



Bucket Fillosophy®

Weekly words of wisdom to keep your bucket filled

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Are You Dipping Into Your Own Bucket?

Hi Bucket Filler!

Your self-talk has a major effect on your bucket happiness level.

When you tell yourself, "I'm not smart enough, young or old enough, or educated enough" to do something you want to do, you dip into your own bucket. You also dip when you compare yourself to others, instead of working hard and then comparing yourself to your past. We all share some of this stinking thinking, brain B.O., and mental halitosis. However, there is a fix.

Watch your negative self-talk like a hawk, then change it.

When negative thoughts about yourself pop into your mind, reject them. Tell yourself the opposite. Who says you're not smart enough, young/old enough, or educated enough? Your past does not determine your future. You can prove these statements wrong.

When you alter your self-talk from negative to positive, you change your life and you nurture and fill your bucket.

Author Carol McCloud

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Bucket Fillers

