



Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

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Conscious High Road Habits

Dear Fellow Bucket Filler,

In our last newsletter, we explained how easy it is to automatically swerve onto the low road of bucket dipping. Many consider low road habits to be automatic or "second nature" because they have been repeated so long that they seem innate.



In his book, *The Power of Habit*, Charles Duhigg explains that habits never really disappear; they can only be replaced. Fortunately, regardless of age, we can build new pathways in our brain by consciously replacing any "low road" habit (criticizing, blaming, complaining, etc.) with a "high road" habit.

Many influential moral leaders and psychology experts have taught the importance of high road thinking. The Golden Rule is an example. When you intentionally do something, however difficult, that treats another as you would want to be treated, you've taken the high road.

Stephen Covey has inspired millions in high road habits with his best-selling program, *The Seven Habits of Highly Effective People*. Dr. William Glasser defines Seven Caring Habits (high road habits) in his *Choice Theory: Supporting, Encouraging, Listening, Accepting, Respecting, Trusting, and Negotiating differences*. These caring, high road habits define true bucket fillers.

I've learned through training in emotional intelligence and life experience that taking the high road is much more difficult when the limbic (feeling) center of our brains are provoked. When our buckets are dipped, our first impulse is to take the low road and dip back. Conscious practice is needed to safely navigate this dangerous intersection in our brain's feeling center. High road thinking and behaving require thoughtful self-control and practice until we develop a new road or a new habit.

Over the next two weeks I'd like you to recognize opportunities that will allow you to practice choosing high road habits. Practice with family, coworkers, neighbors, strangers, children - everyone. Turn these behaviors into habits and you will feel your bucket fill with happiness.

Stay tuned for more,
Carol McCloud

Our Bucket Filler of the Week*

Sheila Parks of St. Paul, Alberta, Canada

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



Bucketfilling Showcase

This week's picture was shared with us by Nancy Burger from **Country View Elementary School** in **Winfield, KS**. A parent volunteer free-hand painted this mural in the school's front entryway. What a great bucketfilling reminder for each person to see as they enter their building!

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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