

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

Her bucket is filled...with coffee

Jan Merz, Bucket Filling Team member recently sent us this email; a delightful follow-up to her December 2, 2007 Bucket Nugget.

As you know, I've enjoyed purchasing the coffee for the car behind me at Caribou Coffee several times since last fall. This has become a Friday tradition for me.

Today **my** coffee was paid for by the woman in front of me! Gotta wonder if she'd benefitted from that gesture on another Friday....but now I know what it feels like - and it's **WONDERFUL!**



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Bucket Nuggets from Carol McCloud, The Bucket Lady

What's in your bucket today?

Part One

I'm often amazed at the questions school children ask following our "Have You Filled a Bucket Today?" assemblies.

Not long ago, a young man came up to me at the end of an assembly for third to fifth graders at Hillside Elementary School in Farmington Hills, Michigan.

His question went well beyond his years: "Can we dip in our own bucket?" he asked, with a concerned look on his small face.

I thanked him for his thoughtful question and gave him an answer that, at some level, he probably knew.

"Yes, we can all dip into our own buckets."

Often, without realizing it and in many different ways, we do dip into our own buckets. In fact, it's easy and can be habit-forming.

We dip into our own buckets when:

- we believe, dwell on or magnify negative comments that others have made
- we compare ourselves negatively to others
- we continually replay a failure, a loss, a thoughtless comment, or a simple mistake we have made
- we tell ourselves we can't do something, whether from fear, self-doubt or perceived inability
- we let our fear, anger, hurt or frustration control us

Sadly, over time, our bucket may actually develop holes that do not allow it to fill or hold the love and kindness of others or any positive thoughts we may have about ourselves. A bucket with too many holes makes it extremely difficult to feel good about ourselves.

How can we prevent this from happening?

We can **choose our thoughts**.

Many people don't realize this is possible. And, it's not easy if you are used to thinking negatively or putting the worst spin on life's challenges. However, with practice it can be done.

When you feel sad or lonely or fear the future, examine your thoughts and ask, "What am I thinking or believing that is causing me to feel this way?"

And, as your thoughts become healthier, your feelings will become healthier. And we all know that healthy, vibrant feelings change our energy level and the way we act and view our world.

W. Clement Stone once said, *"What you can conceive and believe, you can achieve."*

One way or another, that's how you fill your bucket.

This week's winners

Congratulations!



To be continued...

Timothy Keitel of the United States Airforce Academy in Colorado Springs, is our Bucket Filler of the Week. Congratulations, Timothy! You have a book coming your way. Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

www.bucketfillers101.com.

Quote of the Week

"Nothing in life is to be feared. It is only to be understood"—Marie Curie

