



The Law of the Lid

Hi Bucket Filler!

You've learned the laws of bucket filling and bucket dipping; now it's time to learn more about protecting the happiness in your bucket. Over the years, many bucket fillers have told me, "I wish I had learned about my lid a long time ago." The Law of the Lid keeps unkind words and bad behaviors from emptying your bucket. The Law states:

**When someone dips into your bucket,
your lid controls how much is taken out.**

Your lid is a filter. It's the thoughtful, clear-thinking, honest part of yourself that allows you to sift through negative triggers constructively. As soon as you feel the "ouch" of a bucket dip, stop and ask yourself, "Is this a reflection of their issue, or is there any basis for it?" "What can I learn from this?"

Your lid stops you from jumping to conclusions, making assumptions, and taking things personally. It helps you sort through a sticky or hurtful situation.

Take some time to reflect on how often you use your lid to keep your bucket filled. Next week, we'll cover some "Facts of Living."

Author Carol McCloud

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