



Bucket Fillosophy®

Weekly words of wisdom to keep your bucket filled

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The Law of Bucket Filling

Hi Bucket Filler,

I hope you had a great week by being intentional about filling your own bucket by being good to yourself. I know I did. By being intentional, I worked extra long on Thursday to take Friday afternoon off and go kayaking with our family. It was a beautiful day, and I'm still feeling the lasting beneficial effects of filling my bucket.

This week I'd like you to experience first-hand what we call:

The Law of Bucket Filling:
When you fill someone else's bucket, you fill your own.

I'd like you to intentionally do something loving and fun to fill someone else's bucket. This could be for a friend, your children, or anyone. You can do this on your own or with a group.

Then, I want you to notice how good you feel afterward. That's because you filled your bucket, too! When you do good, you feel good. Once you see how filling buckets is such fun, you'll want to do more of it.

I'd love to hear what you did. It will fill my bucket, too.

Author Carol McCloud

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Bucket Fillers

