

Bucket Fill-osophy 101™

Words of Wisdom to Keep Your Bucket Filled

Week of May 11, 2014

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R is for Respect

Dear Fellow Bucket Filler,

Respect is owed to everyone. It starts when you're polite, using your good manners and treating others right.

These words from the R page in our award-winning picture book, *Bucket Filling from A to Z: The Key to Being Happy*, offer an opportunity to teach an important life lesson. This lesson is knowing the difference between "respect" and "trust."

Respect is *owed* to everyone, regardless of who they are or what they have done and regardless of how wounded or angry you feel. Bucket fillers make a deliberate and conscious effort to demonstrate genuine respect to everyone. They have learned how to not let their anger or hurt feelings take control and cause them to be disrespectful and dip into a bucket. Bucket fillers rise to the occasion and therefore see themselves as victors, not victims. This "respectfulness" shows respect for one's self and for the other and fills both buckets.

Trust, on the other hand, is not owed; it is *earned*. A person must be deemed worthy of your trust (or trustworthy) based on your past experiences with them. If someone violates your trust by breaking a promise or treating you poorly, they must earn your trust back. It may take a long time for you to trust, rely on, or have faith in them again.

Understanding this difference between "respect" and "trust" helps us all become better bucket fillers.

Respectfully,

Carol McCloud, The Bucket Lady

Our Bucket Filler of the Week*

Becky Grady, Dean of Student Learning, at All Saints Academy in Grand Rapids, MI

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

Bucketfilling Showcase



This week's picture was shared with us by Mrs. Sandy Gould, Principal at **Eagle Rock Elementary School** in **Eagle Rock, Virginia**. Their oversized bucket made a huge statement for everyone to see when they entered their school!

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.