



Bucket Fillosophy™ 101

Words of Wisdom to Keep Your Bucket Filled

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Make it Count

Dear Fellow Bucket Filler,

The past year, 2014, has come and gone. Before you move too far into 2015, why not take a few moments to think about the highlights of your past year. What actions are you most proud of in 2014? Did you help a friend or make a new friend? Did you surprise someone with an unexpected act of kindness? Was there an exciting project you completed? Did you learn something new or help a child learn something new? Can you think of some buckets you filled?



This past week, you probably heard many greetings wishing you peace, health and happiness. I wish you those things, too. However, we should never forget that the greater part of our peace, health and happiness is *our* responsibility. In our lives, all three "wishes" are very much connected to what we do. Exercise and eating right lead to better health. Peace comes when we learn to control our words and actions and let go of offenses and regret. Honor, respect and acceptance of ourselves and other people are attitudes we choose that ultimately lead to more happiness.

We have all just opened the book of 2015 with 365 pages to fill. The chapters are named the same and the first chapter is January. You are the author of your book and I am the author of my book. We are the ones who will put words and pictures on each page. What will be our stories for 2015? Each page offers a valuable opportunity to set a new course, to make a difference, and to make the year count.

Wishing you a bucketfilling new year,
Carol McCloud

Our Bucket Filler of the Week*

Stacey Jackson of Cross Lanes, WV

*E-newsletter winners are randomly selected to win a free book!



Bucketfilling Showcase

This week's picture was shared with us by Beth Yarmak. Her niece attends **Clinton Elementary School** in **Clinton, MI**. What a great mural to remind everyone to fill a bucket today!

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

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