

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

A busy year!

The Bucket Fillers team travelled thousands of miles as we continued to spread the bucketfilling concept. Our buckets were filled everywhere we went—by children, educators, parents, and so many more.

Published in August 2008, our second book, *Fill a Bucket: A Guide to Daily Happiness for Young Children*, quickly received its first award: One of the *Top Ten Children's Books of 2008* by the Best You Can Be Foundation.

The "bucket" books have been purchased in Australia, New Zealand, China and the Philippines.

We're looking forward to 2009 and another great bucketfilling year!

Carol McCloud



A LOOK BACK AT 2008

436 SCHOOL ASSEMBLIES AND WORKSHOPS

73,250 IN ATTENDANCE

12 NEW STATES VISITED:

Idaho
Indiana
Iowa
Missouri
New Mexico
New York
North Carolina
Ohio
South Dakota
Texas
Virginia
Washington

TOTAL STATES: 19



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Bucket Nuggets from
Carol McCloud, The Bucket Lady

Remembering 2008

"Every day is an opportunity for a do-over."

—Kathy Martin, M.A. and Bucket Fillers team member

Kathy is right.

A review of each day allows us to set priorities, congratulate ourselves on what we've achieved and examine what we could have dealt with differently. This beneficial habit should also include a review of the day's bucketfilling moments—they are truly among life's blessings.

As you read this, 2008 is drawing quickly to a close.

What a perfect time to examine the past year of our lives and ask:

Of all the buckets I've filled this year, which do I recall with the most joy?

The Bucket Fillers team sat down earlier this month to answer that question. We shared bucketfilling memories of the wonderful teachers, principals, counselors, secretaries, custodians, bus drivers, lunch ladies, children, parents, store owners, readers and so many others who have filled our buckets during the past year. There were easily one hundred stories of people and their wonderful acts of kindness.

Bucket filling continues to touch the lives and hearts of people across the country. In a world of escalating challenges, it is a valuable, simple tool that is helping to create a nation of happy, healthy, productive people.

Principals and teachers regularly tell us that bucket filling makes a positive difference in their schools. Staff, parents and children are enjoying the happiness and satisfaction of filling buckets.

There is less bucket dipping in the world as people take responsibility for their actions and realize that their behavior can have a positive or negative effect on those around them.

Children are standing up for themselves and others, rather than standing by or laughing at mean, bucket-draining behavior. They realize that bucket dippers hurt people and they have learned to offer their protection and kindness.

It's rare to hear or see stories of love, compassion, forgiveness, dedication, and courage on the news or the front page of our newspapers. However, as the days and weeks of 2008 flew by, our lives were filled with bucketfilling stories like those below, some heart-rending, some heart-warming:

- ♥ The husband and wife who lost two teen-age children in a car crash filled our bucket as they talked about all the people who filled *their* buckets during and after their incredible loss.
- ♥ The mother who told us in an email that her son had written 40 reasons he loved her and then read his list aloud during her surprise 40th Birthday Party to "fill her bucket."
- ♥ The mother whose five-year-old daughter suffers from brain damage and seizures, the result of being shaken violently in infancy by another adult, who wanted to tell us that she realized that she must forgive the person responsible in order to have a full bucket or ever know happiness.
- ♥ The father who told us that his nine-year-old daughter got up early one Sunday morning to make him chocolate chip pancakes because they were his favorite and she wanted to "fill his bucket."

Wishing you a happy, healthy, bucketfilling New Year,

The Bucket Fillers Team