

# BUCKET FILL-OSOPHY 101

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## Making a Difference

### No age limit

Here is a great bucketfilling story from Christi Sullivan, who is a counselor with Beryl Henry Elementary School in Hope, Arkansas:

"I started using bucketfilling last year in my K-4 school where I had been for 15 years.

I have always worked with K-1st graders and when I was moved to the 5th & 6th grade school this year, I was nervous about reading *Have You Filled a Bucket Today?* and thought my older students would think it babyish but, they loved it.

The whole school is now involved. I have read the book with every class and every teacher in our school has read the book and they have buckets in their classrooms.

I received a note from a 6th grader this week telling me she would like to fill my bucket by telling me that I had inspired her to become a school counselor, something she had never thought of before.

Kids are coming up to me telling me what other people have done to fill others' buckets.

This is wonderful for any age!"



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## Just three things

By Kathy Martin, Education Director

Not too long ago, I was listening to a promotion on our public radio station encouraging listeners to call in with three ideas to improve the condition of our state.

I thought, "Let's try BUCKET FILLING!"

It doesn't matter in what state you reside, we all carry around an *invisible* bucket. Bucket fillers are people who choose to do kind things for others.

Bucket filling is easy, costs little, and doesn't add anything to whatever fiscal challenges your state may be experiencing.

Here's how it works.:

**1. Carry around a full bucket.** You might wonder, "If my bucket is invisible, how do I know if it's full?" Trust me, you'll know it. When you have a full bucket you smile more; not one of those fake-it-til-you-make-it smiles but, genuine smiles that light up your eyes and make others feel good.

People with full buckets are caring people. They're available to their family, friends, and community; ready to serve whether or not they are asked. People with full buckets are less easily miffed or upset. They are able to separate the little deals from the big deals in life. They're not easily bruised and, when they are bruised, they forgive.

Bucket fillers subscribe to the "falling down three times and getting up four times" philosophy of life. They're not easily discouraged. They're creators, innovators, and improvisers. Bucket fillers support one another.

**2. Don't be a bucket dipper!** Our state is one of many dealing with various economic challenges. However, Michigan is the "Water Wonderland" and has been blessed with a natural beauty that draws millions to our shores and parks. When we focus on what we have and not on what we don't have, our thoughts fill buckets. The alternative is to moan about what we lack in our state, or our lives. and allow our words and attitudes to dip into buckets around us. One thing to keep uppermost in our minds: **We can never fill our buckets by dipping into someone else's.**

**3. Put a lid on your bucket.** Make every effort to avoid letting negative circumstances dip into your bucket's healthy thoughts and feelings.

If you are feeling overwhelmed, discouraged, or experiencing varying degrees of anxiety or depression, you must do everything you can to protect your bucket. (*If you've found yourself carrying around an empty bucket for longer than is usual for you, I would recommend that you seek help*).

There you have it! Three ways to improve your state of mind and the state you live in... be a bucket filler!

### This week's winners

## Congratulations!



**Peggy Reichert** of Newell Elementary School, Newell, South Dakota, is our bucket filler of the week. Congratulations Peggy! 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

**"The best way to cheer yourself up is to try to cheer somebody else up."** Mark Twain



Lake Michigan shoreline