



Bucket Fillosophy®

Words of Wisdom to Keep Your Bucket Filled

Thankful for the Blessings

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As much as Autumn in Michigan is my favorite time of year, Thanksgiving is my favorite holiday. It's a day filled with everything I love without the added stress or worry of material things or added social obligations on the calendar. On Thanksgiving, I'm able to spend time with my dear family, eat a wonderful meal (sometimes two!), and just "be" and reflect on all that life has blessed me with. But this year is different.

Thanksgiving Day is looming on the calendar as a less-than-joyful occasion. We lost Will, who was a very special and loving member of our family. I'm not sure what that day is going to look like for us, as we have been trying to feel normal again. Will was such a huge part of every holiday and, especially this year, we will all be acutely aware of his absence.



As the date on the calendar draws closer, I am trying my best to get back in the habit of starting my mornings with mindful and positive thinking. Bucket fillers know that there is always something to be grateful for. November is the perfect month to be grateful, even if your days are feeling dark or troubled.

When you make the time to truly appreciate your surroundings and the people in your life, and acknowledge them on a daily basis, your bucket will start to feel full again. I am beyond thankful and consider myself so blessed to have my health and my family. We have each other and all the wonderful memories that Will gave us.

To being thankful for the blessings,

Sandy

Sandy Richardson
Bucket Fillers' Office Coordinator



Bucket Fillers