

# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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## Making a Difference



### Spreading happiness

*This 5-star Amazon.com review of Have You Filled a Bucket Today? A Guide to Happiness for Kids, was posted by Louis E. Hagene of Missouri. Thank you Louis, you filled our buckets.*

"Wow!

This book brings a very important concept to both children and adults and gives them terms that they can use afterward to communicate how we can be happy and how we can spread it around.

My kids loved it on the first read. I took it to our children's school and showed it to the principal and it is now being read and taught at school.

I have even donated a copy to the 'Book in the Bag' program and another copy for the library.

This is a must-have book for kids. Even my three-year-old understood it."

### BUCKET CHUCKLES

Late one Saturday evening, the phone woke me. I answered in a groggy voice.

The caller paused for a moment before rushing breathlessly into a lengthy speech.

"Mom, this is Susan, I'm sorry I woke you up, but I had to call because I'm going to be a little late getting home. See, Dad's car has a flat but it's not my fault. Honest! I don't know what happened. The tire just went flat while we were inside the theater. Please don't be mad, okay?"

Since I don't have any daughters, I knew she had dialed my number by mistake.

"I'm sorry dear," I replied, "but you've reached the wrong number. I don't have a daughter named Susan."

"Gosh, Mom," the young woman replied, "I didn't think you'd be this mad."

### BUCKET FILLERS, INC.

PO Box 255

BRIGHTON, MI 48116

PHONE: 810.229.5468

FAX: 810.588.6782

[WWW.BUCKETFILLERS101.COM](http://WWW.BUCKETFILLERS101.COM)

Bucket Nuggets from  
Carol McCloud, *The Bucket Lady*

## Changing your destiny

In June of 2008 we received a note from of appreciation that said, "I love reading your bucketfilling newsletter and wanted to share a story with you."

The writer, who, for obvious reasons, will remain anonymous, wanted to relate her experience in ....shall we say, a non-bucket filling school.

She is a media technician, who last year entered a new school system, "I was placed in what I thought would be a really nice school, but I was wrong. The school building is nice but some of the staff isn't. After my first week there, I was ready to retire early. I would leave at the end of the day crying."

The "unkind people" she found in her new school were seriously dipping into her bucket.

One of the teachers told her that these individuals had always been indiscriminate bucket dippers.

Realizing that these negative attitudes were not personal did nothing to excuse the dipping she was experiencing. She wrote, "I thought, it just isn't right. I tried to stay positive all year and speak kindly to these teachers, even when I didn't feel like it."

Near the end of the school year, her teacher friend said she couldn't take it anymore and was ready to pack up and move on.

Then something interesting happened:

"I had accidentally come upon your web site and began getting your newsletters. I told my friend about bucket filling and what you are all about. She admitted that she might need to be more positive and look for the good in others.

A few days later she came back and showed me a book she had bought at a conference.

It was your book!

My friend read it to her class and has decided to stay another year and plans to start this next school year with reading your book."

Thanks for your words of wisdom that help lift others up."

**Bucketfilling can change our lives. Best wishes to you and your school this year.**

### This week's winners

## Congratulations!



**Lisa McCombs**, First Grade teacher at Mountain Park Elementary, Lilburn, Georgia, is our Bucket Filler of the Week. Congratulations, Lisa! 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](http://www.bucketfillers101.com).

### Quote of the Week

**It's not what's happening to you now or what has happened in your past that determines who you become. Rather, it's your decisions about what to focus on, what things mean to you, and what you're going to do about them that will determine your ultimate destiny."**

—Anthony Robbins—