



# BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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## Just For Today

By Carol McCloud

Today, like every day, is filled with many opportunities to fill your own bucket and the buckets of those around you. Today, is also the day to consciously avoid dipping and to remember to use your lid to keep your bucket filled.

The following suggestions were written over one hundred years ago by Sibyl F. Partridge and were printed in the 1916 edition of Dale Carnegie's *How to Stop Worrying and Start Living*.

These 10 affirmations are as important to happiness and a full bucket today as they were a century ago:

1. Just for today I will be happy. This assumes that what Abraham Lincoln said is true, that "most folks are about as happy as they make up their minds to be." Happiness is from within; it is not a matter of externals.
2. Just for today I will try to adjust myself to what is and not try to adjust everything to my own desires. I will take my family, my business and my luck as they come and fit myself to them.
3. Just for today I will take care of my body. I will exercise it, care for it, nourish it, not abuse it nor neglect it, so that it will be a perfect machine for my bidding.
4. Just for today I will try to strengthen my mind. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.
5. Just for today I will exercise my soul in three ways. I will do somebody a good turn and not get found out. I will do at least two things I don't want to do, as William James suggests, just for exercise.
6. Just for today I will be agreeable. I will look as well as I can, dress as becomingly as possible, talk low, act courteously, be liberal with praise, criticize not at all, not find fault with anything and not try to regulate nor improve anyone.
7. Just for today I will try to live through this day only. Not to tackle my whole life problem at once. I can do things for twelve hours that would appall me if I had to keep them up for a lifetime.
8. Just for today I will have a program. I will write down what I expect to do every hour. I may not follow it exactly, but I will have it. It will eliminate two pests, hurry and indecision.
9. Just for today I will have a quiet half-hour all by myself and relax. In this half-hour sometimes I will think of God, so as to get a little more perspective into my life.
10. Just for today I will be unafraid. Especially I will not be afraid to be happy, to enjoy what is beautiful, to love, and to believe that those I love, love me.



**Yes, bucket filling is about doing your best just for today and every day of your life.**

### Bucket Chuckle

#### The way it goes....or doesn't

A woman decided to take an aerobics class for seniors. She bent, twisted, gyrated, jumped up and down, and perspired for an hour, but by the time she got into her leotards, the class was over.

*Designed and edited by Glenny Merillat*

### Congratulations Noreen!

Noreen Owens, of Hartland, Michigan, 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

**"As a blossom can't tell what becomes of its fragrance, we can't tell what becomes of our influence."** - Author Unknown

