



One-to-One Intensive Bucket Filling

Hi Bucket Filler!

I hope it filled your bucket to do a special act of kindness last week. I sent a card to a neighbor who had called us with great news after her biopsy. The card let her know how happy we were, too. It was minor time and cost to fill her bucket in a more special way.

Now, there is a third, more intensive and longer-lasting form of bucket filling. We call it “one-to-one intensive bucket filling.” It’s a sincere expression of love, respect, and appreciation to a person in your life. Grab your pen and paper. Here’s what I’d like you to do:

Write a handwritten note to fill the bucket of a special person in your life.

Choose one person. Start by writing, “Dear _____, Here are some reasons I love and appreciate you:”

Then, write ten or more reasons *why* you love, respect, and appreciate this individual. Put your heartfelt feelings of gratitude on paper. Be specific. Then decide *how* you will deliver your letter. You could read it on your own or in front of others to share the experience. Bring tissues! Hopefully, hugging is allowed. Next, give them your letter.

At the end of our lives, we want no regrets. Why not share your love this week in a most intensive, bucketfilling way.

Author Carol McCloud



Bucket Fillers

