

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

All who enter here

Remember...fill a bucket!



No dipping allowed!

My stepdaughter experienced the Bucket program a few years ago at da Vinci Institute in Jackson, MI.

At that time, I printed a sign (above) for our back door.

I am an officer in a long-standing Christian Mother's organization at Spring Arbor Free Methodist Church (church to Spring Arbor University).

My fellow officers have had similar 'bucket' experiences with their kids (we all have copies of your book) through school programs and we unanimously decided that "bucket filling" would be our theme for the upcoming Mother's Club year. We are excited beyond words and have some terrific ideas to take the 'bucket filling', life-changing concept to another level in Christian mother's lives and subsequently the lives of their children, husbands, families, friends, etc.

Kelly Berry Crippen, PR Director & GRACE Guardian, Mother's Club Spring Arbor Free Methodist Church

BUCKET CHUCKLES

Skin deep

A little boy watched, fascinated, as his mother covered her face in cold cream. "Why do you do that?" he asked. "To make myself beautiful." When she began to rub it off, the boy asked, "Why are you doing that? Did you give up?"

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Bucket Nuggets from
Carol McCloud, The Bucket Lady
PART 1

A tribute to a great man

Perhaps you've wondered about the origin of the terms, "bucket filler" and "bucket dipper." Through a bit of research on my part and several conversations with people across the country, I have believe that these concepts originated with Donald O. Clifton, Ph.D.

It was Dr. Clifton who, in the early 1960s, coined these wonderfully descriptive terms, that, to this day, help people understand the power of affirming kindness, consideration and generosity of spirit.

As a former researcher, I have tremendous respect for Dr. Clifton's life and work.

More than 50 years ago, Dr. Clifton, then Chairman of the Gallup Research Organization, was studying the psychological impact of prisoner-of-war camps following the Korean conflict. Raised in Nebraska, with a farming background, he used the phrase, *dipping from a bucket*, to describe the withdrawing of support from a person. With those simple words, Dr. Clifton launched the theory of the bucket filler and the bucket dipper. He taught this concept until his death in 2003 at age 79.

It may seem strange, but I hadn't heard of Dr. Donald Clifton or his best-selling management book, *How Full is Your Bucket?*, co-authored with his grandson, Tom Rath.

I first heard these terms in the early 1990s at an early childhood conference in Tampa, Florida. The term, "bucket," was used to describe a child's mental and emotional health, or self-concept. As an educator, it was exciting to see parents and teachers filling children's buckets with encouragement and love and children filling buckets with hugs, kisses and kind behavior.

In addition to his bucket principles, Dr. Clifton's life was filled with many other impressive accomplishments. He was named the Father of Strengths Psychology and the Grandfather of Positive Psychology by the American Psychological Association. He invented the Clifton Strengths Finder, an assessment tool that has helped more than one million people discover their talents. He served on many local boards and foundations in his Lincoln, Nebraska community, including the YMCA, Boys and Girls Town, and Rotary and was a loving husband, father and grandfather.

Dr. Donald Clifton lived the life of a bucket filler.

His legacy lives on through the thousands of teachers, parents and children who have learned about bucket filling and have made it a part of their lives.

To be continued

This week's winners

Congratulations!



Jaime Taylor, a counselor at Rollingwood Elementary, Oklahoma City, OK is our Bucket Filler of the Week. Congratulations, Jaime! 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

"Be the change you wish to see in the world."— Mahatma Ghandi



Dr. Donald O. Clifton

