



# Bucket Fillosophy®

Weekly words of wisdom to keep your bucket filled

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## Onward and Upward . . .

Hi Bucket Filler!

Time is your most precious commodity—you cannot buy more of it. For that reason, this is my last newsletter. I've loved every minute of filling buckets, and now my Bucket Filler books, sessions, and activities are in the competent hands of:



Cardinal Rule Press (CRP) is offering 20% off all books with the promo code **WELCOME** to celebrate!

CRP's founder and publisher, Maria Dismondy, is youthful, energetic, and passionate about kids reading great books. **Check out this fun video about CRP and the Bucket Filler books!**

I believe we are all born on purpose for a purpose. I will continue to live, teach, and practice the happiness secrets with our Bucket Fillers' Rules:

- Be a Bucket Filler—be kind to others and yourself, that means you must . . .
- Do your best not to dip. Notice what upsets you. Take 90 seconds to pause, breathe, reflect, and consider your best response. This calming period allows your emotions to subside so you can act thoughtfully and appropriately.
- Remember to use your lid. Don't let other people steal *your* happiness. No one is a bucket filler all the time. What other people say and do reflects their state of mind, not you.

In deep gratitude to you, my bucketfilling friend,

Carol

Author Carol McCloud

**Don't forget!**



Sign up for my Summer School Virtual Session, to be held on Wednesday, July 13th at 2:00 PM EDT, for more ideas to keep your bucket filled!

[Website](#) | [Books](#) | [Kid's Stuff](#) | [Teaching Tools](#)



**Bucket Fillers**

