

BUCKET FILL-OSOPHY 101

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Making a Difference

Happy tears

Becky Houtchens, school guidance counselor in Conception Junction, Missouri, sends us this delightful story:

"I am using the bucket concept as our school-wide (preK-12) theme this year. I just had to share the comment that one of my second graders made.

We were talking about all the ways to be a bucket filler and he said, 'Mrs. Houtchens, did you know that sometimes your bucket can get so full that it overflows? And that's when people cry tears of joy!'

I just loved this thought and felt that it might fill your bucket too!" It certainly did, Becky.

Thank you!

BUCKET CHUCKLES

Coming in and going out

While working for an organization that delivers lunches to elderly shut-ins, I would take my 4-year-old daughter with me. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs.

One day I found her staring at a pair of false teeth soaking in a glass.

As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"

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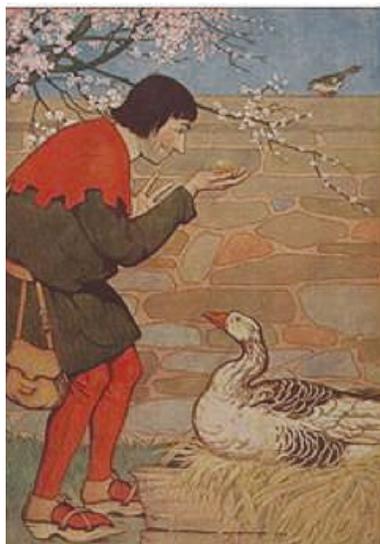


Illustration by Milo Winter

Bucket Nugget...

Balancing act

By Kathy Martin, Education Director



Last week when we bought a new file cabinet, I noticed a safety warning in the bottom of a drawer that read, ALWAYS DISTRIBUTE FILES EVENLY BETWEEN DRAWERS. We all know that file cabinets have a tendency to tip when they are out of balance. So do we.

When our lives get out of balance, our buckets get emptied and we don't operate as we should. Like a falling file, this can be dangerous. One can get hurt when a file cabinet topples over.

In his book, *The Seven Habits of Highly Effective People*, Stephen Covey explains the importance of balance. He writes that our effectiveness lies in a good "P/PC" balance:

P = the **Production** of desired results (the golden egg).

PC = our **Production Capability** (the goose).

In this analogy, we are the goose and, as in the fable, if we attempt to produce too much, too often, that behavior can lead to an empty bucket.

No one's life is in balance all of the time. There are times when life gives us more than we can handle (more than our capacity to produce!), causing us to slip out of balance.

However, if you think that there are *never* enough hours in the day, if you are *always* buried in projects, or find yourself on overload *most* of the time, *you are out of balance*. Any imbalance, if not corrected, can ultimately cause illness and has the potential to become life-threatening.

Our lives are much more complicated and demanding than they were just a few decades ago. And, yes, this challenges our ability to maintain our balance.

Here are a few suggestions that, when followed, will help you lead a more balanced life:

- Take time for yourself, physically, mentally, emotionally, and spiritually.
- Know your limits.
- Learn to say no without feeling guilty.
- Ask for help when you need it, from your family, friends, or coworkers.

File cabinets and people work best when they're balanced—and a balanced life is a very large part of keeping your bucket filled.

This week's winners

Congratulations!



Cherie Moore, of Jackson, Michigan, is our bucket filler of the week.

Congratulations Cherie! 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

"The main thing is to keep the main thing the main thing."—Steven Covey