



# BUCKET FILL-OSOPHY 101™

Weekly Words of Wisdom to Keep Your Bucket Filled

Volume 5, Issue 12

Week of June 12, 2011

## Making a Difference

May 2011 ■ Presentations

Sessions: 16 ■ Attendance: 1,250

- Beaumont Hospital, Royal Oak, MI
- Southgate Schools, Temperance, MI
- Detroit Society of Catechetical Leaders, Dearborn Heights, MI
- Franklin School, Hempstead, NY
- Kingston Academy, Kingston, TN
- Norris Academy, Norris, TN
- Southeast Missouri State University Educare Conference, Cape Girardeau, MO

Total Bucketfilling sessions taught through June 1, 2011

■ Sessions: 2,016

■ Attendance: 300,200



## A Bucket Success Story

### Spreading the word

"I am a student of Karen Wells, a Bucket Fillers team member, in Modesto Junior College, California.

When she gave the class a bucketfilling assignment, I decided to teach my children (Reese, 10, and Haylee, 8) about bucket filling using your books. I had them keep a week-long journal.

My son loved it so much he took the books to his school.

All the 4th grade classes at his school have a life skills program every week, and Reese shared bucket filling.

The school district is so excited about Reese bringing the book and idea to school, he is being honored at the next district boarding meeting!

The life skills teacher, Heather Griffin, is ordering the books for her classes.

It is truly amazing and as my husband says, 'we don't just fill buckets around here, we like to fill wheel barrows.'

I am very blessed to have such a marvelous teacher who has shared something so wonderful!"

Katie Teixeira, Modesto, CA

## Gaining Momentum

by Carol McCloud

Five years ago this week, in June 2006, we published our book, *Have You Filled a Bucket Today?*. It was the first book for children to teach a simple concept: Being kind fills buckets.

The bucketfilling concept is now spreading all over the world. Our team has written five books and given 2,000 presentations to 700+ organizations in 37 states and provinces.

Dr. Donald Clifton (1924-2003), who first created the "Dipper and Bucket" story in the 1960s, would certainly be delighted with the ripple effect his work has inspired. Today, millions of people are bucket fillers.

The more I practice bucket filling and talk to others about it, the more I believe in its miraculous and beneficial effects. I know it works. I believe it will work for anyone who embraces it. I talk about it daily and know that your life will be happier as a bucket filler. If you choose to look for opportunities to fill buckets, make a sincere effort not to dip, and practice using your lid when necessary, your bucket *will* stay full.

However, you may share a common weakness with other wonderful bucketfillers, who fail to set aside time to fill their own buckets. They are kind to others, but not always kind to themselves. Many are so buried in daily routines and responsibilities that they actually feel guilty about replenishing their own buckets. Sound familiar? If it does, ask yourself: What fills my bucket? What do I enjoy? Make a list. Then, set up a system that will help you to begin to fill your own bucket on a daily basis.

Begin today.

Our Bucket Fillers team understands the wisdom of filling one's own bucket, so we are once again suspending our newsletter for the summer and taking time to fill our own buckets.

We'll do things we enjoy, but we also plan to work on several new and exciting projects that we believe will fill your bucket when we announce them in August.

Until then, have a bucketfilling summer and begin each day with this little poem:

I choose to fill **my** bucket today  
and I will **take the time**—come what may!

## Congratulations Terri!

**Terri Moore**, a teacher from Tampa, Florida is our bucket filler of the week. You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by subscribing to our free e-newsletter at [www.bucketfillers101.com](http://www.bucketfillers101.com)

## Words of Wisdom

*Until you value yourself, you will not value your time. Until you value your time, you will not do anything with it.*—M. Scott Peck, author, *The Road Less Traveled*