



Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

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Effort Always Precedes Success

Dear Fellow Bucket Filler,

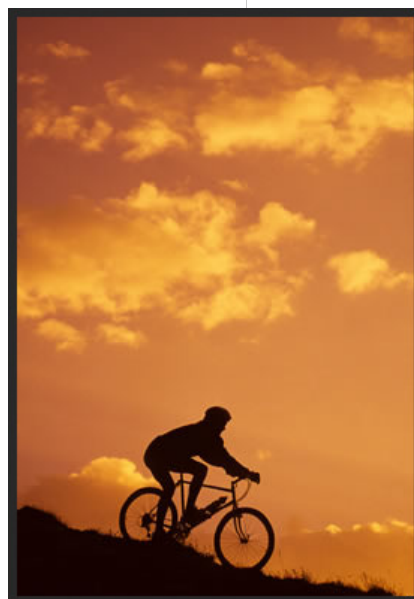
I've been active in various sports for a significant chunk of my life. I played basketball and softball in my teens, then tennis in my 20s. I participated in many long-distance runs in my 30s and 40s, and spent a lot of time on my bicycle in my 50s and my early 60s. Now, in my mid-60s, I'm learning a new sport - golf.

Each sport required me to learn and practice new skills and invest time and effort to improve them. When I performed well or achieved a personal best, especially after much effort, my bucket was filled with a feeling of accomplishment.

Sports taught me a number of important life skills. I learned that discipline, practice, and perseverance are essential. I learned it's not about winning, it's about doing your best, knowing that your best is different on different days. I've enjoyed hours of active fun with friends while enhancing my physical, mental, emotional and social health.

Our daily Bucket Fillers' work is a lot like sports; we coach people of all ages on how to fill buckets and keep their own bucket filled. Our team knows that it takes effort and practice to develop bucketfilling skills and that advanced skills require more effort.

Just as it takes greater effort to bicycle uphill than coast downhill, it takes more effort to fill buckets with forgiveness than with compliments. Effort in self-control is needed to resist the urge to dip into someone's bucket after they've dipped into ours. It takes effort and empathy skills to overcome our natural tendency to react defensively when we feel slighted. Practice in using our lids helps us stop, reflect and respond calmly.



Advanced bucketfilling skills, such as these, are only developed with effort, practice and perseverance. When the day arrives that we know what to do instinctively, we will realize that the personal rewards are well worth the effort.

Happy Bucket Filling!

Carol McCloud

Our Bucket Filler of the Week*

Kelly Case from Salem, Wisconsin

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

Bucketfilling Showcase



This week's picture was shared with us by **Amy Terminello**, Miss Southwestern Virginia Teen in Training 2015. Amy loves being a public figure to help make a difference in her community. She loves to talk about bucket filling every where she goes. She even leaves buckets in classrooms for kids and teachers to fill!

We invite you to share! Email a picture of your bucketfilling person, 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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