



Bucket Fillosophy[®] 101

Words of Wisdom to Keep Your Bucket Filled

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Bucketfilling Love



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

In honor of Valentine's Day, I wanted to share some thoughts about love that have been reinforced over the past six years since I started working at Bucket Fillers, Inc. When I began working here, I considered myself to be a friendly person who valued others. But when you consistently work in an environment that teaches and promotes kindness in everything, it forces you to re-evaluate your own measuring stick.

I am not speaking of love in regards to marriage or any sort of romantic love. I am referring to the love that we display on a daily basis to our families, friends, coworkers or even the check-out person at our local grocery store. Bucket filling is love-in-action. Isn't it easy to reciprocate a smile for a smile and a hug for a hug? It's easy to fill buckets when our bucket is being filled in return. But what if we are challenged with a relationship where someone continually dips into our own bucket? How do we react? Do we dip back or extend them grace?

I once had a friend who referred to someone as an "EGR." That was his acronym for the people or situations in his life that prompted him to behave with "Extra Grace Required." What I didn't realize, back then, that it was his way of "using his lid." With practice, he learned that there were people in his world that he needed to extend grace towards or else his bucket would feel dipped. He wasn't bitter; he just accepted that there are always going to be people in our lives who dip. With his acceptance, he was "using his lid."

My hope for you today is that you are able to protect your bucket through the inevitable dips that life will bring your way. There will be dips from strangers and even dips from those whom we love. Dipping hurts. But advanced bucket fillers have learned, through much practice, that it is still possible to love others and extend kindness, even when feeling the dips. Bucket fillers do their best to love in all situations.

With Love,

Sandy

Bucket Fillers Staff Member
