



Bucket Fillosophy™ 101

Words of Wisdom to Keep Your Bucket Filled

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The Lid: What is it?

Dear Fellow Bucket Filler,

Even though you are a terrific bucket filler and do your best to avoid dipping into another person's bucket, your bucket can still be empty. You may not have learned about your bucket's protective device, the lid.

We all have lids that, when used properly, can protect the good thoughts and feelings inside our buckets. Your lid is the thoughtful, honest, clear-thinking part of you that helps you keep your bucket full. Your lid can't change what happens to you but it can determine how many positive thoughts and feelings are removed from your bucket and for how long.

The first step in using your lid is to identify the moment you feel hurt, angry or have a negative reaction to what's happening. The second step is to stop, breathe deeply, and take time to understand the situation. This pause allows you to move past your upset feelings to a basic understanding that, when other people act uncaring or mean, it's a signal that they have a problem. Whatever the reason for the dipping, their behavior can totally empty your bucket if you allow it.

It is important to understand that using your lid is not easy, especially when the hurt is deep and the relationship is important. The next time someone inadvertently or deliberately dips into your bucket visualize a bucket that's less than full. Make an effort to understand what caused the dipping. Stress, anxiety, illness, worry, low self-esteem as well as many other factors can cause bucket dipping. When you can recognize an empty bucket, your anger and hurt often diminishes. You actually begin to feel compassion and a desire to fill the bucket of that person. Allow yourself whatever time it may take to learn to use your lid. When you succeed, you will discover how much more enjoyable life can be.

May your bucket be full,
Carol McCloud



Our Bucket Filler of the Week*

Nancy Norris of Jackson, MI

*E-newsletter winners are randomly selected to win a free copy of our latest book!



Bucketfilling Showcase

This week's picture was shared with us by Stephanie Manning, School Counselor, at **Van Buren Elementary in Plainfield, Indiana**. Their school lives the bucketfilling concept each and every day!

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

Most of our subscribers are educators looking for classroom ideas. We have many ideas on our [Free Resources](#) page. Our books and other items are available for [purchase online](#). If there is something you are particularly interested in, please [contact us](#). At the request of many readers, past e-newsletters are available on our [website](#).

Sincerely,

The Bucket Fillers Team

Stay Connected



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