



## Protect Your Happiness with 10 Facts of Living

Hi Bucket Filler!

Protecting the good thoughts and feelings in your bucket is not easy when you (or your children) experience disappointments. Reminding yourself that you can't control everything helps you recover from the bucket dips in life more quickly. Acceptance of these basic "facts of living" from our *Growing Up with a Bucket Full of Happiness* chapter book will help you keep, or restore, the happiness in your bucket,

### Bucket Fillers' 10 Facts of Living

1. Some people will be your good friends, and some will not.
2. Sometimes friends and family will let you down. Sometimes you'll let them down.
3. Some people you like won't like you back.
4. Sometimes you'll make the team, and sometimes you won't.
5. Sometimes you'll win, and sometimes you'll lose.
6. Some things in life are just not fair.
7. Sometimes you'll work hard and get a good result, and sometimes a bad result.
8. Some people will judge you even before they get to know you.
9. Sometimes people will say or do things that hurt very much.
10. No one chooses the body or talents they are born with, only what they do with them.

These disappointments may dip into your happiness, but they don't have to empty your bucket. Your attitude toward what happens is the lid that protects your joy. Acceptance and letting go are keys. As you fill buckets (yours and others), your bucket will fill up again.

Author Carol McCloud



# Bucket Fillers

