

BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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2012 Make it a Bucketfilling Year!

By Glenny Merillat, Bucket Fill-osophy Editor



Another year is here. What will the next 12 months hold for each of us? Will we be healthy? Will we find the coming year one of too much challenge or just enough challenge to increase our self-confidence and make us stronger? Will our lives become more complicated or less so? And on and on. None of us can know what lies ahead, but I believe that the attitude with which we face each day will determine how our year unfolds.

And while it is conventional behavior to look ahead to a new and brighter year, I ask that you indulge me as I recall something wonderful that happened last year. In 2011, Carol McCloud, whose friendship I've enjoyed for nearly 30 years, "gave birth" to *Growing Up with a Bucket Full of Happiness — Three Rules For a Happier Life*, a book written for preteens and teens. Carol didn't stop with *Growing Up*, but developed *My Bucketfilling Journal* for continued practice of the three rules of bucket filling.

I know we introduced this award-winning book and journal here last year, however I thought they were worth mentioning once again because, sadly, our young people continue to experience bullying in school and online. We've all read the news reports and learned of some alarming cases. Carol's goal last year was to write a book that would give children the tools to cope with the growing problem of bullying, while introducing them to the wisdom and power of bucket filling.

All teachers understand that repetition and practice are essential to learning and forming good habits and I truly believe that if the book is read and the Journal is used, together they will make a difference. I heartily recommend them.

Having lived on the planet for 74 years, I am aware of life's uncertainties. Whether you are a "grown-up" or a child; one moment you can be up and then something happens and you are literally on the floor, either physically or mentally. As I wrote at the top of the page, attitude plays an essential role in how much we appreciate our "ups" and how well we handle our "downs." Having a bucketfilling attitude will give you a distinct advantage with both.

And, when it comes to the downs, I also believe that a person's first responsibility is to realize that life isn't always kind or easy or fun. Nor is it all rainbows and roses. So, what we do when something interferes with our happiness becomes extremely important.

I'm not saying that I'm consistent with this approach, but I do think that it is very helpful to silently examine our emotions and thoughts and ask ourselves a few questions. For example: In the general scheme of things, how important is this? Do I have the time to do this? Am I going to waste my time worrying/talking/getting upset about this? There are many questions you can ask yourself as the year unfolds. It's when you don't take the time to stop and ask, that you find yourself mired in negative territory.

And, as a dedicated member of the Bucket Fillers team, I believe there is one question that you should ask at the end of each day for the rest of your life, "**Did I fill a bucket today?**"

Wishing you a Happy Bucketfilling New Year!

Making a Difference

Congratulations Selih!

The Bucket Fillers Team

has visited

755

*schools and organizations
in the past five years*

Visit our website for a complete list of
bucketfilling schools and organizations.

Designed and edited by Glenny Merillat

Selih, a host at the Anchorage Sheraton, Anchorage, Alaska, 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

Words of Wisdom

"Happiness is when what you think, what you say, and what you do are in harmony." — Mahatma Gandhi (1869-1948)