



Bucket Fillosophy®

Weekly words of wisdom to keep your bucket filled

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MAKE IT A HAPPY NEW YEAR!

Dear Bucketfilling Friend,

YOUR bucket is the most important bucket for YOU to keep filled. While young children depend on caring adults to fill their buckets, adults are ultimately responsible for filling their own and keeping them filled. The good news is: You have control over that!

2022 has arrived, and with it, the opportunity to fill many buckets, *especially* your own. Make it a happy New Year starting today. Practice our *Rule #1: Fill your own bucket*. Be extra kind to yourself. Make choices that help you feel good about yourself. Treat yourself like you would treat your best friend--with love and kindness--and watch your bucket fill.

Fill Your Bucket Today!

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Bucket Fillers

