



Bucket Fillosophy®

Weekly words of wisdom to keep your bucket filled

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Daily Bucket Filling

Hi Bucket Filler!

I hope you did your homework last week and filled someone's bucket. And, I hope you noticed that it was fun for you, too. Filling someone else's bucket doubles happiness.

Whenever I travel, I look for buckets to fill. Jonathan was the hotel desk clerk who helped recently me with my overnight stay. I thanked him *and* used his name. When I asked him about morning coffee because I was checking out early, Jonathan ran and found me some milk. I expressed my gratitude and, thanks to Jonathan, I thoroughly enjoyed my morning coffee.

This week I'd like you to practice this simplest level of bucket filling. Yes, there are levels. "Daily bucket filling" is the everyday little things you do, like smiling, being courteous, and showing appreciation. It doesn't cost a thing, it doesn't take any time, and it fills buckets. Just practice noticing people. Here's what I'd like you to do this week:

Fill a bucket by giving honest, sincere appreciation.

Who knows whose paths you will cross this week? The grocery greeter or cashier? A food or coffee server? The post office clerk or dental assistant? Make eye contact, use their name, and thank them. Teach your children to do the same.

I'd love to hear what you did.

Author Carol McCloud



Bucket Fillers

