

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of November 21, 2010 • Volume 4

A special Holiday Bucket Nugget

By Carol McCloud, the Bucket Lady

I'm glad...



Thanksgiving Week 2010 has arrived for more than 300 million Americans. A week filled with travel, preparing special food and gathering with friends and family to celebrate this wonderful autumn holiday that was set aside to reflect on the things in our lives that make us glad to be alive.

The delightful Simple Truths book, *Learning to Dance in the Rain*, taught me that beginning each sentence with the words, "I'm glad", makes putting my list together so easy.

When you share this wonderful "Glad Game" with your family or class, you will fill the many buckets in your life as well as your own.

Please join me this week in listing ten reasons why you are thankful or glad. I've discovered that whatever challenges we may be facing, when we focus on what we have instead of what we don't have, we fill our buckets.

Once you begin, reasons will seem to flood your mind and fill your bucket. I've included my list of ten reasons that I am glad. These are not my top ten; they are just the first ten that came into my mind as I sat down to write this Thanksgiving Nugget:

- I'm glad I have people to love. I value my good relationships with family, friends, and coworkers. After all, relationships are the stuff of life.
- I'm glad I have work that is purposeful and satisfying.
- I'm glad I have a cozy home, warm bed, and food to eat.
- I'm glad I live in a country founded on freedom and independence.
- I'm glad I've had so many bucket fillers in my life: Parents, grandparents, friends, teachers, and employers.
- I'm glad I have good health (physical, mental, emotional, and spiritual) and I'm also glad that I know how to take care of myself in these areas.
- I'm glad I have a strong faith to help me get through the rough spots in life.
- I'm glad bucket filling makes it possible to meet so many wonderful children, dedicated educators, and involved parents.
- I'm glad I wasn't handed everything on a silver platter and that I learned the value of work.
- I'm glad (and proud) that our company, Bucket Fillers, Inc., is making a positive difference in the lives of so many.

Now it's your turn to gladly fill your own bucket and have a very

Happy Thanksgiving!

Carol McCloud and the entire Bucket Fillers Team



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