

# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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## Happy Thanksgiving

How do you feel when your bucket is full?

Children have enthusiastically told us that they feel "fantastic," "awesome," "overjoyed," "happy" or "excited."

We've also heard "appreciative," "proud," "grateful" and "thankful."

We love to hear *thankful*.



As a nation we gather on the fourth Thursday each November to recognize and give thanks for our blessings.

The pilgrims who survived the hardships of life in a vast new land were thankful for the Native Americans who taught them how to raise the food that sustained their colony throughout the brutal New England winters.

These travelers to the new world were thankful for life itself.

Today, we enjoy longer lives filled with many freedoms. We live in a country where people generously step up and help others who are facing challenges in uncertain times.



The Bucket Fillers recently spoke to the Greater Federation of Women's Club in Charlotte, Michigan. This wonderful group of women is truly a devoted community *service* organization.

Brynda Filkins, Program Chair, described her family's wonderful Thanksgiving Day tradition:

*"We have kept a Thanksgiving Journal since my grown children were small. Each year, we bring it out and add a new year of things that we are all thankful for. This journal is priceless."*

It's so important to be thankful for what we have. Those who have developed an attitude of gratitude are most often bucket fillers.

And, as the Filkins family knows, remembering past blessings and adding new ones will fill your bucket.

YOUR BUCKET FILLING TEAM

*Thanksgiving 2008*

**BUCKET FILLERS, INC.**

PO Box 255, BRIGHTON, MI 48116 PHONE: 810.229.5468 FAX: 810.588.6782

**WWW.BUCKETFILLERS101.COM**