

# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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## Making a Difference

### 2010 - A very busy year!

It's been four years since our first book was published and once again, we had a very productive bucketfilling year.

We published our third book, *Growing Up with a Bucket Full of Happiness: Three Rules for a Happier Life*, and to accompany it, *My Bucketfilling Journal: 30 Days to a Happier Life*.

#### A LOOK BACK AT 2010:

- 350 school presentations were given
- 57 round-trip flights
- 8 new U.S. states and 1 Canadian province were visited this year:

- Alaska
- Delaware
- Kentucky
- Louisiana
- Maryland
- Mississippi
- Nebraska
- Nevada
- Ontario



To date, The Bucket Fillers, Inc. Team has visited 33 states and given nearly **2,000 presentations** to **more than one quarter million people** as we work to create bucketfilling families, schools, and communities.

Most important, we have met the most wonderful people along the way—thank you for a very rewarding year.

*The Bucket Fillers Team*

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### Bucket Nuggets

By Carol McCloud, the Bucket Lady

## The journey continues with a Journal

Having taught the concept of bucket filling in more than 650 schools across the country, our team is convinced that bucket filling is the simplest and most effective character development program there is.

We've heard from principals and counselors who report that after introducing the bucketfilling concept to their staff and students, poor behavior incidents have *dropped as much as 70% in a single year. As behavior referrals went down, test scores went up.*

Character development can be defined as "the act of discovering, encouraging, and nourishing a person's positive traits", which include such moral and ethical qualities as caring, responsibility, fairness, honesty, compassion, and respect.

Bucket fillers of all ages have learned that understanding the concept is only part of the process and practicing its principles with bucketfilling words and actions is necessary for giving and receiving happiness.

In each of our books, we emphasize the importance of daily bucketfilling behavior. The final chapter of our latest book, *Growing Up with a Bucket Full of Happiness: Three Rules for a Happier Life*, underscores the necessity of daily practice. This important chapter includes a pledge, questions that encourage self-reflection, and ideas for keeping a journal.

Because any improvement requires practice over a period of time, I wanted to give readers a useful tool with which to practice their commitment to master the three rules for a happier life. I decided to write a companion work book, *My Bucketfilling Journal: 30 Days to a Happier Life*, which includes an eight-question daily quiz for self-reflection, a page to record daily progress over a 30-day period, and one idea for filling buckets the following day.\*

Our sincere hope is that readers will use the companion journal to maximize their bucketfilling experience and enjoy the reciprocating benefits of what it means to be a bucket filler— someone who is a caring and responsible human being. As they practice and develop the skills to avoid meanness (bucket dipping) and use their lids to protect their mental and emotional health, they will discover that they are living happier lives.



\*These pages can be downloaded from the Publications Page of our Bucket Fillers website, [www.bucketfillers101.com](http://www.bucketfillers101.com).

*This week's winner*

## Congratulations!

**Lynn Gutchewsky**, Principal of Brookfield Elementary, Brookfield, Wisconsin, is our bucket filler of the week. Congratulations, **Lynn**! You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by subscribing to our free e-newsletter at [www.bucketfillers101.com](http://www.bucketfillers101.com).

### Quote of the Week

*"We have failed to educate the human heart."*—

**Clara Watchter Feidman, Holocaust survivor**

