

Ideas for Being a Bucket Filler

1. I will smile at five people.
2. I will be the first to say "hello."
3. I will be kind to people I know (and people I don't know).
4. I will say "please" and "thank you."
5. I will pick up after myself.
6. I will treat all people with respect.
7. I will give someone a sincere compliment.
8. I will pay attention when others are talking.
9. I will think before I speak.
10. I will avoid gossip.
11. I will be responsible for my words and actions.
12. I will be fair to others.
13. I will do my work without being reminded.
14. I will have a positive attitude.
15. I will apologize when it's the right thing to do.
16. I will think of ten things I am thankful for.
17. I will be kind even if others are unkind.
18. I will notice when others do good work and compliment them for it.
19. I will put my best effort into everything I do.
20. I will be honest with myself and others.
21. I will volunteer my time for a worthy cause.
22. I will not complain about anything at all.
23. I will treat others the way I would like to be treated.
24. I will be patient when I'm asked to wait.
25. I will give others confidence by encouraging them.
26. I will try to understand how other people feel.
27. I will look for the good in others (and find it!).
28. I will remember that everyone has different talents and abilities.
29. I will start my day with a happy thought.
30. I will be a bucket filler to everyone I meet.