



## Special Acts of Kindness

Hi Bucket Filler!

How did it go last week? Were you intentional about noticing others, using names, and showing appreciation? Congratulations, you've become a *daily* bucket filler. That's the most important kind.

Do you remember last week when I told you about Jonathan, the hotel clerk, who found me milk for my morning coffee? I didn't mention that I ran back to my car to give him a book. Saying "thank you" is terrific, but sometimes you want to do more. Not every day, but sometimes. Special acts of kindness may take a little time or cost a little money, but they won't crush your schedule or budget.

Here's what I'd like you to do this week:

### **Perform a special act of kindness**

This act of kindness could be for someone you know or someone you don't know. It could be spontaneous or you could give it some thought. It's not for a birthday or anniversary. It's just because. Think about what would make someone smile. A greeting card? A small bucket filled with their favorite treats? A handwritten thank-you note left for them? A small gift or gift card?

Again, I'd love to hear what you did. There are so many ways to fill a bucket.

Author Carol McCloud



# Bucket Fillers

