

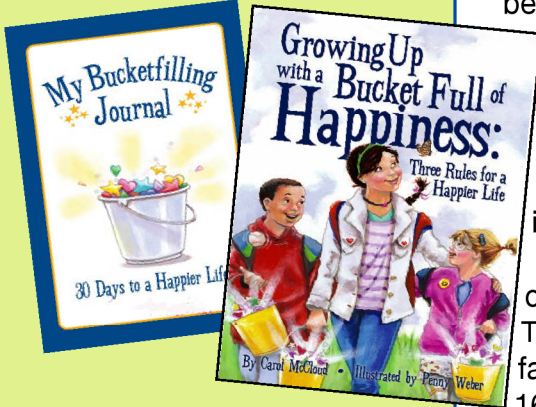
# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of October 24, 2010 • Volume 4, Issue 18

## Making a Difference

**Third book available soon!**



*Growing Up with a Bucket Full of Happiness: Three Rules for a Happier Life*, and its companion journal, *My Bucketfilling Journal: 30 Days to a Happier Life*, will shortly be shipped from our Wisconsin printer.

We're excited about *Growing Up*. Filled with 46 full-color illustrations this "chapter book" has been written to help children from 9-14 years keep their buckets filled by understanding and following three very important rules.

In addition to teaching the mutual benefits of kindness, *Growing Up* also offers sound advice about what to do in bucketdipping situations.

When you pre-order your copies of the book and journal through [www.shop.bucketfillers101.com](http://www.shop.bucketfillers101.com) you will receive a 25% discount through December 15, 2010.

Your discounted cost is only \$7.50 for the book and \$5.00 for the 30-day journal plus shipping and handling. (Regular pricing is \$9.95 and \$6.95.)

**BUCKET FILLERS, INC.**

PO BOX 255

BRIGHTON, MI 48116

PHONE: 810.229.5468

FAX: 810.588.6782

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

Designed & edited by Glenny Merillat

### Bucket Nuggets

By Carol McCloud, the Bucket Lady

## A simple question...

Part of being a bucket filler is learning how to use thoughtful, bucketfilling language when we respond to everyday frustrations. And, because we can often become frustrated



Photo: Big Stock Photo

when someone does not meet our expectations, it's always good to ask ourselves whether our expectations are reasonable. It's also good to remember that no one is perfect, especially children, who are just beginning to learn about life and how things work. Raising a child requires patience, encouragement, and love. These are the ingredients that create young adults who are caring and responsible.

I was recently talking to Caryn Piercy, our wonderful Bucket Fillers, Inc. office manager. Caryn's husband, Charles, manages our shipping department. Their son, Andrew, is six years old and in the first grade. This bucketfilling family has temporarily added to their family and opened their home to Lucas, a 16-year-old German exchange student, who will spend the school year with the Piercys.

The evening before our conversation, Andrew had been wasting time at the table after dinner instead of doing his homework. If you have children, I'm sure you know that it takes some time before they (and adults) adjust to the familiar routine of dinner, homework, and getting to bed on time. After several attempts to get Andrew to focus on his work, Caryn calmly asked him, "Andrew, are you filling Mama's bucket right now or are you dipping into it?" As Andrew's big brown eyes widened, Caryn knew he had understood her question. He got up from his chair, walked over to his mother, gave her a big hug, and said, "I'm sorry, Mama, I was dipping." Then he sat back down and went to work on his lesson.

"Are you filling my bucket or dipping into it?" is always a good question, as long as it's asked in a calm voice without a trace of sarcasm. No one wants to deliberately dip into the bucket of the someone who cares about them. This simple question reminds us all that our words and actions can have both a positive and negative impact.

And, when those around you are filling your bucket by doing the right things, be sure to tell them. Never assume that they are aware of how proud, pleased or appreciative you are — *kind loving words are always worth their weight in gold.*

### This week's winner

## Congratulations!



**Colleen Baker**, a music teacher in Highland, Illinois, is our bucket filler of the week. Congratulations, **Colleen!** You have a book coming your way. Every bucket filler is a winner. Encourage your friends to get their buckets filled by ordering our free e-newsletter at [www.bucketfillers101.com](http://www.bucketfillers101.com)

### Quote of the Week

**"The art of being wise is the art of knowing what to overlook."**

— *William James*