



Bucket Fillosophy®

Weekly words of wisdom to keep your bucket filled

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A three-legged stool

Keeping your bucket filled requires a three-legged stool. You need all three legs to keep the happiness in your bucket. The legs are kindness, self-control, and resilience.

Filling buckets by being kind to yourself and others is an intentional choice. Self-control and resiliency are skills learned and developed over time. Practice in all three approaches makes for a happy bucket.

Fill Your Bucket Today!

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Bucket Fillers

