



# Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

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## Positive Labels Only

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Labeling is part of our culture. Labels give us information about every product on the market and can be very helpful. However, there is another kind of labeling that is far from helpful. We call these **negative labels** and they are used to negatively describe or identify others or ourselves. Negative labels can be devastating and can have long-term harmful effects. Children are especially vulnerable to them.

Positive labels inspire us and create within us a desire to live up to them. Many of our Bucket Fillers products, from signs to songs to stickers, state the affirmative . . . I AM A BUCKET FILLER or WE ARE BUCKET FILLERS. These are wonderfully positive statements about who we are and how we want to live our lives. It's a compliment when someone says to you, "You are a great bucket filler" and it's an effective affirmation when you repeat these words to yourself.

## We are Bucket Fillers!



On the other hand, it's an insult and verbally abusive to call anyone a "Bucket Dipper" or "Bully." All of our presentations and books show the "dipper" outside of the person. It's the negative behavior that is hurtful. While bucket dipping can become a habit, it should never earn anyone the label of "bucket dipper." The truth is: No one is perfect and even bucket fillers occasionally dip into someone's bucket.

We are multifaceted, imperfect human beings. Bucket dipping occurs more often when we are angry, fatigued, envious or stressed and our buckets are not full. That's when we are more likely to respond to people with words or actions that dip into their buckets. While we can learn to recognize our negative feelings and gain better self-control, we will never be perfect.

When we use only positive labels and teach our children that negative labels hurt, we are showing them how to be successful bucket fillers.

Happy bucket filling!

*Carol*

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