



# Bucket Fillosophy<sup>®</sup> 101

## Words of Wisdom to Keep Your Bucket Filled

Volume 9, Issue 18  
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### An Attitude of Gratitude

#### Dear Fellow Bucket Filler,

November is Gratitude Month. Developing and expressing gratitude is a wonderful way to keep your bucket full. Gratitude begins when we become aware of everything that makes us happy and thankful.

Today, as I sat quietly in my comfy armchair I thought, "I love the soft music playing in the background. I love the blue skies, puffy white clouds and sunshine outside my window. I love the taste and aroma of the peppermint tea in my cup, the people in the photos on my desk, my husband's voice calling from another room to remind me that it's nearly time for lunch. I love the books in my bookcase, the staff in our Bucket Filling headquarters and knowing they are well and taking care of our growing business. I love hearing from my teammates, friends and family. I love my new bucket charm necklace. I love my work. I love filling buckets."



Whatever makes us happy fills our buckets. Happiness will fill your bucket even more when you realize it, think about it, and express gratitude for it.

Try it. Think about, and make a written list, of at least five things that you love, appreciate and are grateful for. Did you feel your bucket fill as you thought about them? I would like to gently urge you to stop for a moment each day during this month of gratitude and reflect on the things that bring you happiness. Now take the next step and express your heartfelt gratitude and love for the people, pets, events and things in your life and feel your bucket fill even more. And always remember that saying, "thank you," or "I love you" to others will fill their buckets, too.

Happy Bucket Filling!

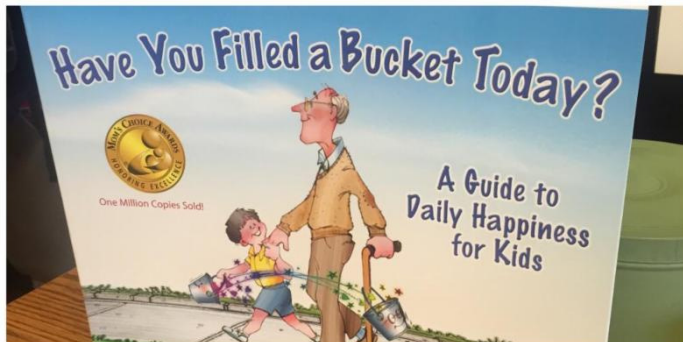
Carol McCloud

## Our Bucket Filler of the Week\*

Emily Broadhurst from Winscombe, Somerset, U.K.

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

### Bucketfilling Showcase



This week's pictures were tweeted by **Carrie Sinone**, a teacher in New Jersey. Carrie taught her students about bucket filling to start off the school year. They even made individual origami paper buckets!



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

