



Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

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Love is Patient



[Click for Video: Carol McCloud talks about this week's e-newsletter](#)

"*Love is patient*" is the first description for love found in the Bible in I Corinthians chapter 13, alluding to the importance of patience. This "Love Chapter" is commonly read during a marriage commitment ceremony, yet how many of us really understand the value of patience and not just in marriages?

Good relationships require patience and we all appreciate patience being extended to us. Just the other day, I heard a busy cashier thank a customer for being so patient after waiting in line.

Patience is a prerequisite for happiness, not just for those to whom it is extended, but also to those who extend it to others. Wouldn't we all be happier and more beautiful people if we developed more patience?

Like any aspect of bucket filling, patience is a learned skill. Anyone can develop patience with desire and practice. We discuss this in our book, [*Bucket Filling from A to Z*](#). The first step is to continually monitor yourself and notice when and where your patience is being tested. Is it at home, at work, in traffic, with others, with yourself, or elsewhere? As you notice your escalating impatience, consciously switch into a lower gear and breathe deeply to bring calm. Simply ask yourself how you want to behave here and what really matters to you. Slowly but surely your patience will grow and you will feel the benefit.

Make a commitment to becoming a more patient and loving person. My green "I AM A BUCKET FILLER" wristband on my left wrist is my reminder.

Happy Bucket Filling,



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