



Bucket Fillosophy®

Weekly words of wisdom to keep your bucket filled

Volume 16, Issue 7
February 15, 2022

Don't wait for someone else to fill your bucket

Hello fellow bucket filler!

This week I'd like to share a bit of news. On June 30, 2022, I plan to retire, and we will publish our final edition of *Bucket Fillosophy*®. We will have an important announcement that week for our followers, so stay tuned!

Stephen Covey is one of my favorite authors. Habit 2 of Dr. Covey's *7 Habits of Highly Effective People*® is to "Begin With the End in Mind®." In other words, have a plan. My plan over the next twenty weeks is to leave you and the rest of our followers with the most essential bucket nuggets to keep YOUR bucket filled. Week #1's nugget is shown above, and I'll say it again:

Don't wait for someone else to fill your bucket. Fill your own.

Do something every day, even better, several times a day that brings YOU joy. Notice when your bucket is full, so-so, or empty. Good self-care includes good bucket care. It means asking yourself, "*What can I do right now to put more happiness in my bucket?*"

So, here is your weekly homework: Every morning for the next seven days, I want you to think about filling your bucket. Sometimes, life gets in the way, so write down what you plan to do. Then, at the end of each day, ask yourself: *Did I fill my bucket today? If so, what did I do? If not, what could I have done?*

This is your week to practice filling your own bucket. Do something, even as simple as looking in the mirror and saying to yourself, "*Hey, good-looking!*" Affirm the value you bring into the world. Don't wait for someone else to do it for you.

I'd love to hear how you did. Just respond to this newsletter. Be assured; I'll be filling my bucket, too!

Carol

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Bucket Fillers

