



Bucket Fillosophy™ 101

Words of Wisdom to Keep Your Bucket Filled

Volume 9, Issue 5
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High Road or Low Road?

Dear Fellow Bucket Filler,

In our last newsletter, I wrote about a teacher I called "Bonnie" and explained how she handled a side comment that her mother-in-law made on Thanksgiving Day. Because she told me this story several months after it occurred tells me that the words dipped deeply into her bucket. Even though Bonnie didn't react outwardly, she admitted that the words had "ruined her day."

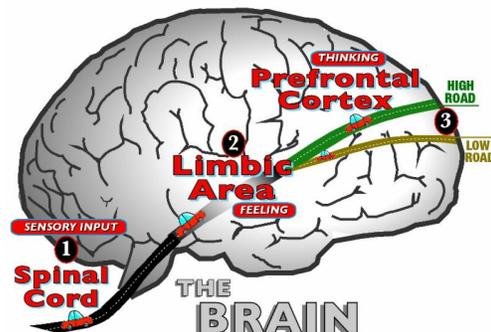
While it is possible to fill the bucket of someone whose words or actions have hurt you, it's not easy. Much depends on whether you consciously choose the high road or automatically take the low road and descend into bucketdipping territory. Most unhappiness and conflict in life can be traced to hurt feelings and a desire to retaliate, which lead to empty buckets for everyone involved.

In the second half of the seminar that Bonnie attended, we asked everyone to fill a specific person's bucket by writing a dozen or more reasons why they love, respect and admire this person. Bonnie chose her mother-in-law. She thanked her for raising such a wonderful man and expressed her appreciation for the time she devotes to family and community. She complimented her decorating and culinary skills and said she hoped to learn from her. Finally, she thanked her for her warm welcome into her husband's family. It was a beautiful bucketfilling letter.

If Bonnie had continued to take the comment personally, complained to others, exaggerated the offense, or refused to see the good in this person, she would have found herself on the low road. Fortunately, she chose to remain on the high road, the bucketfilling road that leads to more happiness in life.

High Road or Low Road?
It's always your choice.

Stay tuned for more,
Carol McCloud



Our Bucket Filler of the Week*

Mary Haworth of Forest Grove, Oregon

*E-newsletter winners are randomly selected to win a free book!



Bucketfilling Showcase

This week's picture was shared on Pinterest from **Wingate Elementary School** in **Wingate, NC**. Their whole school focused on bucket filling the entire month of September!

We invite you to showcase your organization's bucket filling in our e-newsletter. Email a picture of your bucketfilling bulletin board, mural or other artwork to info@bucketfillers101.com.

Most of our subscribers are educators looking for classroom ideas. We have many ideas on our [Free Resources](#) page. Our books and other items are available for [purchase online](#). If there is something you are particularly interested in, please [contact us](#). At the request of many readers, past e-newsletters are available on our [website](#).

Sincerely,

The Bucket Fillers Team

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