



Bucket Fillosophy[®] 101

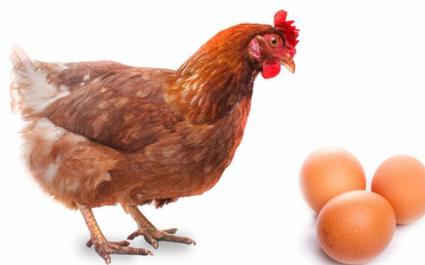
Words of Wisdom to Keep Your Bucket Filled

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Which Came First? An Age-old Question

Dear Fellow Bucket Filler,

Which came first, the chicken or the egg? We've all been asked this question at some time in our lives. I'd like to ask a similar question related to bucket filling: Which came first, happiness or kindness? Are we happy first and then kind, or are we kind first and then happy? There is a definite correlation between our happiness levels and the amount of kindness in our lives.



We define happiness as a full bucket and we know that our bucket's happiness level increases with both words and acts of kindness. Kindness includes other people's kindness to us (which we don't control) and our kindness to others and ourselves (which we do control). This might lead you to think that kindness comes first. Bucket fillers are kind people who treat themselves and others well. As a result, they are happier people.

Or, does happiness come first? Happy people are kinder people. When our bucket's happiness level is high, we tend to be friendlier and kinder. The happiness in our buckets spills over to others. However, when we're feeling hurt, angry, or otherwise unhappy, we usually don't feel like doing friendly, kind, bucketfilling things. It takes a wise bucket filler to know that filling buckets is a great antidote for all manner of unhappiness.

I believe that kindness and happiness are twins. If you want to be happier, practicing daily kindness is the best way to begin: Hold doors open. Relinquish a parking space. Give someone a sincere, heartfelt compliment. Send a sweet text to someone you love. Offer forgiveness. Call a friend and listen. Take time to laugh and play with your children. Look in the mirror every morning, smile and say, "Hey, good lookin'. What kind of kindness are you cookin' up today?"

Happiness equals Kindness and Kindness equals Happiness. Together they equal a happier, bucketfilling life.

Happy Bucket Filling!

Carol McCloud

Our Bucket Filler of the Week*

Toni O'Brien from New Maryland, New Brunswick, Canada

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

Bucketfilling Showcase



This week's picture is to honor a huge bucket filler, **Margaret Butler**, who passed away recently. Margaret was a teacher for 30 years at Irmo High School in **Columbia, SC**. Not only was Margaret awarded Teacher of the Year in 1998, but she taught the Teacher Cadet Program by helping train future teachers. She always read *Have You Filled a Bucket Today?* to her students. She was truly a bucket filler!

Note: Photo courtesy of Irmo High School

We invite you to share! Email a picture of your bucketfilling person, bulletin board, mural or other artwork to info@bucketfillers101.com.

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Sincerely,

The Bucket Fillers Team

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