

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference



Not just for children

"This book (*Have You Filled a Bucket Today*) is fantastic.

I am an elementary school counselor and it was a big hit when I read it with the Kindergarteners and first-graders at my school.

After a month they are still talking about filling people's buckets.

The story and illustrations are very well done and it's easy for kids to understand.

I highly recommend this book to any parent or educator.

It's even a good read for adults!"

Editor's note: This five-star rating was posted on Amazon.com by "MJK" of Seattle, Washington

BUCKET CHUCKLES

MORE ADVICE

- "Felt-tip markers are not good to use as lipstick."-Lauren, age 9
- "Don't pick on your sister when she's holding a baseball bat."-Joel, age 10
- "When you get a bad grade in school, show it to your Mom when she's on the phone."-Alysha, age 13
- "Never try to baptize a cat."-Eileen, age 8

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*Bucket Nuggets from Carol McCloud,
The Bucket Lady*

Choosing how to live

Randy Pausch was a much-loved Carnegie Mellon University professor who lost his battle with cancer last month. He was only 47 years old, a husband and father of three.

Regarding his terminal diagnosis, he said, **"We cannot change the cards we are dealt, just how we play the hand."**

His "Last Lecture" has been viewed by millions on the internet. Many of the quotes from that poignant and humorous presentation indicate that the world has lost a profound bucketfiller.

Here are a few:

"You can't get there alone. People have to help you..."

All bucketfillers know that it's difficult to achieve much in this world without love and support. People who cheer you on, see the potential in you — and make you see it! — are true bucketfillers. They inspire you to be better than you ever thought you could be. Filling buckets can help fulfill dreams.

"Apologize when you screw up and focus on other people, not on yourself."

This is such a simple thing, however, many people would rather blame another than admit their actions were wrong. Bucketfillers know that blaming another for one's own mistakes is bucket dipping. They choose to sincerely say they are sorry, focus on the feelings of others and work together to repair the situation.

"You just have to decide if you're a Tigger or an Eeyore."

Every parent and teacher is familiar with these two characters from A. A. Milne's classic Winnie the Pooh books. As we begin each new day we have a choice; we

can go out into our world with our head down and a mournful look on our face or we can show the world that, even though we may be dealing with challenges, we have the strength and desire to be like Tigger, filled with energy, enthusiasm and a lively interest in what's happening around

us. We can choose to fill the buckets of others and not dwell on ourselves.

Randy Pausch chose to be "a Tigger."

We can, too.



This week's winners

Congratulations!



Dale List, of Libertyville, Illinois, is our Bucket Filler of the Week. Congratulations, Dale! You have a book coming your way. 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.

Quote of the Week

"Experience is what you get when you didn't get what you wanted."

—Randy Pausch 1960 - 2008

