

Bucket Fill-osophy 101™

Words of Wisdom to Keep Your Bucket Filled

Week of December 1, 2013

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Good Busy and Bad Busy

Dear Fellow Bucket Filler,

There are two types of busy - good busy and bad busy. Good busy fills our bucket. When we do busy well, life is exciting and activities fill our buckets. Our minds are actually designed to be busy just as our buckets are designed to be full.

Dr. Caroline Leaf, author of *Switch On Your Brain*, says that at any given moment of the day, we have four to seven thoughts going through our brain. Just living is a busy activity.

But good busy can quickly turn into bad busy and empty our buckets. In good busy, we listen and watch in a focused, mindful way; in bad busy, we lose focus and shift our attention haphazardly from one thing to another. When we're in "bad busy," we tend to look at things more pessimistically and react more negatively. We see more "half-empty" than "half-full." Bad busy leads to bad choices, poor decision making, and emptier buckets.

As we enter one of the busiest times of the year, try to stay in "good busy" by doing regular "bucket checks." Stop at regular intervals in your day and become aware of your body and what you are feeling. These feelings, which are neither good nor bad, are actually signals to get your attention. They let you know when good busy is switching to bad busy.

Good busy is living with a full bucket. It's remembering that it's not about the *quantity* of what we do; it's about the *quality* of what we do. Any job worth doing, is worth doing well.

To your bucketfilling success,

The Bucket Fillers Team

Our Bucket Filler of the Week*

Cori Wrobel, a teacher, from Brainerd, MN

*E-newsletter winners are randomly selected to win a free copy of our latest book, "Bucket Filling from A to Z!"



Bucketfilling Showcase



This issue's picture was shared with us by Marianne Messer, a lecturer at Torquay College in **Victoria, Australia**. This is an aerial photo of the entire school lined up on the field to make the words "Fill a Bucket"!

We invite you to showcase your organization's bucket filling in our worldwide e-newsletter. Email a picture of your bucketfilling bulletin board, mural or other artwork to info@bucketfillers101.com.

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