

# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of September 2, 2007 • Volume 1, Issue 5

## Making a Difference

### BUCKETFILLER PRESENTATIONS August 2007

Sessions Taught: 7  
Attendance: 655

Congratulations to these new  
Bucketfilling Schools!

**Harmony Montessori  
Preschool**  
Oak Park, MI

**St. Thomas More Catholic  
School**  
Chapel Hill, NC

**Lamphere School District  
Elementary Teachers**  
Madison Heights, MI

Total Bucket Fillers' Sessions  
Taught through  
August 31, 2007

Sessions Taught: **381**

Attendance: **29,900**

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### Bucket Nuggets from Carol McCloud, The Bucket Lady

## Are you a bucketfilling coach?



Now that school and my busy on-the-road schedule have begun, this is my last week to be a regular part of the 8:30 a.m. class at my favorite gym, the Family Fitness Factory.

### **These fitness classes fill my bucket.**

They are great fun because the instructors, Kathy and Dawn, like most good coaches, are bucket fillers.

Their words of encouragement throughout our sessions—“Great job!” “Excellent work!” “Way to go!” “Just eight reps more, you can do it!”—give us the strength to keep going. They correct our moves and improper positions and they do it kindly.

They remind us to go at our own pace and keep good form.

When we leave, we feel we’ve succeeded.

I’m old enough, disciplined enough, and enjoy the benefits of exercise enough to work out on my own, but I know that I always work better and harder with a good coach.

If this is true for me at age 57, how much more essential is it for a younger person to have a good coach?

I believe we all do better when we have the right amount of encouragement and pressure. Good coaches know that the right amount of pressure is crucial.

I like to think of teachers, supervisors and parents as really being good coaches. A good coach knows and understands that we’re not all the same; we all have different strengths and weaknesses.

And, by knowing this, they bring out the personal best in all of us.



### This week’s winners

## Congratulations!

**Jan Klein, a guidance counselor for Lee County Schools in Fort Myers, Florida, is our Bucket Filler of the Week. We’ve already shipped her an autographed copy of “Have You Filled a Bucket Today?”**

**Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at [www.bucketfillers101.com](http://www.bucketfillers101.com).**

### Quote of the Week

**In the final analysis it is not what you do for your children but what you have taught them to do for themselves that will make them successful human beings.**  
—Ann Landers