

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

Rapid Response Reaps Reward

This bucketfilling story comes from Cindy Noettl, vice president and buyer Parent Teacher Resource Center, a division of The Doll Hospital and Toy Soldier Shop in Berkley, Michigan.

She wrote us in anticipation of her shipment of books and posters and her email included this little gem:

"My 4-year-old daughter dipped into my son's bucket today by not wanting to give him a hug good-bye before school (she only wanted to hug her big sister).

Then I gave her a quick reminder about dipping in his bucket and she immediately chased him down and gave him a big hug and told him that she was sorry and that she loved him.

She was so proud of herself and said that she helped to fill his bucket and knew that she had also filled her bucket too."

BUCKET CHUCKLES

A firefighter working outside the station notices a little girl in a little red wagon with small ladders on the sides, a garden hose coiled in the middle, and wearing a firefighter's helmet. The wagon is being pulled by her dog and her cat.

"That sure is a nice fire-truck," the firefighter says with high regard.

Thanks," says girl says!

The firefighter notices the girl has tied the wagon to her dog's collar and to the cat's tail.

"Little lady," the firefighter says, "I don't want to tell you how to run your rig, but if you were to tie that rope around the cat's collar, I think you could go faster."

The little girl replies thoughtfully, "You're probably right, but...then I wouldn't have a siren!"

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Bucket Nuggets from
Carol McCloud, *The Bucket Lady*

The pathology of dipping

What usually happens when we have too much to do and not enough hours in our days to get all of it done? We've all had times when we've felt overworked, stressed, rushed, or fatigued. When this happens, our buckets can become dangerously empty and we can quickly switch from being a bucket filler to a bucket dipper.

Minor inconveniences tend to drain our buckets and we can find ourselves impatient, short-tempered, and frustrated to the point of anger.

Perhaps you have experienced this. Did you notice how your dipper automatically came out when your bucket was empty and one of these minor inconveniences became the "last straw" that precipitated an episode of dipping into the buckets of those around you?

We've all heard the lyrics, "you always hurt the ones you love," and it's true; family and friends are very likely to be the victims of our dipping. We are more in danger of this happening when the love and happiness in our buckets is displaced by the stress of what we believe is just too much to handle.

Here are a few things to consider.

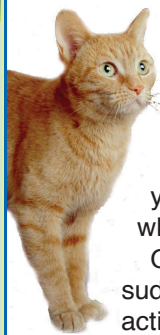
Problems usually don't disappear by themselves. It's always best to find a quiet place to sit down and examine what can be done to lighten your load, whatever it is. Once you've identified what you can do, **hop to it!** Perhaps just one less responsibility or chore will make a huge difference in your life. No matter how much help you need, you need to ask for it.

Be sure to let those you love know that your bucket is nearly drained and how that's making you feel. They may have suspected, from your dipping, that something was wrong. When you finally tell them, their compassion and eager offers of help may surprise you. After all, these are the people who care about you, just as you care about them. With this one admission, you've given them a way show their support and fill your bucket.

And, I can't stress this enough; take care of yourself when you feel your bucket getting empty. Do something you enjoy that relaxes and rejuvenates you. This isn't indulgence, it's balance. A balance between work and play is as important as balanced nutrition. It's nearly impossible to be a bucket filler when your own bucket is empty, so you must always fill your own bucket, but especially when no one or nothing seems to be filling it.

Of course, if you've failed to recognize how serious your empty bucket is, and suddenly it causes you to lose your temper and dip into another's with words or actions that you instantly, or later, regret, you need to apologize. Express your regret immediately, or as soon as possible.

A truly sincere apology will begin the process of refilling both of your buckets.



This week's winners

Congratulations!



Erin Sehnert, of Americorps National Civilian Community Corps, Green River, Utah, is our Bucket Filler of the Week. Congratulations, Erin! 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

"Burn brightly without burning out." — Richard Biggs