



BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

Volume 6, Issue 22

Week of December 30, 2012

The promise of bucket filling

By Donna deWitt Schnell, Bucket Fillers Team Member

By the time you have an opportunity to read this, you will have said farewell to 2012 and turned your attention to a brand new year.

The media, from blogs to bylines, have once again reviewed the "top" news stories of the past 12 months reminding us of what was uppermost in our minds as the weeks flew by. Some of it filled our buckets, some dipped into our buckets, and some gave us practice in using our lids.

With the arrival of 2013, many of us will resolve to make improvements in our lives. These resolutions, or promises, are commitments to a coming year that is better, more rewarding, and happier.

Among the most popular yearly promises are: Lose weight, eat healthy, exercise, drink less alcohol, quit smoking. You'll notice that most of these relate to improving one's physical health. However, there is a missing component that is essential in order to enjoy a truly happy new year.

While physical health is a wonderful thing, it is very rarely achieved without *social and emotional health*. When you include these components, you increase your ability to experience a brighter and better new year. In fact, a bucket filled with the promise to take care of your body and nourish your emotional health and relationships will sustain you through 2013 and all the years of your life.

When our Bucket Fillers team presents in school assemblies and professional development sessions, we end our program by asking the audience to stand and join us as we recite our bucket filler's pledge:

"I promise to do my best every day to be a bucket filler, not to dip, and to use my lid for myself and others at home, at school, and everywhere I go."

2013



*I resolve to:
Watch what
I say.
Watch what
I think.
Be kind to
everyone
including
myself.*

Although we end our programs with the bucket filler's pledge, its words begin a commitment, or promise, to make bucket filling a part of our thoughts, emotions, and actions.

Make the bucket filler's pledge a daily habit. Let it flow through your days and fulfill itself. You'll discover that life will be better and your relationships more satisfying. As you fill the buckets of others, your own will be filled. You will realize that you are dipping less, laughing more, and viewing the world through loving eyes.

May you continue to experience the joy of bucket filling and may your bucket be filled with the emotional and physical resilience needed to meet life's inevitable challenges.

Promise yourself that you will keep your promises and have a **HAPPY NEW YEAR!**

Bucket Chuckles

These are called PARAPROSDOKIANS

- I used to be indecisive. Now I'm not so sure.
- You're never too old to learn something stupid.
- To be sure of hitting the target, throw first and call whatever you hit the target.
- Nostalgia isn't what it used to be.
- Change is inevitable, except from a vending machine.

Congratulations, Nick Summers!

Nick Summers, of Newark, Ohio, 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

"Tenderness and kindness are not signs of weakness and despair but manifestations of strength and resolution."

— Kahlil Gibran