



BUCKET FILL-OSOPHY 101™

Words of Wisdom to Keep Your Bucket Filled

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Seven Bucketfilling Years

By Carol McCloud

It's been seven busy, productive and rewarding years since we published our first book, *Have You Filled a Bucket Today?*

We now have bucketfilling books in eight languages with one million copies sold and 48 awards received. We've given 2,500 presentations, visited 900 schools and organizations, have 100 products for sale on our web site and best of all — *there are millions of new bucket fillers around the world.*

I am very proud of each member of our Bucket Fillers Team. They have worked hard and smart and consistently looked for new opportunities and better ways to achieve our goals. They have refused to give up when the going got tough. When there were challenges, they faced them as a team. They continue to fill buckets and keep their own buckets filled.

Over the years we've taught that:

• **Bucket filling works.** The good we make happen for others, happens to us . . . in schools, families, workplaces and communities.

• **We can all create positive change.** Bucket filling begins with adults, parents, principals and team leaders.

• **There is always more to learn.** Success comes more quickly to those who are open, active learners, who readily absorb information and enthusiastically explore new ideas.

• **Setting priorities is a priority.** No one can be in two places at once or do everything that's asked of them. We need to make wise choices and help others understand why we aren't able to fulfill their requests.

• **We need to be aware of our emotions and thoughts.** Whether they are positive or negative, everyone can learn from their emotions and thoughts. Positive thoughts will work for us in a variety of life-affirming ways.

• **We need to take good care of our individual buckets.** Our bucket is important because it represents our mental, emotional, social and spiritual health, all of which can positively or negatively affect our physical well-being.



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• **Rules are good.** We created a list of bucketfilling rules to live by that help keep bucket fillers on track:

- 1) *Be a bucket filler. Be kind.*
- 2) *Don't dip. Don't be mean.*
- 3) *Use your lid. Be understanding, compassionate and forgiving. Practice these rules each day.*

• **Bucket filling is love in action and the greatest motivator in the world.** We've received hundreds of positive responses to bucket filling during the past seven years that have confirmed this statement and filled our buckets.

We continue to learn and teach and hope that you do the same as you continue to make bucket filling an important part of your life.

As the picture above proclaims, this is our final newsletter for the 2012-2013 school year. Look for us in early September with a new streamlined message and more bucketfilling ideas.

Our focus for the coming school year will be on Professional Development, beginning with two days in Brighton, Michigan (Wednesday, June 26 and Thursday, July 18).

Our Fall travel calendar is filling up fast; consider making a positive change in your organization. Reserve your date as soon as possible.

The Bucket Fillers Team

Words of Wisdom

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company . . . a church . . . a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past . . . we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude . . . I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you . . . we are in charge of our attitudes. — Charles R. Swindoll, pastor, author, and educator.

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