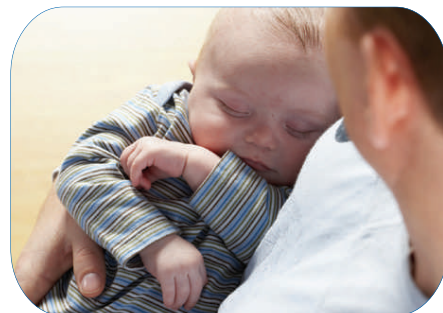
Inner wealth or a full bucket— begins early, perhaps in the womb, when a new little soul experiences love and nurturing.

A baby's full bucket depends on loving relationships. As they grow, every encouraging comment, affectionate touch, bright smile or kind word puts another heart or star in a child's bucket and builds the inner wealth that is essential to happiness.

Adults and children who have full buckets are a joy to be with. They are optimistic, kind, compassionate, trustworthy, self-controlled, courageous, confident, resilient, grateful and possess a host of positive, healthy thoughts and feelings.

When you and your children enjoy relationships with people who possess vast inner wealth, you will truly know what it feels like to have someone in your life who fills your bucket. And, as your bucket is filled with happiness and a sense of well-being, you are able to fill the buckets of others.

And the ripples widen.



This week's winners

Congratulations!



Bobbi Austin, of Sioux City, Iowa, is our Bucket Filler of the Week.

Congratulations, Bobbi! 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

"If I'm too busy to be kind, then I'm too busy."—Carol McCloud