

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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Making a Difference

Mom is happy

Pat Blevins of the Perry Childhood Development Center in Ypsilanti, Michigan admitted in an email that she didn't think that reading *Have You Filled a Bucket Today?* would make an impact in her students' behavior, but now admits that it has been very helpful in "building community within the classroom."

She received this note of appreciation from a parent, Jennifer Guthrie:

Hi Pat....

Madison just emptied the entire dishwasher by herself.

When she was done I asked her why she did this special treat. She told me, "I'm trying to fill up your bucket, Mom."

I had no idea what she meant. She explained that it meant helping to make people happy and that she learned it at school.

BUCKET CHUCKLES

Bucket LOVE



Jenny, Age 8—

"When I had my piano recital, I was on the stage and I was scared. I looked out at all the people looking at me. Then I saw my daddy waving and smiling. He was the only one doing that and I wasn't scared anymore."

Johnny, Age 4—

"When a person loves you, they say your name different. You just know your name is safe in their mouth."

Bucket Nuggets from Carol McCloud,
The Bucket Lady

Highway happiness

Would you like to reduce the stress in your life, have a happier commute and lessen your chances of a traffic ticket or crash?

You can! Just by choosing to be a *bucketfilling driver*.

I once heard someone comment that we usually believe that the driver in front of us is driving too slowly and the driver behind us is driving too fast and/or too close. While your assessment has no effect on these drivers, your perception of their driving skills can raise your blood pressure, divert your attention from the road and dip in your bucket.

We share our highways with people who have many things, other than driving, on their minds. We can't change another person's driving behavior but we can change our response to the way others drive.

When I was at the wonderful Santapogue Elementary School on Long Island, New York, last fall, I had an opportunity to talk to a police officer who attended our workshop for community leaders. We discussed how much friendlier a community is when it has bucketfilling drivers.

Bucketfilling drivers are courteous, thoughtful and pay attention to what they are doing. They allow you to smoothly merge ahead of them, drive the speed limit, signal in advance, leave space between their vehicle and the car ahead, watch the road and move over for stopped vehicles.

The officer said that most traffic accidents could be avoided if everyone would drive as they do when they see a police car. What do you do when you see one? Many of us tend to ease our foot off the gas and call a halt to the various things we know we shouldn't do while driving. They include reaching into the back seat, applying lipstick, searching for another radio station, or texting a message.

Unfocused or careless driving not only dips in buckets, it can be life-threatening. In a matter of seconds, your world can literally turn upside down. If some of these habits remind you of yourself, it's time to take your bucket filling with you when you start your car.

Lately, I've practiced being a bucketfilling driver and have noticed that I'm happier, I actually enjoy driving and I feel much more relaxed when I reach my destination.

So, put a bucketfilling reminder on your dashboard and when a friend or family member asks about it, explain the benefits of being a bucketfilling driver.

Editor's note: Research shows that using a cell phone can also result in inattentive driving.



This week's winners

Congratulations!



Tammy Weisweaver, of Elkhart, Indiana is our Bucket Filler of the Week. Congratulations, Tammy! 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

"Change always comes bearing gifts." — Dr. Price Pritchett

BUCKET FILLERS, INC.

PO Box 255

BRIGHTON, MI 48116

PHONE: 810.229.5468

FAX: 810.588.6782

WWW.BUCKETFILLERS101.COM

Designed & edited by Glenny Merillat